



Spelthorne Walking for Health and Spelthorne Cycling for Health

Programme of events: May - June 2017

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www.spelthorne.gov.uk/walkingforhealth

www.spelthorne.gov.uk/cyclingforhealth



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To receive the Walking and Cycling for Health programme via email or post or for more information, please email leisure@spelthorne.gov.uk or call 01784 446433.

Walking for Health

The Spelthorne Walking for Health Scheme aims to improve health and fitness of local people, in particular those who are not physically active and want to become more active. Our walks are designed for total beginners and are between one and three miles long and take place three week. All walks are led by Volunteer Walk Leaders. There is a front leader and back leader so that you can walk at your best pace. Most of all, our walks are free, fun and friendly!

Why walk?

Walking is a great way to meet new people and explore the area you live in and it's **free!** A variety of benefits can also be gained from walking including:

- Help reduce stress and help you sleep better
- Make you feel good and give you more energy
- Help to manage your weight
- Reduce blood pressure
- Keeps your joints, muscle and bones strong

The Spelthorne Walking for Health scheme is part of **Walking for Health** a national initiative led by the Ramblers, with support from Macmillan Cancer Support.



Walk grades

Grade 1 walks – suitable for those who prefer a shorter walk, are looking to be more active, or are returning from injury or illness. Routes are on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles. The average walk pace is 2mph.

Grade 2 walks – suitable for people who are looking to increase their activity levels. Routes may include some moderate slopes, steps, uneven surfaces and possibly stiles. The average walk pace is 2-3mph.

Grade 3 walks – for people looking for more challenging walks and increasing their level of physical activity. Routes are may include steeper slopes, steps, uneven surfaces and stiles. The average walk pace is 3mph and duration of the walk is over 60minutes.

Progression walks – for people who have undertaken Walking for Health grade 3 walks and are now looking to take their next steps. Routes are likely to include slopes, steps, stiles and uneven surfaces. The average walk pace is 3mph and length of walk of over 3miles.

Satellite Navigation Coordinates

Satellite Navigation coordinates for each of our walk meeting points can be found online at www.spelthorne.gov.uk/coordinates

Everyone Active Café Discount

Everyone Active, Spelthorne Leisure Centre Café kindly offer 10% discount on food and beverage purchases if you are a Walking for Health member. In order to claim this free 10% discount, please ask a member of the reception team for an Everyone Active card.



Grade 1 walks



Toilets available



Grade 2 walks



Car parking available



Grade 3 walks



Refreshments available near by



Progression walks



Option of a 15 - 30 minute route

Points to remember:

- Beginners are advised to try the short walks first.
- Remember to wear comfortable shoes with good grip.
- Wear loose fitting clothing so you can move freely.
- Long trousers are recommended in case of nettles/thistles.
- Bring waterproof clothing in case of rain!
- Our walks are designed for adults only and are therefore not suitable for children.
- No dogs please!
- Please bring any medication you may need e.g. inhalers.
- Ensure you update us if there are any changes to your health that we need to be aware of.

If there is a café or pub nearby, leaders and walkers often stop for a drink and a chat after the walk. **Everyone welcome.**

Important Information

Please note that the walk starts promptly at the time advertised so please arrive in plenty of time (5-10 mins early) to allow time to register. If you are a new walker, please ensure that you arrive at least 10-15 minutes before the scheduled start time.

To ensure walkers get the most out of health walks, you are encouraged to walk briskly. You'll know when you're walking briskly when you:


- Breathe a little faster
- Feel a little warmer
- Feel your heart beating a little faster


You should still be comfortable and be able to talk without feeling puffed.


Please refer to the walk grades on page 3 to ensure that you select suitable walks for your ability.


Walking for Health programme of walks








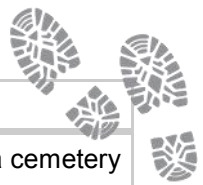
Date/time:	Tuesday 2 May 10.30am
Route:	18a. Chertsey Abbey (2.8 miles)
Walk time:	60 minutes
Meeting:	Far end of Staines Lane, Chertsey, KT16 8PS near turning circle. Coffee stop at golf club half way through walk. No denim if possible! Bus route 446 towards Woking alight at Colonels Lane (on Windsor Street) plus 7 minute walk.
Leaders:	Pamela, Lynne, Margrit
Icons:	

Date/time:	Thursday 4 May 2pm
Route:	1b. Fordbridge Park via Bronzefield and Shortwood Common (3.1 miles)
Walk time:	70 minutes
Meeting:	Fordbridge Park Car Park, Kingston Road, Ashford TW15 3SJ. Bus route 117 alight at Woodthorpe Road under the bridge or 290 alight at Kingston Road/Ashford Road.
Leaders:	Geoff, Roger, Charles S
Icons:	


Date/time:	Friday 5 May 10.30am
Route:	9a. Staines Riverside and Penton Hook (Wheatsheaf and Pigeon) (2.5 miles)
Walk time:	45 minutes
Meeting:	Outside the Wheatsheaf and Pigeon Public House, junction of Wheatsheaf Lane and Penton Road, Staines TW18 2LL. Bus route 438 or 458 alight at Wheatsheaf Lane.
Leaders:	Joan, Carol, June
Icons:	


Date/time:	Saturday 6 May 10.30am
Route:	6b. Staines Moor from Swan Pub (2.7 miles)
Walk time:	65 minutes
Meeting:	Outside what used to be the Swan Pub, (200 metres after passing under road bridge), Moor Lane, Staines, TW19 6EB. Bus route 305 alight outside the Lammas Recreation Ground and walk to the bridge.
Leaders:	June, Robert, Lynne
Icons:	


Date/time:	Tuesday 9 May 10.30am
Route:	9b. Staines Health Centre Loop (1.7 miles)
Walk time:	50 minutes (option of a 15-30 minute route)
Meeting:	Outside Staines Health Centre, TW18 1XD. No parking charges apply at the Leisure Centre. Bus route 117, 290 or 438 alight at Knowle Green plus a 2 minute walk.
Leaders:	Margrit, Roger, Joan
Icons:	    










Date/time:	Thursday 11 May 10.30am
Route:	2c. Shepperton Black Ditch and Littleton Lakes via cemetery (3.2 miles)
Walk time:	70 minutes
Meeting:	Manor Park Car Park, Church Road, Shepperton TW17 9JR. You will need change for the car park. Bus route 555 + 557 alight at the Shepperton War Memorial.
Leaders:	Robert, Charles S, Roger
Icons:	

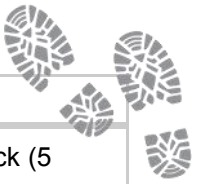
Date/time:	Friday 12 May 10.30am
Route:	25. Cooper's Hill to Runnymede (2.1 miles)
Walk time:	60 minutes
Meeting:	Meet in the public car park on Cooper's Hill Lane, Englefield Green, TW20 0LF. The route involves a number of steps and fairly steep descent. The war memorial is well worth a visit either before or after the walk.
Leaders:	Chris, Carol, Peter, Joan
Icons:	


Date/time:	Tuesday 16 May 10.30am
Route:	18b. Chertsey and the River Bourne (2.3 miles)
Walk time:	60 minutes
Meeting:	Far end of Staines Lane, Chertsey KT16 8PS near turning circle. Bus route 446 towards Woking alight at Coloniels Lane (on Windsor Street) plus 7 minute walk.
Leaders:	Pamela, Joan, Margrit
Icons:	


Date/time:	Wednesday 17 May 10.30am
Route:	10b. Stanwell Village and The Reservoir (3 miles).
Walk time:	70 minutes
Meeting:	Car park behind St. David's parish centre. Take St. Mary's Crescent, turn into Hadfield Road. Entrance to car park on first corner. TW19 7EE. Bus route 441, alight outside Medical Centre plus a 5 minute walk.
Leaders:	Geoff, Carol, Margrit
Icons:	 


Date/time:	Thursday 18 May 10.30am
Route:	2d. Shepperton River Ash Estate (3.3 miles)
Walk time:	75 minutes
Meeting:	Manor Park Car Park, Church Road, Shepperton TW17 9JR. You will need change for the car park. Bus route 555 + 557 alight at the Shepperton War Memorial.
Leaders:	Mike, Pamela, Charles S
Icons:	  




Date/time:	Saturday 20 May 10.30am
Route:	19b. Cowey Sale and Desborough Island (2.5 miles)
Walk time:	55 minutes
Meeting:	Cowey Sale Car Park, Walton Lane, KT12 1QP. Bus route 400, 458 or 555 alight at Marshalls roundabout plus 15 minute walk.
Leaders:	Robert, June, Lynne
Icons:	   










Date/time:	Monday 22 May 10.30am
Route:	21c. Hurst Park to Sunbury Lock Weir Pub and back (5 miles)
Walk time:	90 minutes
Meeting:	Hurst Park, KT8 1SU. From Hurst Road turn into Sadlers Ride. Keep straight on into the car park. Drink stop allow extra time. Bus route 564 alight at Tesco, Walton plus 10 minute walk.
Leaders:	Chris, Peter, Robert
Icons:	

Date/time:	Tuesday 23 May 7pm (evening walk)
Route:	7b. Laleham Riverside and Penton Hook (3.7 miles)
Walk time:	70 minutes
Meeting:	Laleham Park Riverside car park on Thames Side, Laleham TW18 1SS (next to campsite). You will need change for the car park. Bus route 438 or 458 alight at Laleham Park plus a 5 minute walk.
Leaders:	Joan, Margrit, Peter
Icons:	

Date/time:	Thursday 25 May 10.30am
Route:	12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)
Walk time:	30 minutes (option of a 15 minute route)
Meeting:	By the public car park off The Avenue, Sunbury (beside the parade of shops) TW16 5HT. You will need change for the car park. Bus route 216 alight at the Avenue.
Leaders:	Pamela, Carol, Roger
Icons:	


Date/time:	Tuesday 30 May 10.30am
Route:	20. The Weybridge Lock Circular (2.5 miles)
Walk time:	50 minutes
Meeting:	Car park by Elmbridge Canoe Club, Walton Lane, KT13 8LT (halfway between Weybridge Health Club and The Minnow Pub). Bus route 51 alight at Ship Hotel in Weybridge High Street plus a 15 minute walk.
Leaders:	Joan, Carol, Roger
Icons:	  


Date/time:	Wednesday 31 May 10.30am
Route:	11a. Stanwell Moor and Hithermoor Stream (1.9 miles)
Walk time:	50 minutes
Meeting:	Outside the Anchor Public House, Horton Road, Stanwell Moor TW19 6AQ. Bus route 446 alight outside the Anchor Public House or bus route 71 alight outside Vermeulens plus a 10 minute walk.
Leaders:	Pamela, Peter, Geoff
Icons:	  



Date/time:	Thursday 1 June 10.30am
Route:	13b. Charlton Circular and Nutty wood (3 miles)
Walk time:	80 minutes
Meeting:	Squires Garden Centre car park, Halliford Road, Upper Halliford TW17 8SG. Bus route 555 alight at Tadmor Close plus 3 minute walk or bus route 557 alight at Halliford Green plus 5 minute walk.
Leaders:	Peter, Charles S, Roger
Icons:	   












Date/time:	Saturday 3 June 10.30am
Route:	16. Bedfont Lakes (1.8 miles)
Walk time:	45 minutes
Meeting:	Clockhouse Lane entrance TW14 8QA. If travelling from Ashford, the concealed entrance is on the right hand side. No footpath on Clockhouse Lane from Ashford to Bedfont Lakes. Bus route 116 alight at Clockhouse roundabout plus 10 minute walk or H26 alight at Clockhouse roundabout plus 15 minute walk.
Leaders:	Geoff, June
Icons:	

Date/time:	Monday 5 June 10.30am
Route:	1a. Fordbridge Park Short (1.8 miles)
Walk time:	50 minutes (option of a 15-30 minute route)
Meeting:	Fordbridge Park Car Park, Kingston Road, Ashford TW15 3SJ. Bus route 117 alight at Woodthorpe Road under the bridge or 290 alight at Kingston Road/Ashford Road.
Leaders:	Geoff, Margrit, Charles S
Icons:	


Date/time:	Wednesday 7 June 2pm
Route:	13a. Upper Halliford and Squires Garden Centre (2.5 miles)
Walk time:	45 minutes
Meeting:	Squires Garden Centre car park, Halliford Road, Upper Halliford TW17 8SG. Bus route 555 alight at Tadmor Close plus a 3 minute walk or bus route 557 alight at Halliford Green plus 5 minute walk.
Leaders:	Mike, Roger, Pamela
Icons:	


Date/time:	Thursday 8 June 10.30am
Route:	17b. Thames Towpath and Dumsey Meadow (3.3 miles)
Walk time:	70 minutes
Meeting:	Car park on Mead Lane, Chertsey, KT16 8NJ (at the bottom of Mead Lane on left just past height restriction barrier). Bus route 557 alight at Chertsey Bridge plus 15 minute walk.
Leaders:	Peter, Robert, Pamela
Icons:	 


Date/time:	Tuesday 13 June 10.30am
Route:	9b. Staines Health Centre Loop (1.7 miles)
Walk time:	50 minutes (option of a 15-30 minute route)
Meeting:	Outside Staines Health Centre, TW18 1XD. No parking charges apply at the Leisure Centre. Bus route 117, 290 or 438 alight at Knowle Green plus a 2 minute walk.
Leaders:	Pamela, Margrit, Joan
Icons:	    


Date/time:	Wednesday 14 June 10.30am
Route:	14b. Bushy Park Diana Fountain, Woodland Gardens and Willow Plantation (3.3 miles)
Walk time:	70 minutes
Meeting:	Diana Fountain Car Park. Enter Bushy Park from A308 turn right at the fountain, TW11 0EQ. Bus route 111, 216 or 513 alight at Hampton Court Gardens plus 10 minute walk.
Leaders:	Roger, Peter, Geoff
Icons:	   





Date/time:	Thursday 15 June 2pm
Route:	4. Littleton Recreation Ground and River Ash (2.2 miles)
Walk time:	50 minutes
Meeting:	Littleton Recreation ground on Laleham Road, Shepperton TW17 0JS. Bus route 438 or 458 alight outside Littleton Recreation Ground.
Leaders:	Joan, Charles S, Carol
Icons:	

Date/time:	Saturday 17 June 10.30am
Route:	5c. Runnymede Riverside from Lammas Park (2.7 miles)
Walk time:	70 minutes
Meeting:	Lammas Park Car Park, Wraysbury Road, Staines TW18 4XZ. You will need change for the car park. Bus route 305 alight outside Lammas Recreation Ground.
Leaders:	June, Roger
Icons:	


Date/time:	Monday 19 June 7pm (evening walk)
Route:	6b. Staines Moor from Swan Pub (2.7 miles)
Walk time:	65 minutes
Meeting:	Outside what used to be the Swan Pub, (200 metres after passing under road bridge), Moor Lane, Staines, TW19 6EB. Bus route 305 alight outside the Lammas Recreation Ground and walk to the bridge.
Leaders:	Joan, Roger, Peter
Icons:	



Date/time:	Wednesday 21 June 10.30am
Route:	10a. Stanwell Village Short (1.6 miles)
Walk time:	45 minutes (option of a 15-30 minute route)
Meeting:	Car park behind St. David's parish centre. Take St. Mary's Crescent, turn into Hadfield Road. Entrance to car park on first corner TW19 7EE. Bus route 441, alight outside Medical Centre plus a 5 minute walk.
Leaders:	Carol, Margrit, Pamela
Icons:	






Date/time:	Thursday 22 June 10.30am
Route:	12d. Orchard Meadow, Walled Garden, School Walk, Upper Halliford, Grange Farm (3.2 miles)
Walk time:	60 minutes
Meeting:	By the public car park off The Avenue, Sunbury (beside the parade of shops) TW16 5HT. You will need change for the car park. Bus route 216 alight at the Avenue.
Leaders:	Pamela, Charles S, Peter
Icons:	

Date/time:	Saturday 24 June 10.30am
Route:	4. Littleton Recreation Ground and River Ash (2.2 miles)
Walk time:	50 minutes
Meeting:	Littleton Recreation ground on Laleham Road, Shepperton TW17 0JS. Bus route 438 or 458 alight outside Littleton Recreation Ground.
Leaders:	June, Roger
Icons:	



Date/time:	Monday 26 June 10.30am
Route:	9c. Staines and Laleham Riverside (2.7 miles)
Walk time:	70 minutes
Meeting:	Outside the Wheatsheaf and Pigeon Public House, junction of Wheatsheaf Lane and Penton Road, Staines TW18 2LL. Bus route 438 or 458 alight at Wheatsheaf Lane.
Leaders:	Roger, Peter, Geoff
Icons:	

Date/time:	Tuesday 27 June 10.30am
Route:	24b. Wraysbury (3 miles)
Walk time:	80 minutes
Meeting:	Public car park, The Green TW19 5NA, located opposite the Village Hall. Ground can be very muddy, wear sensible footwear.
Leaders:	Joan, Margrit, Pamela, Carol
Icons:	 

Date/time:	Thursday 29 June 10.30am
Route:	12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)
Walk time:	30 minutes (option of a 15 minute route)
Meeting:	By the public car park off The Avenue, Sunbury (beside the parade of shops) TW16 5HT. You will need change for the car park. Bus route 216 alight at the Avenue.
Leaders:	Joan, Carol, Charles S
Icons:	    

Volunteer leaders wanted!

Walking for Health

Appealing for volunteers to join an enthusiastic team of leaders who lead short walks, designed for beginners, between one and three miles. There are walks at least three times a week in various areas of the Borough and surrounding areas. The walks are scheduled to suit the availability of leaders and there is no specified time commitment.

Cycling for Health

Recruiting leaders to offer guided rides of around 6-12 miles during the week. The scheme is aimed at older adults and is suitable for adults who are able to ride a bike and looking to join a sociable group. The rides are scheduled to suit the availability of leaders and there is no specified time commitment.

For more information on volunteer roles please contact Mary West m.west2@spelthorne.gov.uk or 01784 446261

Cycling for Health

Free rides in and around Spelthorne led by trained volunteers. The scheme is encouraging adults to improve their health and well-being through cycling. The rides are around 7-12 miles and take place during the week.

Why cycle?

Cycling is a great way to meet new people and explore the area you live in and it's **free!** A variety of benefits can also be gained from cycling including:

- Give you a healthier heart and immune system
- Reduce stress, mental health and anxiety
- Help to manage your weight
- Help you sleep better
- Improve your fitness
- It helps to save the planet

To join the rides, you need:

- Your own bike – this needs to be in good condition & well maintained
- Comfortable clothes & footwear
- A helmet is strongly recommended

Please note, the rides are designed for adults only and are therefore not suitable for children. In case of cancellation, you will be contacted, where possible, 24 hours' prior to the ride.

Prior booking is required for each ride. To book a space, please complete our online booking form: www.spelthorne.gov.uk/cyclingforhealth

Alternatively, please contact Leisure Services: 01784 446433.

Cycling for Health programme of rides

Key






Car parking available






Refreshments available










Toilets available

Date/time:	Wednesday 3 May 10.30am
Route:	2. Sunbury - Hampton - Hanworth (9 miles)
Meeting point:	Adrian Hall Garden Centre, Snakey Lane, Feltham, TW13 7ND
Terrain:	Cycle paths and roads
Leaders:	Rog , Ken S, Glynis
Icons:	  

Date/time:	Friday 19 May 10.30am
Route:	4. Staines - Shepperton (13 miles)
Meeting point:	Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines upon Thames, TW18 4XZ
Terrain:	Towpath and roads
Leaders:	Dave , Charles, Glynis
Icons:	  



Cycling
for Health

Date/time:	Thursday 1 June 10.30am
Route:	1. Ashford - Stanwell - Staines loop (9 miles)
Meeting point:	Ashford Community Centre, The Centre, Woodthorpe Road, Ashford, TW15 3NJ
Terrain:	Roads, bridleway and towpath
Leaders:	Ken I, Charles , Dave
Icons:	
Date/time:	Monday 12 June 10.30am
Route:	6. Laleham - Thorpe - Chertsey (10 miles)
Meeting point:	Notcutts Garden Centre, Staines upon Thames, TW18 2SF
Terrain:	Roads, bridleway and towpath
Leaders:	Steve, Margrit , Rog
Icons:	  
Date/time:	Tuesday 27 June 10.30am
Route:	10. Shepperton - Walton - Bushy Park (13 Miles)
Meeting point:	Squires Garden Centre, Upper Halliford, Shepperton, TW17 8SG
Terrain:	Cycle paths, roads and towpath
Leaders:	Ken S , Steve, Ken I
Icons:	  

We look forward to seeing you on one of our rides!

Music in the Parks 2017

Join us for a free afternoon of music in the beautiful surroundings of either The Walled Garden, Thames Street, Sunbury-on-Thames, TW16 6AB or The Lammas Band Stand, Lammas Recreation Ground, Wraysbury Road, Staines-upon-Thames, TW18 4XZ

All performances start at 2pm and finish at 4pm. Limited seating is available at the Walled Garden only or please bring your own chair or picnic blanket.

Date	Venue	Performer
Sunday 11 June	Walled Garden	Jake Fryer
Sunday 18 June	Walled Garden	Saxophany
Sunday 25 June	Walled Garden	Sing Spelthorne
Sunday 2 July	Walled Garden	Cobham Brass
Sunday 9 July	Lammas Band Stand	Staines Lammas Band
Sunday 16 July	Walled Garden	Thameside Harmony
Sunday 23 July	Walled Garden	Linden Wind Orchestra
Sunday 30 July	Walled Garden	Magna Carta Chorus/Ivor Game
Sunday 6 August	Walled Garden	Dale Harris (guitar)
Sunday 13 August	Lammas Band Stand	Saxophany
Sunday 20 August	Walled Garden	Staines Lammas Band
Sunday 27 August	Walled Garden	Jake Fryer