



Spelthorne Walking for Health and Spelthorne Cycling for Health

Programme of events: July and August 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 (10-15mins early) to allow time to register. If you are a new walker, please ensure that you arrive at least 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:	Monday 3 July, 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:	Howard, Geoff, Margrit
Icons:	
Date/time:	Tuesday 4 July, 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:	Pamela, Roger, Peter
Icons:	
Date/time:	Thursday 6 July, 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. Bus route 446 towards Woking alight at Coloniels Lane (on Windsor Street) plus 7 minute walk.
Leaders:	Mike, Howard, Robert
Icons:	


Date/time:	Saturday 8 July, 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:	Roger and June
Icons:	


Date/time:	Tuesday 11 July, 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, Carol, Joan
Icons:	

Date/time:	Wednesday 12 July, 11am - lunchtime walk
Route:	19d. Cowey Sale to Weybridge Lock (3.5 miles)
Walk time:	70 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:	Geoff, Charles S, Peter
Icons:	




Followed by a picnic by the river
(please bring your own picnic).




Date/time:	Wednesday 12 July, 1.30pm - afternoon walk
Route:	19a. Cowey Sale to The Weir Pub and back (2.4 miles)
Walk time:	60 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:	Mike, Margrit, June
Icons:	

Date/time:	Thursday 13 July, 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:	Saturday 15 July, 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 and June
Icons:	


Date/time:	Tuesday 18 July, 10.30am - ** special interest walk **
Route:	Royal Holloway (2 Miles)
Walk time:	60 minutes
Meeting:	Royal Holloway University. Enter the university from the A30 and turn immediately right. The car park is on the right, opposite the tennis courts, TW20 0EX. Bus route 8 or 441 alight at Royal Holloway plus a 2 minute walk. Please note there are hills and steps on this progression walk.
Leaders:	Pamela, Margrit, Roger
Icons:	
Date/time:	Wednesday 19 July, 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:	Margrit, Howard, Charles S
Icons:	
Date/time:	Thursday 20 July, 10.30am
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:	Peter, Robert, Pamela
Icons:	





Date/time:	Saturday 22 July, 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:	Robert and June
Icons:	

Date/time:	Monday 24 July, 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:	Christine, Peter, Mike
Icons:	


Date/time:	Wednesday 26 July, 10.30am
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:	Margrit, Geoff, June
Icons:	


Date/time:	Thursday 27 July, 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:	Howard, Roger, Carol
Icons:	

Date/time:	Saturday 29 July, 10.30am
Route:	2b. Shepperton Black Ditch and Littleton Lakes (not cemetery) (2.8 miles)
Walk time:	60 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:	Roger and June
Icons:	


Date/time:	Monday 31 July, 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:	Joan, Charles S, Peter
Icons:	





Date/time:	Wednesday 2 August, 10.30am
Route:	8. Notcutts and Penton Hook Short (1.9 miles)
Walk time:	55 minutes
Meeting:	Notcutts Garden Centre Car Park, Staines Road, Laleham TW18 2SF. Bus route 438 or 458 alight outside Notcutts.
Leaders:	Carol, Geoff, Margrit
Icons:	

Date/time:	Friday 4 August, 10.30am
Route:	14c. Bushy Park Diana Fountain and Home Park (3.4 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:	Peter, June, Roger
Icons:	


Date/time:	Saturday 5 August, 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:	Robert and June
Icons:	


Date/time:	Monday 7 August, 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:	Charles S, Roger, Carol
Icons:	


Date/time:	Tuesday 8 August, 10.30am
Route:	3. London Irish and Grange Farm (2 miles)
Walk time:	45 minutes
Meeting:	London Irish, Hazelwood Drive, Sunbury-on-Thames, TW16 6QU. Bus route 235, 555 or 216 alight at Croysdale Avenue plus a short walk.
Leaders:	Robert, Lynne, Chris
Icons:	


Date/time:	Friday 11 August, 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:	Geoff, June, Peter
Icons:	





Date/time:	Tuesday 15 August, 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, Lynne
Icons:	

Date/time:	Thursday 17 August, 10.30am
Route:	26. Homewood Park (2.1 miles)
Walk time:	50 minutes
Meeting:	Stonehill Road, Chertsey, KT16 0AG .
Leaders:	Lynne, Christine, Pamela
Icons:	


Date/time:	Friday 18 August, 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:	Mike, Howard, June
Icons:	


Date/time:	Saturday 19 August, 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:	Geoff, Roger, June
Icons:	


Date/time:	Tuesday 22 August, 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:	Pamela, Peter, Geoff, Joan
Icons:	


Date/time:	Wednesday 23 August, 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:	Pamela, Margrit, Lynne
Icons:	



Date/time:	Thursday 24 August, 2pm - afternoon walk
Route:	12c. Orchard Meadow, Sunbury Park, School Walk, Halliford Road, Walled Garden (2.9 miles)
Walk time:	55 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:	Roger, Peter, Lynne
Icons:	

Date/time:	Tuesday 29 August, 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:	Geoff, Peter, Carol
Icons:	

Date/time:	Wednesday 30 August, 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:	Margrit, June, Charles
Icons:	

Date/time:	Thursday 31 August, 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:	Howard, Roger, Pamela
Icons:	



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:	Monday 10 July, 10.30am
Route:	8. Stanwell Moor - Wraysbury - Staines (10 miles)
Meeting point:	The Anchor Pub, Horton Road, Stanwell Moor, TW19 6AQ
Terrain:	Roads and bridleway
Leaders:	Ken I, Glynis , Dave
Icons:	

Date/time:	Friday 28 July, 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:	Charles, Margrit, Rog
Icons:	

Date/time:	Tuesday 8 August, 10.30am
Route:	7. Shepperton - Weybridge - Chertsey Loop (10 Miles)
Meeting point:	Squires Garden Centre, Upper Halliford, Shepperton TW17 8SG
Terrain	Cycle paths, roads and towpath
Leaders:	Ken S, Ken I, Dave
Icons:	  

Date/time:	Wednesday 23 August, 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:	Rog, Glynis, Ken S
Icons:	  

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





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

