



Spelthorne Walking for Health and Spelthorne Cycling for Health

Programme of events: November - December 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. Some of 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 between the leaders. 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 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:	Wednesday 1 November, 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, Martyn, Geoff
Icons:	
Date/time:	Friday 3 November, 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, Lynne, Robert
Icons:	
Date/time:	Saturday 4 November, 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, Roger, June
Icons:	

Date/time:	Monday 6 November, 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, Tony, Lynne
Icons:	

Date/time:	Wednesday 8 November, 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:	Margrit, Peter, Geoff
Icons:	


Date/time:	Thursday 9 November, 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:	Roger, Allan, Tony
Icons:	




Date/time:	Saturday 11 November, 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:	Roger, Martyn, Robert
Icons:	


Date/time:	Tuesday 14 November, 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, Pamela, Roger
Icons:	


Date/time:	Thursday 16 November, 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:	Mike, Geoff, Peter
Icons:	



Date/time:	Friday 17 November, 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:	Carol, June, Margrit
Icons:	
Date/time:	Saturday 18 November, 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:	Roger, June
Icons:	
Date/time:	Monday 20 November, 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:	Martyn, Peter, June
Icons:	











Date/time:	Wednesday 22 November, 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, Pamela, Charles S
Icons:	

Date/time:	Thursday 23 November, 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:	Geoff, Pamela, Margrit
Icons:	

Date/time:	Monday 27 November, 10.30am
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:	Carol, June, Martyn
Icons:	

Date/time:	Wednesday 29 November, 10.30am
Route:	24. Wraysbury (3 miles)
Walk time:	80 minutes
Meeting:	Public car park on The Green TW19 5NA, located opposite the Village Hall. Ground can be very muddy, wear sensible footwear.
Leaders:	Peter, Martyn, Mike
Icons:	 

Date/time:	Thursday 30 November, 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:	Roger, Allan, Charles S
Icons:	    


Date/time:	Saturday 2 December, 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:	June, Roger
Icons:	  




Date/time:	Monday 4 December, 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:	Margrit, Geoff, Charles S
Icons:	


Date/time:	Wednesday 6 December, 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:	Pamela, Christine, Peter
Icons:	

Date/time:	Thursday 7 December, 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:	Mike, Roger, Howard
Icons:	



Date/time:	Saturday 9 December, 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:	June, Robert
Icons:	





Date/time:	Tuesday 12 December, 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, Allan, Roger
Icons:	







Date/time:	Wednesday 13 December, 11am + Christmas lunch!
Route:	Runnymede Riverside from The Boleyn Hotel
Walk time:	60 minutes
Meeting:	<p>The Boleyn Hotel (opposite the Swan Hotel), The Hythe, Staines-upon-Thames TW18 3JD at 11.00 am. There is a car park at the rear of the hotel. Followed by</p> <p>Walking for Health Christmas Lunch - All Welcome</p> <p>Venue: The Boleyn Hotel at 12.30 pm. The cost will be £23 per head for a 3 course menu. A glass of Prosecco will be given on arrival and the meal will be followed by tea or coffee and mince pies. If you would like to attend, please see Margrit Jukes on walks.</p>
Leaders:	Peter, Martyn, Geoff, Tony
Icons:	





Date/time:	Thursday 14 December, 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:	Margrit, Pamela, Carol
Icons:	 


Date/time:	Sunday 17 December, 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:	Roger, June, Howard
Icons:	   

Date/time:	Monday 18 December, 10.30am
Route:	21b. Hurst Park to Hampton Court and back (extended) (2.7 miles)
Walk time:	60 minutes
Meeting:	Hurst Park, KT8 1SU. From Hurst Road turn into Sadlers Ride. Keep straight on into the car park. Bus route 564 alight at Tesco, Walton plus 10 minute walk.
Leaders:	Peter, Robert, Martyn
Icons:	   



Date/time:	Wednesday 20 December, 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, Charles S, Martyn
Icons:	

Date/time:	Friday 22 December, 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:	Robert, Roger, June
Icons:	

Date/time:	Wednesday 27 December, 10.30am
Route:	9d. Staines Riverside to Laleham Church (3.2 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:	Lynne, Martyn, Tony
Icons:	

We would like to thank all the volunteer walk leaders for their hard work and for continuing to make the scheme a success in 2017.

Thanks also to everyone for taking part in the walks.

Wishing you all a Merry Christmas and a Happy and Healthy 2018!



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
- A spare tube of the size to fit your bike
- A puncture repair outfit, including tyre levers and a pump is also 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:	Tuesday 7 November, 10.30am
Route:	4. Staines - Shepperton (13 miles)
Meeting point:	Bandstand, Lammas Recreation Ground, Wraysbury Road,
Terrain	Towpath and roads
Leaders:	Margrit, Charles, Ken I
Icons:	  

Date/time:	Wednesday 22 November, 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:	Rog, Glynis, Margrit
Icons:	

Date/time:	Thursday 7 December, 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, Ken S, Ken I
Icons:	  

Date/time:	Monday 18 December, 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:	Glynis, David, Ken S
Icons:	  

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



We would like to thank all of the volunteer cycle leaders for their hard work and for continuing to make the scheme a success in 2017.

Thanks also to everyone for taking part in the rides.

Wishing you all a Merry Christmas and a Happy and Healthy 2018!

