



Spelthorne Walking for Health and Spelthorne Cycling for Health

Programme of events: March and April 2018

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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. They are between one and three miles long and take place three times a week. Some of our walks are designed for total beginners - please refer to the walk grades. 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 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:	Thursday 1 March, 10.30am
Route:	12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)
Time/Grade:	30 minutes (option of a 15 minute route) / Grade 1 walk
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:	Tony, Charles S, Joan
Icons:	
Date/time:	Saturday 3 March, 10.30am
Route:	2b. Shepperton Black Ditch and Littleton Lakes (not cemetery) (2.8 miles)
Time/Grade:	60 minutes / Grade 3 walk
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, June
Icons:	
Date/time:	Monday 5 March, 10.30am
Route:	1a. Fordbridge Park Short (1.8 miles)
Time/Grade:	50 minutes (option of a 15-30 minute route) / Grade 1 walk
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:	Carol, Martyn, Geoff
Icons:	


Date/time:	Wednesday 7 March, 10.30am
Route:	4. Littleton Recreation Ground and River Ash (2.2 miles)
Time/Grade:	50 minutes / Grade 2 walk
Meeting:	Littleton Recreation ground on Laleham Road, Shepperton TW17 0JS. Bus route 438 or 458 alight outside Littleton Recreation Ground.
Leaders:	Joan, Peter, Charles S
Icons:	 


Date/time:	Thursday 8 March, 10.30am
Route:	13b. Charlton Circular and Nutty wood (3 miles)
Time/Grade:	80 minutes / Progression walk
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:	Mike, Charles W-T, Christine
Icons:	   


Date/time:	Saturday 10 March, 2pm (afternoon walk)
Route:	6b. Staines Moor from Swan Pub (2.7 miles)
Time/Grade:	65 minutes / Grade 2 walk
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
Leaders:	Robert, June, Joan
Icons:	





Date/time:	Tuesday 13 March, 10.30am
Route:	9b. Staines Health Centre Loop (1.7 miles)
Time/Grade:	50 minutes (option of a 15-30 minute route) / Grade 1 walk
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, Tony
Icons:	

Date/time:	Wednesday 14 March, 10.30am
Route:	19b. Cowey Sale and Desborough Island (2.5 miles)
Time/Grade:	55 minutes / Grade 2 walk
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, Lynne, Margrit
Icons:	



Date/time:	Thursday 15 March, 10.30am
Route:	14b. Bushy Park Diana Fountain, Woodland Gardens and Willow Plantation (3.3 miles)
Time/Grade:	70 minutes / Grade 3 walk
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:	Martyn, Peter, Charles S
Icons:	

Date/time:	Saturday 17 March, 10.30am
Route:	7b. Laleham Riverside and Penton Hook (3.7 miles)
Time/Grade:	70 minutes / Progression walk
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
Leaders:	Geoff, June, Robert
Icons:	




Date/time:	Monday 19 March, 10.30am
Route:	2d. Shepperton River Ash Estate (3.3 miles)
Time/Grade:	75 minutes / Progression walk
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, Tony, Charles W-T
Icons:	


Date/time:	Wednesday 21 March, 10.30am
Route:	10a. Stanwell Village Short (1.6 miles)
Time/Grade:	45 minutes (option of a 15-30 minute route) / Grade 1 walk
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 203, alight outside Sir
Leaders:	Martyn, Margrit, Peter
Icons:	





Date/time:	Thursday 22 March, 10.30am
Route:	17b. Thames Towpath and Dumsey Meadow (3.3 miles)
Time/Grade:	70 minutes / Progression walk
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:	Carol, Joan, Mike
Icons:	 

Date/time:	Saturday 24 March, 10.30am
Route:	19d. Cowey Sale to Weybridge Lock (3.5 miles)
Time/Grade:	70 minutes / Progression walk
Meeting:	Cowey Sale Car Park, Walton Lane, KT12 1QP. Bus route 400, 458 or 555 alight at Marshalls roundabout plus 15 minute walk.
Leaders:	June, Allan, Lynne
Icons:	  


Date/time:	Monday 26 March, 10.30am
Route:	5c. Runnymede Riverside from Lammas Park (2.7 miles)
Time/Grade:	70 minutes / Grade 2 walk
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, Geoff, Peter
Icons:	  


Date/time:	Tuesday 27 March, 10.30am
Route:	1b. Fordbridge Park via Bronzefield and Shortwood Common (3.1 miles)
Time/Grade:	70 minutes / Progression walk
Meeting:	Fordbridge Park Car Park, Kingston Road, Ashford TW15 3SJ. Bus route 117 alight at Woodthorpe Road under the
Leaders:	Carol, Robert, Charles W-T
Icons:	


Date/time:	Thursday 29 March, 10.30am
Route:	12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)
Time/Grade:	30 minutes (option of a 15 minute route) / Grade 1 walk
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, Allan, Charles S
Icons:	


Date/time:	Tuesday 3 April, 10.30am
Route:	24. Wraysbury (3 miles)
Time/Grade:	80 minutes / Grade 3 walk
Meeting:	Public car park on The Green TW19 5NA, located opposite the Village Hall. Ground can be very muddy, wear sensible footwear.
Leaders:	Joan, Roger, Geoff
Icons:	





Date/time:	Thursday 5 April, 10.30am
Route:	7b. Laleham Riverside and Penton Hook (3.7 miles)
Time/Grade:	70 minutes / Progression walk
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:	Peter, Christine, Charles W-T
Icons:	

Date/time:	Friday 6 April, 10.30am
Route:	5a. Church Lammas Short (1.1 miles)
Time/Grade:	30 minutes / Grade 1 walk
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:	Carol, Mike, June
Icons:	


Date/time:	Saturday 7 April, 10.30am
Route:	16. Bedfont Lakes (1.8 miles)
Time/Grade:	45 minutes / Grade 1 walk
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:	June, Allan
Icons:	





Date/time:	Tuesday 10 April, 10.30am
Route:	9b. Staines Health Centre Loop (1.7 miles)
Time/Grade:	50 minutes (option of a 15-30 minute route) / Grade 1 walk
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:	Carol, Joan, Margrit
Icons:	




Date/time:	Wednesday 11 April, 10.30am
Route:	20. The Weybridge Lock Circular (2.5 miles)
Time/Grade:	50 minutes / Grade 2 walk
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:	Martyn, Tony, Peter
Icons:	


Date/time:	Friday 13 April, 10.30am
Route:	18b. Chertsey and the River Bourne (2.3 miles)
Time/Grade:	60 minutes / Grade 2 walk
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:	Robert, Charles W-T, Margrit
Icons:	




Date/time:	Saturday 14 April, 2pm (afternoon walk)
Route:	9a. Staines Riverside and Penton Hook (Wheatsheaf and Pigeon) (2.5 miles)
Time/Grade:	45 minutes / Grade 2 walk
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:	June, Roger, Joan
Icons:	

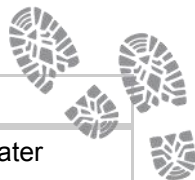
Date/time:	Tuesday 17 April, 10.30am
Route:	12b. Orchard Meadow, Walled Garden, Rope Walk, Salvation Army, TP26, Sunbury Park (2.3 miles)
Time/Grade:	55 minutes / Grade 2 walk
Meeting:	By the public car park off The Avenue, Sunbury (beside the parade of shops) TW16 5HT. You will need change for the car park. Bus route 216 alight at the Avenue.
Leaders:	Robert, Lynne, Roger
Icons:	   


Date/time:	Wednesday 18 April, 10.30am
Route:	10a. Stanwell Village Short (1.6 miles)
Time/Grade:	45 minutes (option of a 15-30 minute route) / Grade 1 walk
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 203, alight outside Sir John Gibson plus a 5 minute walk.
Leaders:	Geoff, Charles S, Charles W-T
Icons:	  


Date/time:	Thursday 19 April, 10.30am
Route:	21b. Hurst Park to Hampton Court and back (extended) (2.7 miles)
Time/Grade:	60 minutes / Grade 2 walk
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, Allan, Mike
Icons:	


Date/time:	Sunday 22 April, 10.30am
Route:	2c. Shepperton Black Ditch and Littleton Lakes via cemetery (3.2 miles)
Time/Grade:	70 minutes / Progression walk
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, Tony
Icons:	


Date/time:	Monday 23 April, 2pm (afternoon walk)
Route:	19d. Cowey Sale to Weybridge Lock (3.5 miles)
Time/Grade:	70 minutes / Progression walk
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:	



Date/time:	Tuesday 24 April, 10.30am
Route:	15. Bushy Park Pheasantry Car Park Start plus Water Garden (2.6 miles)
Time/Grade:	60 minutes / Grade 2 walk
Meeting:	Pheasantry Car Park. TW11 0EW Enter Bushy Park from the A308. Take the 2nd left after the Diana Fountain. Bus route 111, 216 or 513 alight at Hampton Court Gardens plus 25 minute walk.
Leaders:	Margrit, Joan, Allan
Icons:	

Date/time:	Thursday 26 April, 10.30am
Route:	12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)
Time/Grade:	30 minutes (option of a 15 minute route) / Grade 1 walk
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:	Carol, Pamela, Tony
Icons:	

Date/time:	Saturday 28 April, 10.30am
Route:	20. The Weybridge Lock Circular (2.5 miles)
Time/Grade:	50 minutes / Grade 2 walk
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
Leaders:	Roger, June, Geoff
Icons:	

Date/time:	Monday 30 April, 10.30am
Route:	1a. Fordbridge Park Short (1.8 miles)
Time/Grade:	50 minutes (option of a 15-30 minute route) / Grade 1 walk
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:	Christine, Pamela, Geoff
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
- 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. 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 7 March, 10.30am
Route:	1. Ashford - Stanwell - Staines loop (9 miles)
Meeting point:	St. Hilda's Church Car Park, Ashford TW15 3QL / Ashford Community Centre, The Centre, Woodthorpe Road, Ashford, TW15 3NJ
Terrain:	Roads, bridleway and towpath
Leaders:	Margrit, Dave , Rog
Icons:	

Date/time:	Friday 23 March, 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, Charles , Dave
Icons:	

Date/time:	Thursday 5 April, 10.30am
Route:	5. Staines - Egham - Thorpe (10 miles)
Meeting point:	Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines upon Thames TW18 4XZ
Terrain:	Towpath and roads
Leaders:	David, Glynis , Ken S
Icons:	

Date/time:	Tuesday 17 April, 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:	Ken S , Glynis, Martyn
Icons:	

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




Pick up a copy of our new Leisure Directory from your local library, leisure centre or dr's surgery. You can also view it online at www.spelthorne.gov.uk/leisuredirectory

Free

Spelthorne Leisure Directory 2018

Making the most of your leisure time



01784 446433 leisure@spelthorne.gov.uk www.spelthorne.gov.uk/leisure