



Spelthorne Walking for Health and Spelthorne Cycling for Health

Programme of Events: March & April 2026

(**Includes Weekend Walks**)

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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 the 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). They are between one and five miles long and take place three times a 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, muscles and bones strong



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 60 minutes.

Grade 4 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

Key



Grade 1 walks



Toilets available



Grade 2 walks



Car parking available



Grade 3 walks



Refreshments available near by



Grade 4 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

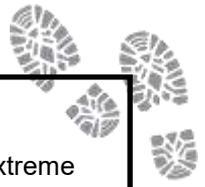
Please note that the walk starts promptly at the time advertised so please arrive in plenty of time (10-15mins early) to allow time to register. If you are a new walker, please ensure that you arrive at least 15 minutes before the scheduled start time.

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.



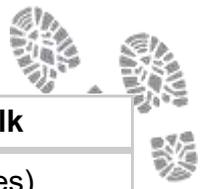
Weather Information

We would like to advise all participants to be wary and careful in extreme weather settings. If the Met Office provide a “Danger to life” weather warning, walks in this time frame will be cancelled until the weather warning is over. If the temperature is due to reach 30 degrees celsius or above, walks will be cancelled. All those on our mailing list will be contacted. In instances where weather may be adverse but not extreme, please follow the below advice:

- In hot weather ensure you bring plenty of fluids and protective clothing (e.g. sunhat, suncream)
- In cold weather ensure you wear warm clothing and appropriate footwear

Walking for Health programme of walks

Date/time:	Monday 2nd March 10:30am / Grade 1 walk
Route:	1a. Fordbridge Park Short (1.8 miles)
Time/ Grade:	50 minutes (option of a 15-30 minute route) / Grade 1 walk
Meet and finish point	Fordbridge Park car park, Kingston Road, Ashford, TW15 3SJ
Leaders:	Margrit, Pat, Joan, Lynne
Icons:	
Date/time:	Wednesday 4th March 10:30am / Grade 3 walk
Route:	26. Homewood Park (2.1 miles)
Time/ Grade:	50 minutes / Grade 3 walk
Meet and finish point	Meet in the public car park on Stonehill Road, Chertsey, KT16 0AG
Leaders:	Colin, David M, Chris, Lynne
Icons:	
Date/time:	Thursday 5th March 10:30am / Grade 4 walk
Route:	12d. Orchard Meadow, Walled Garden, School Walk, Upper Halliford, Grange Farm (3.2 miles)
Time/ Grade:	60 minutes / Grade 4 walk
Meet and finish point	By the public car park off The Avenue, Sunbury (beside the parade of shops), TW16 5HT. You will need change for the car park
Leaders:	Geoff, David P, Rob, Ivan
Icons:	



Date/time:	Monday 9th March 10:30am / Grade 2 walk
Route:	9c. Staines and Laleham Riverside (2.7 miles)
Time/ Grade:	70 minutes / Grade 2 walk
Meet and finish point	Outside the Wheatsheaf and Pigeon Pub, junction of Wheatsheaf Lane and Penton Road, Staines, TW18 2LL
Leaders:	Roger, Ivan, Geoff, David P
Icons:	

Date/time:	Tuesday 10th March 10:30am / Grade 1 walk
Route:	5a. Church Lammas Short (1.1 miles)
Time/ Grade:	30 minutes / Grade 1 walk
Meet and finish point	Lammas Park car park, Wraysbury Road, Staines, TW18 4XZ. You will need change for the car park
Leaders:	Anne, Joan, Margrit
Icons:	 

Date/time:	Friday 13th March 10:30am / Grade 4 walk
Route:	2e. Shepperton Riverside (3 miles)
Time/ Grade:	65 minutes / Grade 4 walk
Meet and finish point	Manor Park car park, Church Road, Shepperton, TW17 9JR. You will need change for the car park
Leaders:	Tim, Paul M, Colin
Icons:	  

Date/time:	Monday 16th March 10:30am / Grade 4 walk
Route:	19e. Cowey Sale and Broad Water (2.6 miles)
Time/ Grade:	50 minutes / Grade 4 walk
Meet and finish point	Cowey Sale car park, Walton Lane, KT12 1AR, by café at the top of Walton Lane
Leaders:	Martyn, Lynne, Tim, Chris
Icons:	

Date/time:	Wednesday 18th March 10:30am / Grade 1 walk
Route:	10a. Stanwell Village Short (1.6 miles)
Time/ Grade:	45 minutes (option of a 15-30 minute route) / Grade 1 walk
Meet and finish point	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
Leaders:	Martyn, Anne, Alex, Ivan
Icons:	

Date/time:	Friday 20th March 10:30am / Grade 3 walk
Route:	14b. Bushy Park Diana Fountain, Woodland Gardens and Willow Plantation (3.3 miles)
Time/ Grade:	70 minutes / Grade 3 walk
Meet and finish point	Diana Fountain car park. Enter Bushy Park from A308, turn right at the fountain, TW11 0EQ
Leaders:	Geoff, Paul G, David P, Chris
Icons:	



Date/time:	Tuesday 24th March 10:30am / Grade 2 walk
Route:	12b. Orchard Meadow, Walled Garden, Rope Walk, Salvation Army, TP26, Sunbury Park (2.3 miles)
Time/ Grade:	55 minutes / Grade 2 walk
Meet and finish point	By the public car park off The Avenue, Sunbury (beside the parade of shops), TW16 5HT. You will need change for the car park
Leaders:	David M, Ivan, Rob
Icons:	   

Date/time:	Wednesday 25th March 10:30am / Grade 3 walk
Route:	24. Wraysbury (3 miles)
Time/ Grade:	80 minutes / Grade 3 walk
Meet and finish point	Public car park on The Green, TW19 5NA, located opposite the Village Hall. Ground can be very muddy
Leaders:	Tim, Colin, Geoff
Icons:	 

Date/time:	Tuesday 31st March 10:30am / Grade 4 walk
Route:	14c. Bushy Park Diana Fountain and Home Park (3.4 miles)
Time/ Grade:	70 minutes / Grade 4 walk
Meet and finish point	Diana Fountain car park. Enter Bushy Park from A308, turn right at the fountain, TW11 0EQ
Leaders:	Roger, Chris, David P, Geoff
Icons:	   

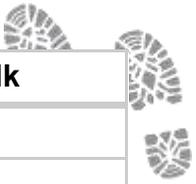
Date/time:	Wednesday 1st April 10:30am / Grade 2 walk
Route:	21b. Hurst Park to Hampton Court and back (extended) (2.7 miles)
Time/ Grade:	60 minutes / Grade 2 walk
Meet and finish point	Hurst Park, KT8 1SU. From Hurst Road, turn into Sadlers Ride. Keep straight on into the car park
Leaders:	Martyn, Anne, Lynne, David M
Icons:	
Date/time:	Thursday 2nd April 10:30am / Grade 1 walk
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
Meet and finish point	By the public car park off The Avenue, Sunbury (beside the parade of shops), TW16 5HT. You will need change for the car park
Leaders:	Pat, Alex, Joan
Icons:	
Date/time:	Tuesday 7th April 10:30am / Grade 3 walk
Route:	2b. Shepperton Black Ditch and Littleton Lakes (not cemetery) (2.8 miles)
Time/ Grade:	60 minutes / Grade 3 walk
Meet and finish point	Manor Park car park, Church Road, Shepperton, TW17 9JR. You will need change for the car park
Leaders:	Geoff, Roger, Tim, David P
Icons:	

Date/time:	Wednesday 8th April 10:30am / Grade 4 walk
Route:	14d. Hampton Court Circular via Thames Towpath (4.6 miles)
Time/ Grade:	90 minutes / Grade 4 walk
Meet and finish point	Diana Fountain car park. Enter Bushy Park from A308, turn right at the fountain, TW11 0EQ
Leaders:	John, Chris, Colin, David M
Icons:	
Date/time:	**Saturday 11th April 10:30am / Grade 4 walk (Weekend Walk)**
Route:	17b. Thames Towpath and Dumsey Meadow (3.3 miles)
Time/ Grade:	70 minutes / Grade 4 walk
Meet and finish point	Car park on Mead Lane, Chertsey, KT16 8NJ (at the bottom of Mead Lane on left just past height restriction barrier)
Leaders:	Rob, Roger
Icons:	
Date/time:	Monday 13th April 10:30am / Grade 2 walk
Route:	7c. Lucan Pavilion to Laleham Park (2.3 miles)
Time/ Grade:	50-70 minutes / Grade 2 walk
Meet and finish point	The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ
Leaders:	Martyn, Margrit, Lynne
Icons:	

Date/time:	Tuesday 14th April 10:30am / Grade 1 walk
Route:	5a. Church Lammas Short (1.1 miles)
Time/ Grade:	30 minutes / Grade 1 walk
Meet and finish point	Lammas Park car park, Wraysbury Road, Staines, TW18 4XZ. You will need change for the car park
Leaders:	Joan, Alex, Pat
Icons:	

Date/time:	Thursday 16th April 10:30am / Grade 4 walk
Route:	19f. Broad Water and Desborough Island (3.5 miles)
Time/ Grade:	70 minutes / Grade 4 walk
Meet and finish point	Cowey Sale car park, Walton Lane, KT12 1AR. By café at the top of Walton Lane
Leaders:	Paul G, Geoff, David P, Tim
Icons:	

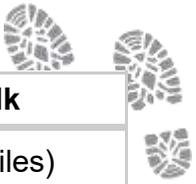
Date/time:	**Saturday 18th April 10:30am / Grade 2 walk (Weekend Walk)**
Route:	18b. Chertsey and the River Bourne (2.3 miles)
Time/ Grade:	60 minutes / Grade 2 walk
Meet and finish point	Far end of Staines Lane, Chertsey, KT16 8PS, near turning circle
Leaders:	Lynne, Rob
Icons:	



Date/time:	Monday 20th April 10:30am / Grade 4 walk
Route:	25. Cooper's Hill to Runnymede (2.1 miles)
Time/ Grade:	60 minutes / Grade 4 walk
Meet and finish point	Meet in the public car park on Cooper's Hill Lane, Englefield Green, TW20 0L
Leaders:	Geoff, David P, Chris, Paul G
Icons:	

Date/time:	Wednesday 22nd April 10:30am / Grade 1 walk
Route:	10a. Stanwell Village Short (1.6 miles)
Time/ Grade:	45 minutes (option of a 15-30 minute route) / Grade 1 walk
Meet and finish point	Car park behind St David's parish centre. Take St Mary's Crescent, turn into Hadfield Road. Entrance to car park
Leaders:	Anne, Ivan, Margrit
Icons:	

Date/time:	Friday 24th April 10:30am / Grade 3 walk
Route:	18a. Chertsey Abbey (2.8 miles)
Time/ Grade:	60 minutes / Grade 3 walk
Meet and finish point	Far end of Staines Lane, Chertsey, KT16 8PS, near turning circle
Leaders:	Paul M, Tim, Colin, Chris
Icons:	



Date/time:	Monday 27th April 10:30am / Grade 4 walk
Route:	19d. Cowey Sale to Weybridge Lock (3.5 miles)
Time/ Grade:	70 minutes / Grade 4 walk
Meet and finish point	Cowey Sale car park, Walton Lane, KT12 1AR, by café at the top of Walton Lane
Leaders:	Chris, Geoff, David P, Tim
Icons:	

Date/time:	Wednesday 29th April 10:30am / Grade 3 walk
Route:	9d. Staines Riverside to Laleham Church (3.2 miles)
Time/ Grade:	70 minutes / Grade 3 walk
Meet and finish point	Outside the Wheatsheaf and Pigeon pub, junction of Wheatsheaf Lane and Penton Road, Staines, TW18 2LL
Leaders:	John, Lynne, Martyn
Icons:	

Date/time:	Thursday 30th April 10:30am / Grade 1 walk
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
Meet and finish point	By the public car park off The Avenue, Sunbury (beside the parade of shops)
Leaders:	Roger, Pat, Joan
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 6-14 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 4th March / 10:30am
Route:	5. Staines - Egham - Thorpe (10 miles)
Meeting point:	Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines, TW18 4XZ
Terrain:	Towpath and roads
Leaders:	David & Margrit
Icons:	

Date/time:	Thursday 12th March / 10:30am
Route:	1. Ashford - Stanwell Moor - Wraysbury - Staines Loop (14 miles)
Meeting point:	Fordbridge Park Car Park, Kingston Road, Ashford, TW15 3SJ
Terrain:	Roads, bridleway and towpath
Leaders:	Tom & Peter
Icons:	

Date/time:	Friday 20th March / **12:00pm Lunchtime**
Route:	Laleham to Staines, along the river and back (6 miles)
Meeting point:	The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ
Terrain:	Roads and towpath
Leaders:	Martyn & Margrit
Icons:	

Date/time:	Monday 30th March / 10:30am
Route:	4. Staines - Shepperton (13 miles)
Meeting point:	Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines, TW18 4XZ
Terrain:	Towpath and roads
Leaders:	Peter & Tom
Icons:	

Date/time:	Wednesday 8th April / 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:	Margrit & Martyn
Icons:	

Date/time:	Thursday 16th April / 10:30am
Route:	2. Sunbury - Hampton - Hanworth (9 miles)
Meeting point:	Staines Rugby Club, The Reeves, off Snakey Lane, Feltham, TW13 7NB
Terrain:	Cycle paths and roads
Leaders:	Tom & Peter
Icons:	

Date/time:	Monday 20th April / **12:00pm Lunchtime**
Route:	6. Laleham - Thorpe - Chertsey (10 miles)
Meeting point:	The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ
Terrain:	Roads and bridleway
Leaders:	Martyn & Margrit
Icons:	

Date/time:	Tuesday 28th April / 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:	Peter & Margrit
Icons:	

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

