



Spelthorne Walking for Health and Spelthorne Cycling for Health

Programme of Events: May & June 2026

(**Includes Evening & Weekend Walks**)

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www.spelthorne.gov.uk/walkingforhealth

www.spelthorne.gov.uk/cyclingforhealth



Contents

Page 2-3	Walking for Health Information
Page 4-5	Walking for Health Points to Remember
Page 6-15	Walking for Health Programme of Walks
Page 16	Cycling for Health Information
Page 17-19	Cycling for Health Ride Details

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

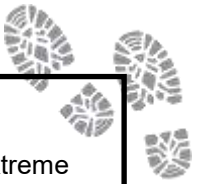
Please note that the walk starts promptly at the time advertised so please arrive in plenty of time (10-15mins early) to allow time to register. If you are a new walker, please ensure that you arrive at least 15 minutes before the scheduled start time.

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:	Tuesday 5th May 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, Anne, Pat
Icons:	
Date/time:	Wednesday 6th May 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:	Lynne, Rob, David M, Roger
Icons:	
Date/time:	Thursday 7th May 10:30am / Grade 4 walk
Route:	28. Ottershaw Memorial Fields (3.3 miles)
Time/ Grade:	70-90 minutes / Grade 4 walk
Meet and finish point	Meet at Ottershaw Memorial Fields, Foxhills Road, Ottershaw, KT16 0QB
Leaders:	David P, Paul, Geoff, Chris
Icons:	

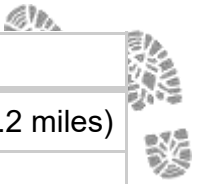



Date/time:	Monday 11th May 10:30am / Grade 2 walk
Route:	6b. Staines Moor from Swan Pub (2.3 miles)
Time/ Grade:	65 minutes / Grade 2 walk
Meet and finish point	Outside what used to be the Swan Pub, (200m after passing under road bridge), Moor Lane, Staines, TW19 6EB
Leaders:	Martyn, Margrit, Roger
Icons:	



Date/time:	Tuesday 12th May 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:	Pat, Joan, Lynne, Ivan, Margrit
Icons:	






Date/time:	Thursday 14th May 10:30am / Grade 4 walk
Route:	1b. Fordbridge Park via Bronzefield and Shortwood Common (3.1 miles)
Time/ Grade:	70 minutes / Grade 4 walk
Meet and finish point	Fordbridge Park car park, Kingston Road, Ashford, TW15 3SJ
Leaders:	John, David P, Geoff
Icons:	


Date/time:	**Saturday 16th May 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:	Roger, Rob, Martyn
Icons:	 
Date/time:	Wednesday 20th May 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:	Rob, Margrit, Anne
Icons:	  
Date/time:	Thursday 21st May 10:30am / Grade 2 walk
Route:	15. Bushy Park Pheasantry Car Park start plus Water Garden (2.6 miles)
Time/ Grade:	60 minutes / Grade 2 walk
Meet and finish point	Pheasantry car park, TW11 0EW. Enter from Teddington end, Teddington Gate at the northern end of Chestnut Avenue on Park Road
Leaders:	Paul, David P, Geoff, Chris
Icons:	   





Date/time:	Friday 22nd May 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:	Rob, Tim, Colin
Icons:	


Date/time:	**Tuesday 26th May 6:30pm / Grade 3 walk (Evening 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
Leaders:	Lynne, Roger, Martyn
Icons:	 


Date/time:	Thursday 28th May 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:	Ivan, Joan, Lynne
Icons:	    


Date/time:	Friday 29th May 10:30am / Grade 2 walk
Route:	20. The Weybridge Lock Circular (2.5 miles)
Time/ Grade:	50 minutes / Grade 2 walk
Meet and finish point	Car park by Elmbridge Canoe Club, Walton Lane, KT13 8LT (halfway between Weybridge Health Club and The Minnow Pub)
Leaders:	David P, Geoff, Chris, Colin
Icons:	


Date/time:	Monday 1st June 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:	Joan, Margrit, Anne, Ivan
Icons:	


Date/time:	Wednesday 3rd June 10:30am / Grade 2 walk
Route:	19b. Cowey Sale and Desborough Island (2.5 miles)
Time/ Grade:	55 minutes / Grade 2 walk
Meet and finish point	Cowey Sale car park, Walton Lane, KT12 1AR. By café at the top of Walton Lane
Leaders:	David M, Roger, Rob
Icons:	


Date/time:	Thursday 4th June 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, David P, Paul
Icons:	

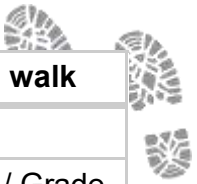
Date/time:	**Saturday 6th June 10:30am / Grade 4 walk (Weekend Walk)**
Route:	17b. Thames Towpath and Dumsey Meadow (3.3 miles)
Time/ Grade:	70 minutes / Grade 4 walk
Meet and finish point	Car park on Mead Lane, Chertsey, KT16 8NJ (at the bottom of Mead Lane on left just past height restriction barrier)
Leaders:	Rob, Roger
Icons:	

Date/time:	Monday 8th June 10:30am / Grade 1 walk
Route:	16. Bedfont Lakes (1.8 miles)
Time/ Grade:	45 minutes / Grade 1 walk
Meet and finish point	Clockhouse Lane entrance, TW14 8QA. If travelling from Ashford, the concealed entrance is on the right hand side
Leaders:	Pat, Anne, Margrit
Icons:	

Date/time:	Tuesday 9th June 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, Margrit, Roger
Icons:	

Date/time:	Wednesday 10th June 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:	Chris, Tim, John, Colin
Icons:	




Date/time:	Monday 15th June 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:	Geoff, David P, David M
Icons:	





Date/time:	Wednesday 17th June 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 is on the first corner, TW19 7EE
Leaders:	Margrit, Anne, David M
Icons:	


Date/time:	Thursday 18th June 10:30am / Grade 4 walk
Route:	13b. Charlton Circular and Nutty Wood (3 miles)
Time/ Grade:	80 minutes / Grade 4 walk
Meet and finish point	Car park by play area off Gaston Bridge Road, Shepperton, TW17 8HE (near roundabout at the end of Green Lane on the right)
Leaders:	Rob, Roger
Icons:	

Date/time:	Tuesday 23rd June 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:	Pat, Anne, Roger
Icons:	

Date/time:	**Wednesday 24th June 6:30pm / Grade 2 walk (Evening Walk)**
Route:	12c. Orchard Meadow, Sunbury Park, School Walk, Halliford Road, Walled Garden (2.9 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:	Lynne, Roger
Icons:	
Date/time:	Thursday 25th June 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:	Joan, Alex, Pat
Icons:	
Date/time:	Friday 26th June 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:	David P, Geoff, Paul, Colin
Icons:	

Date/time:	Monday 29th June 10:30am / Grade 4 walk
Route:	9e. Wheatsheaf and Pigeon to Church Lammas (4 miles)
Time/ Grade:	70-90 minutes / Grade 4 walk
Meet and finish point	Outside the Wheatsheaf and Pigeon pub, junction of Wheatsheaf Lane and Penton Road, Staines, TW18 2LL
Leaders:	Geoff, David P, Rob
Icons:	

Date/time:	Tuesday 30th June 10:30am / Grade 2 walk
Route:	4. Littleton Recreation Ground and River Ash (2.2 miles)
Time/ Grade:	50 minutes / Grade 2 walk
Meet and finish point	Littleton Recreation Ground on Laleham Road, Shepperton, TW17 0JS
Leaders:	Ivan, Margrit, Alex
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 6th May / 10:30am
Route:	10. Shepperton - Walton - Bushy Park (10 miles)
Meeting point:	Squires Garden Centre, Upper Halliford, Shepperton, TW17 8SG
Terrain:	Cycle paths, roads and towpath
Leaders:	David & Tom
Icons:	


Date/time:	Friday 15th May / **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:	Margrit & Martyn
Icons:	

Date/time:	Thursday 21st May / 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:	Tom & Margrit
Icons:	

Date/time:	Friday 29th May / 10:30am
Route:	Staines Rugby Club to Crane Park and back (7 miles) **Shorter Route**
Meeting point:	Staines Rugby Club, The Reeves, off Snakey Lane, Feltham, TW13 7NB
Terrain:	Cycle paths and roads
Leaders:	Peter & Martyn
Icons:	

Date/time:	Thursday 4th June / 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:	Thursday 11th June / 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:	Tom & Peter
Icons:	

Date/time:	Monday 15th June / 10:30am
Route:	4. Staines - Shepperton (13 miles)
Meeting point:	Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines, TW18 4XZ
Terrain:	Towpath and roads
Leaders:	Tom & Peter
Icons:	

Date/time:	Tuesday 23rd June / 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:	Tom & Margrit
Icons:	

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

