



Spelthorne Walking for Health and Spelthorne Cycling for Health

Programme of Events: July & August 2026

(**Includes Evening & 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

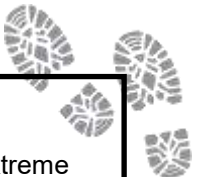
Please note that the walk starts promptly at the time advertised so please arrive in plenty of time (10-15mins early) to allow time to register. If you are a new walker, please ensure that you arrive at least 15 minutes before the scheduled start time.

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:	Thursday 2nd July 10:30am / Grade 4 walk
Route:	2c. Shepperton Black Ditch and Littleton Lakes via cemetery (3.2 miles)
Time/ Grade:	70 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:	Roger, Geoff, David P
Icons:	

Date/time:	Monday 6th July 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:	Anne, Margrit, Ivan, Lynne
Icons:	


Date/time:	Wednesday 8th July 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:	Colin, David M, Anne
Icons:	





Date/time:	Thursday 9th July 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:	Paul, Geoff, David P
Icons:	



Date/time:	Tuesday 14th July 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, Pat, Margrit
Icons:	





Date/time:	Wednesday 15th July 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
Leaders:	Chris, Colin, Lynne
Icons:	






Date/time:	Friday 17th July 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:	Rob, Roger, Colin
Icons:	


Date/time:	Monday 20th July 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 0LF. The route involves a number of steps and fairly steep descent
Leaders:	Geoff, David P, Rob, Paul
Icons:	


Date/time:	Wednesday 22nd July 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:	Margrit, Joan
Icons:	


Date/time:	**Saturday 25th July 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:	Colin, Lynne, Martyn
Icons:	 




Date/time:	Monday 27th July 10:30am / Grade 2 walk
Route:	19a. Cowey Sale to The Weir Pub and back (2.4 miles)
Time/ Grade:	60 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:	Anne, Pat, Roger
Icons:	   


Date/time:	Thursday 30th July 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, Joan, Ivan
Icons:	    


Date/time:	Friday 31st July 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:	Chris, David P, Geoff
Icons:	


Date/time:	Monday 3rd August 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, Joan, Pat
Icons:	

Date/time:	Tuesday 4th August 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:	Roger, Rob, Ivan, Chris
Icons:	

Date/time:	Thursday 6th August 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 0WQ
Leaders:	Paul, Geoff, David P
Icons:	
Date/time:	**Saturday 8th August 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, Martyn, Colin, Roger
Icons:	
Date/time:	Tuesday 11th August 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, Anne, Margrit, Roger
Icons:	

Date/time:	Thursday 13th August 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:	Goeff, Paul, John, David P
Icons:	

Date/time:	**Tuesday 18th August 6:30pm / Grade 1 walk (Evening 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:	Rob, Roger
Icons:	


Date/time:	Wednesday 19th August 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:	Margrit, Roger, Chris
Icons:	




Date/time:	Thursday 20th August 10:30am / Grade 4 walk
Route:	27. Thorpe Circular (3.1 miles)
Time/ Grade:	60 minutes / Grade 4 walk
Meet and finish point	Meet in the car park opposite the Judo Dojo, Green Road, Thorpe Green, TW20 8QL
Leaders:	Geoff, Paul, David P, Tim
Icons:	

Date/time:	Monday 24th August 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 (nearest postcode), by café at the top of Walton Lane
Leaders:	Chris, Geoff, David P, David M
Icons:	

Date/time:	**Wednesday 26th August 6:30pm / Grade 3 walk (Evening 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:	Ivan, Roger
Icons:	

Date/time:	Thursday 27th August 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, David M, Roger
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:	Friday 3rd July / 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:	Martyn & Peter
Icons:	


Date/time:	Thursday 9th July / 10:30am
Route:	10. Shepperton - Walton - Bushy Park (13 miles)
Meeting point:	Squires Garden Centre, Upper Halliford, Shepperton, TW17 8SG
Terrain:	Cycle paths, roads and towpath
Leaders:	Peter & Tom
Icons:	


Date/time:	Wednesday 15th 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:	David & Martyn
Icons:	


Date/time:	Tuesday 21st July / 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:	Margrit & Tom
Icons:	

Date/time:	Monday 27th July / 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 & Tom
Icons:	

Date/time:	Thursday 6th August / 10:30am
Route:	6. Laleham - Thorpe - Chertsey (10 miles)
Meeting point:	The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ
Terrain:	Roads and bridleway
Leaders:	Margrit & David
Icons:	

Date/time:	Friday 14th August / 10:30am
Route:	1. Ashford - Stanwell Moor - Wraysbury - Staines (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 21st August / 10:30am
Route:	Laleham to Staines, along the river and back (6 miles)
Meeting point:	The Lucan Pavilion, off The Broadway, Laleham, TW181RZ
Terrain:	Roads and towpath
Leaders:	Martyn & Margrit
Icons:	

Date/time:	Wednesday 26th August / 10:30am
Route:	4. Staines - Shepperton (13 miles)
Meeting point:	Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines, TW18 4XZ
Terrain:	Towpath and roads
Leaders:	David & Martyn
Icons:	

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

