



Spelthorne Walking for Health and Spelthorne Cycling for Health

Programme of Events: July & August 2025

(**Includes Afternoon, Weekend & Evening Walks and
Lunchtime Cycle Rides**)

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



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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). They are between one and three 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, muscle 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 are may include steeper slopes, steps, uneven surfaces and stiles. The average walk pace is 3mph and duration of the walk is over 60minutes.

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



Grade 2 walks



Grade 3 walks



Grade 4 walks



Toilets available



Car parking available



Refreshments available near by



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. 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 1st July 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:	Maddie, Pat, Anne, Margrit
Icons:	  
Date/time:	Wednesday 2nd 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:	Lynne, Martyn, Rob, Paul M
Icons:	  
Date/time:	Monday 7th 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:	Roger, Margrit, Pat
Icons:	    


Date/time:	Wednesday 9th 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:	Geoff, Chris, David M, Colin
Icons:	


Date/time:	**Thursday 10th July 6:30pm / Grade 2 walk (Evening 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
Leaders:	Roger, Maddie, Lynne
Icons:	


Date/time:	Monday 14th July 10:30am / Grade 1 walk
Route:	16. Bedfont Lakes (1.8 miles)
Time/ Grade:	45 minutes / Grade 1 walk (includes the option of a shorter and slower route led by Joan)
Meet and finish point	Clockhouse Lane entrance, TW14 8QA. If travelling from Ashford, the concealed entrance is on the right hand side
Leaders:	Joan, Rob, Lynne, Anne
Icons:	


Date/time:	Wednesday 16th 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, Martyn, Geoff
Icons:	



Date/time:	Friday 18th July 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, Chertsey, KT16 0QB
Leaders:	David P, Colin, Paul M
Icons:	





Date/time:	**Tuesday 22nd July 2:00pm / Grade 3 walk (Afternoon 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:	Lynne, Martyn, Anne, Margrit
Icons:	






Date/time:	Thursday 24th 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
Leaders:	Joan, Roger, Pat
Icons:	

Date/time:	Friday 25th July 10:30am / Grade 4 walk
Route:	21c. Hurst Park to Sunbury Lock Weir Pub and back (5 miles)
Time/ Grade:	90 minutes / Grade 4 walk
Meet and finish point	Hurst Park, KT8 1SU. From Hurst Road, turn into Sadlers Ride. Keep straight on into the car park
Leaders:	Tim, Chris, Colin, David P
Icons:	


Date/time:	**Saturday 26th July 2:00pm / 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:	Rob, Roger
Icons:	




Date/time:	Monday 28th July 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:	Roger, Lynne, Pat, Martyn, Margrit
Icons:	 



Date/time:	Thursday 31st July 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:	David P, Geoff, Chris, Paul G
Icons:	   


Date/time:	Monday 4th 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, Roger, Pat
Icons:	    





Date/time:	Tuesday 5th August 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 bridge), Moor Lane, Staines, TW19 6EB
Leaders:	David P, Chris, Geoff, Rob
Icons:	

Date/time:	**Thursday 7th August 6:30pm / Grade 2 walk (Evening 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:	Roger, Ivan, Lynne
Icons:	  


Date/time:	Tuesday 12th August 10:30am / Grade 1 walk
Route:	5a. Church Lammas Short (1.1 miles)
Time/ Grade:	30 minutes / Grade 1 walk (includes the option of a shorter and slower route led by Joan)
Meet and finish point	Lammas Park car park, Wraysbury Road, Staines, TW18 4XZ
Leaders:	Joan, Margrit, Pat, Anne
Icons:	 


Date/time:	Thursday 14th 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. By café at the top of Walton Lane
Leaders:	Geoff, Paul G, David P, Chris, Tim
Icons:	


Date/time:	Friday 15th August 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:	Colin, Ivan, Paul M
Icons:	


Date/time:	Tuesday 19th August 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:	Tim, Lynne, Paul M
Icons:	


Date/time:	Wednesday 20th 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:	Anne, Geoff, David P
Icons:	

Date/time:	Friday 22nd August 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
Leaders:	Colin, Chris
Icons:	

Date/time:	Wednesday 27th August 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:	Rob, Lynne, Colin
Icons:	

Date/time:	Thursday 28th 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
Leaders:	Lynne, Joan, Roger
Icons:	

Date/time:	Friday 29th 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 at the Judo Dojo, Green Road, Thorpe Green, TW20 8QL
Leaders:	Geoff, Paul G, Chris, David P
Icons:	

Date/time:	**Saturday 30th 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, Lynne, Martyn
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:	Tuesday 8th July / 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:	Martyn & Peter
Icons:	


Date/time:	Monday 14th July / **12.00pm Lunchtime**
Route:	Laleham to Staines, along the river and back (6 miles) *Shorter Route*
Meeting point:	The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ
Terrain:	Roads and towpath
Leaders:	Margrit & Martyn
Icons:	


Date/time:	Monday 21st 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:	Tom & Peter
Icons:	

Date/time:	Tuesday 29th 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 7th August / 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:	Thursday 14th August / 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 20th 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:	Martyn & David
Icons:	

Date/time:	Wednesday 27th August / **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:	

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

