



# **Spelthorne Walking for Health and Spelthorne Cycling for Health**

Programme of Events: September & October 2025

(\*\*Includes Evening & Weekend Walks\*\*)

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[www.spelthorne.gov.uk/walkingforhealth](http://www.spelthorne.gov.uk/walkingforhealth)

[www.spelthorne.gov.uk/cyclingforhealth](http://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](mailto: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](http://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. 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




<b>Date/time:</b>	<b>Monday 1st September 10:30am / Grade 1 walk</b>
<b>Route:</b>	1a. Fordbridge Park Short (1.8 miles)
<b>Time/ Grade:</b>	50 minutes (option of a 15-30 minute route) / Grade 1 walk
<b>Meet and finish point</b>	Fordbridge Park car park, Kingston Road, Ashford, TW15 3SJ
<b>Leaders:</b>	Margrit, Roger, Ivan, Anne
<b>Icons:</b>	


<b>Date/time:</b>	<b>Tuesday 2nd September 10:30am / Grade 4 walk</b>
<b>Route:</b>	14c. Bushy Park Diana Fountain and Home Park (3.4 miles)
<b>Time/ Grade:</b>	70 minutes / Grade 4 walk
<b>Meet and finish point</b>	Diana Fountain car park. Enter Bushy Park from A308, turn right at the fountain, TW11 0EQ
<b>Leaders:</b>	David P, Geoff, Chris, Paul G
<b>Icons:</b>	

<b>Date/time:</b>	<b>Friday 5th September 10:30am / Grade 2 walk</b>
<b>Route:</b>	7c. Lucan Pavilion to Laleham Park (2.3 miles)
<b>Time/ Grade:</b>	50-70 minutes / Grade 2 walk
<b>Meet and finish point</b>	The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ
<b>Leaders:</b>	Colin, Paul M, Lynne, Margrit
<b>Icons:</b>	


<b>Date/time:</b>	<b>Tuesday 9th September 10:30am / Grade 1 walk</b>
<b>Route:</b>	5a. Church Lammas Short (1.1 miles)
<b>Time/ Grade:</b>	30 minutes / Grade 1 walk
<b>Meet and finish point</b>	Lammas Park car park, Wraysbury Road, Staines, TW18 4XZ. You will need change for the car park
<b>Leaders:</b>	Pat, Alex, Lynne
<b>Icons:</b>	 






<b>Date/time:</b>	<b>Thursday 11th September 10:30am / Grade 4 walk</b>
<b>Route:</b>	1c. Fordbridge Park via Hengrove Park and Shortwood Common
<b>Time/ Grade:</b>	70-90 minutes / Grade 4 walk
<b>Meet and finish point</b>	Fordbridge Park car park, Kingston Road, Ashford, TW15 3SJ
<b>Leaders:</b>	David P, Geoff, Paul G
<b>Icons:</b>	   



<b>Date/time:</b>	<b>**Saturday 13th September 10:30am / Grade 2 walk (Weekend Walk)**</b>
<b>Route:</b>	18b. Chertsey and the River Bourne (2.3 miles)
<b>Time/ Grade:</b>	60 minutes / Grade 2 walk
<b>Meet and finish point</b>	Far end of Staines Lane, Chertsey, KT16 8PS, near turning circle
<b>Leaders:</b>	Rob, Roger, Paul M
<b>Icons:</b>	  


<b>Date/time:</b>	<b>Monday 15th September 10:30am / Grade 4 walk</b>
<b>Route:</b>	12d. Orchard Meadow, Walled Garden, School Walk, Upper Halliford, Grange Farm (3.2 miles)
<b>Time/ Grade:</b>	60 minutes / Grade 4 walk
<b>Meet and finish point</b>	By the public car park off The Avenue, Sunbury (beside the parade of shops), TW16 5HT. You will need change for the car park
<b>Leaders:</b>	Maddie, Roger, David P
<b>Icons:</b>	
<b>Date/time:</b>	<b>Wednesday 17th September 10:30am / Grade 1 walk</b>
<b>Route:</b>	10a. Stanwell Village Short (1.6 miles)
<b>Time/ Grade:</b>	45 minutes (option of a 15-30 minute route) / Grade 1 walk
<b>Meet and finish point</b>	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
<b>Leaders:</b>	Paul M, Margrit, Alex
<b>Icons:</b>	
<b>Date/time:</b>	<b>Friday 19th September 10:30am / Grade 3 walk</b>
<b>Route:</b>	24. Wraysbury (3 miles)
<b>Time/ Grade:</b>	80 minutes / Grade 3 walk
<b>Meet and finish point</b>	Public car park on The Green, TW19 5NA, located opposite the Village Hall
<b>Leaders:</b>	Tim, Ivan, Colin, Lynne
<b>Icons:</b>	





<b>Date/time:</b>	<b>**Tuesday 23rd September 6:30pm / Grade 2 walk (Evening Walk)**</b>
<b>Route:</b>	9c. Staines and Laleham Riverside (2.7 miles)
<b>Time/ Grade:</b>	70 minutes / Grade 2 walk
<b>Meet and finish point</b>	Outside the Wheatsheaf and Pigeon pub, junction of Wheatsheaf Lane and Penton Road, Staines, TW18 2LL
<b>Leaders:</b>	Lynne, Roger, Paul M
<b>Icons:</b>	

<b>Date/time:</b>	<b>Thursday 25th September 10:30am / Grade 1 walk</b>
<b>Route:</b>	12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)
<b>Time/ Grade:</b>	30 minutes (option of a 15 minute route) / Grade 1 walk
<b>Meet and finish point</b>	By the public car park off The Avenue, Sunbury (beside the parade of shops), TW16 5HT. You will need change for the car park
<b>Leaders:</b>	Pat, Roger, Alex
<b>Icons:</b>	    

<b>Date/time:</b>	<b>Friday 26th September 10:30am / Grade 3 walk</b>
<b>Route:</b>	26. Homewood Park (2.1 miles)
<b>Time/ Grade:</b>	50 minutes / Grade 3 walk
<b>Meet and finish point</b>	Meet in the public car park on Stonehill Road, Chertsey, KT16 0AG
<b>Leaders:</b>	Colin, Tim, Chris
<b>Icons:</b>	 

<b>Date/time:</b>	<b>Monday 29th September 10:30am / Grade 2 walk</b>
<b>Route:</b>	5b. Church Lammas and Staines Moor (2.3 miles)
<b>Time/ Grade:</b>	65 minutes / Grade 2 walk
<b>Meet and finish point</b>	Lammas Park car park, Wraysbury Road, Staines, TW18 4XZ
<b>Leaders:</b>	Maddie, Anne, Roger, Margrit
<b>Icons:</b>	

<b>Date/time:</b>	<b>Tuesday 30th September 10:30am / Grade 2 walk</b>
<b>Route:</b>	3. London Irish and Grange Farm (2 miles)
<b>Time/ Grade:</b>	45 minutes / Grade 2 walk
<b>Meet and finish point</b>	London Irish, Hazelwood Drive, Sunbury, TW16 6QU
<b>Leaders:</b>	Rob, Pat, Lynne, Paul M
<b>Icons:</b>	


<b>Date/time:</b>	<b>Thursday 2nd October 10:30am / Grade 2 walk</b>
<b>Route:</b>	4. Littleton Recreation Ground and River Ash (2.2 miles)
<b>Time/ Grade:</b>	50 minutes / Grade 2 walk
<b>Meet and finish point</b>	Littleton Recreation Ground on Laleham Road, Shepperton, TW17 0JS
<b>Leaders:</b>	Geoff, David P, Paul G
<b>Icons:</b>	





<b>Date/time:</b>	<b>Monday 6th October 10:30am / Grade 1 walk</b>
<b>Route:</b>	1a. Fordbridge Park Short (1.8 miles)
<b>Time/ Grade:</b>	50 minutes (option of a 15-30 minute route) / Grade 1 walk
<b>Meet and finish point</b>	Fordbridge Park car park, Kingston Road, Ashford, TW15 3SJ
<b>Leaders:</b>	Margrit, Maddie, Anne
<b>Icons:</b>	


<b>Date/time:</b>	<b>Thursday 9th October / Grade 2 walk</b>
<b>Route:</b>	20. The Weybridge Lock Circular (2.5 miles)
<b>Time/ Grade:</b>	50 minutes / Grade 2 walk
<b>Meet and finish point</b>	Car park by Elmbridge Canoe Club, Walton Lane, KT13 8LT (halfway between Weybridge Health Club and The Minnow pub)
<b>Leaders:</b>	Tim, David P, Geoff, Paul G
<b>Icons:</b>	


<b>Date/time:</b>	<b>**Saturday 11th October 10:30am / Grade 3 walk (Weekend Walk)**</b>
<b>Route:</b>	10b. Stanwell Village and The Reservoir (3 miles)
<b>Time/ Grade:</b>	70 minutes / Grade 3 walk
<b>Meet and finish point</b>	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
<b>Leaders:</b>	Rob, Roger, Lynne, Paul M
<b>Icons:</b>	


<b>Date/time:</b>	<b>Tuesday 14th October 10:30am / Grade 1 walk</b>
<b>Route:</b>	5a. Church Lammas Short (1.1 miles)
<b>Time/ Grade:</b>	30 minutes / Grade 1 walk
<b>Meet and finish point</b>	Lammas Park car park, Wraysbury Road, Staines, TW18 4XZ. You will need change for the car park
<b>Leaders:</b>	Anne, Ivan, Paul M, Margrit
<b>Icons:</b>	


<b>Date/time:</b>	<b>Wednesday 15th October 10:30am / Grade 3 walk</b>
<b>Route:</b>	9d. Staines Riverside to Laleham Church (3.2 miles)
<b>Time/ Grade:</b>	70 minutes / Grade 3 walk
<b>Meet and finish point</b>	Outside the Wheatsheaf and Pigeon pub, junction of Wheatsheaf Lane and Penton Road, Staines, TW18 2LL
<b>Leaders:</b>	Tim, Colin, Chris
<b>Icons:</b>	


<b>Date/time:</b>	<b>Friday 17th October 10:30am / Grade 3 walk</b>
<b>Route:</b>	2b. Shepperton Black Ditch and Littleton Lakes (not cemetery) (2.8 miles)
<b>Time/ Grade:</b>	60 minutes / Grade 3 walk
<b>Meet and finish point</b>	Manor Park car park, Church Road, Shepperton, TW17 9JR. You will need change for the car park
<b>Leaders:</b>	Geoff, David P, Chris
<b>Icons:</b>	


<b>Date/time:</b>	<b>Monday 20th October 10:30am / Grade 4 walk</b>
<b>Route:</b>	18c. Chertsey Abbey and the River Bourne (4.6 miles)
<b>Time/ Grade:</b>	90 minutes / Grade 4 walk
<b>Meet and finish point</b>	Far end of Staines Lane, Chertsey, KT16 8PS, near turning circle
<b>Leaders:</b>	Tim, Geoff, David P
<b>Icons:</b>	

<b>Date/time:</b>	<b>Wednesday 22nd October 10:30am / Grade 1 walk</b>
<b>Route:</b>	10a. Stanwell Village Short (1.6 miles)
<b>Time/ Grade:</b>	45 minutes (option of a 15-30 minute route) / Grade 1 walk
<b>Meet and finish point</b>	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
<b>Leaders:</b>	Margrit, Anne
<b>Icons:</b>	

<b>Date/time:</b>	<b>Friday 24th October 10:30am / Grade 4 walk</b>
<b>Route:</b>	9e. Wheatsheaf and Pigeon to Church Lammas (4 miles)
<b>Time/ Grade:</b>	70-90 minutes / Grade 4 walk
<b>Meet and finish point</b>	Outside the Wheatsheaf and Pigeon pub, junction of Wheatsheaf Lane and Penton Road, Staines, TW18 2LL
<b>Leaders:</b>	Paul M, Colin, Rob
<b>Icons:</b>	

<b>Date/time:</b>	<b>Monday 27th October 10:30am / Grade 2 walk</b>
<b>Route:</b>	19c. Cowey Sale to Xcel Leisure Centre and back (2.3 miles)
<b>Time/ Grade:</b>	55 minutes / Grade 2 walk
<b>Meet and finish point</b>	Cowey Sale car park, Walton Lane, KT12 1AR. By café at the top of Walton Lane
<b>Leaders:</b>	Maddie, Anne, Roger
<b>Icons:</b>	

<b>Date/time:</b>	<b>Thursday 30th October 10:30am / Grade 1 walk</b>
<b>Route:</b>	12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)
<b>Time/ Grade:</b>	30 minutes (option of a 15 minute route) / Grade 1 walk
<b>Meet and finish point</b>	By the public car park off The Avenue, Sunbury (beside the parade of shops), TW16 5HT. You will need change for the car park
<b>Leaders:</b>	Pat, Roger, Ivan
<b>Icons:</b>	

<b>Date/time:</b>	<b>Friday 31st October 10:30am / Grade 4 walk</b>
<b>Route:</b>	13b. Charlton Circular and Nutty Wood (3 miles)
<b>Time/ Grade:</b>	80 minutes / Grade 4 walk
<b>Meet and finish point</b>	Squires Garden Centre car park, Halliford Road, Upper Halliford, TW17 8SG
<b>Leaders:</b>	Geoff, David P, Tim, Paul G
<b>Icons:</b>	

## **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](http://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


<b>Date/time:</b>	<b>Tuesday 2nd September / 10:30am</b>
<b>Route:</b>	8. Stanwell Moor - Wraysbury - Staines (10 miles)
<b>Meeting point:</b>	The Anchor Pub, Horton Road, Stanwell Moor, TW19 6AQ
<b>Terrain:</b>	Roads and bridleway
<b>Leaders:</b>	Tom & Peter
<b>Icons:</b>	


<b>Date/time:</b>	<b>Tuesday 16th September / 10:30am</b>
<b>Route:</b>	7. Shepperton - Weybridge - Chertsey Loop (10 miles)
<b>Meeting point:</b>	Squires Garden Centre, Upper Halliford, Shepperton, TW17 8SG
<b>Terrain:</b>	Cycle paths, roads and towpath
<b>Leaders:</b>	Peter & Margrit
<b>Icons:</b>	




<b>Date/time:</b>	<b>Thursday 25th September / 10:30am</b>
<b>Route:</b>	2. Sunbury - Hampton - Hanworth (9 miles)
<b>Meeting point:</b>	Staines Rugby Club, The Reeves, off Snakey Lane, Feltham, TW13 7NB
<b>Terrain:</b>	Cycle paths and roads
<b>Leaders:</b>	Peter & Tom
<b>Icons:</b>	

<b>Date/time:</b>	<b>Wednesday 1st October / 10:30am</b>
<b>Route:</b>	6. Laleham - Thorpe - Chertsey (10 miles)
<b>Meeting point:</b>	The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ
<b>Terrain:</b>	Roads and bridleway
<b>Leaders:</b>	David & Martyn
<b>Icons:</b>	

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

<b>Date/time:</b>	<b>Monday 20th October / **12:00pm Lunchtime**</b>
<b>Route:</b>	5. Staines - Egham - Thorpe (10 miles)
<b>Meeting point:</b>	Bandstand, Lammas Recreation Ground, Wraysbury Road, Staines, TW18 4XZ
<b>Terrain:</b>	Towpath and roads
<b>Leaders:</b>	Martyn & Margrit
<b>Icons:</b>	

<b>Date/time:</b>	<b>Tuesday 28th October / 10:30am</b>
<b>Route:</b>	8. Stanwell Moor - Wraysbury - Staines (10 miles)
<b>Meeting point:</b>	The Anchor Pub, Horton Road, Stanwell Moor, TW19 6AQ
<b>Terrain:</b>	Roads and bridleway
<b>Leaders:</b>	Tom & Peter
<b>Icons:</b>	

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

