

Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)

How you can get involved

Woking & Runnymede Health Walks is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. All walks are a maximum of 90 minutes. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch with

Tasha Feddery (walks coordinator)

Email: tasha@cornerhouse.cc

or call 07473 404 962/ 01483 757461.

All details can be found online at

www.walkingforhealth.org.uk

For all national enquiries, please

contact Walking for Health on

0207 339 8541 or

walkingforhealth@ramblers.org.uk



step right up



Runnymede Health Walks

Autumn walks programme

October - December 2018

Every Tuesday 1.30pm for a maximum 90 mins

Free, fun & friendly – open to all!



CornerHouse



2nd October

Green Lane Loop

Length: 2.6 miles (75-90 minutes)

Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR

Grade: Moderate (steps over railway bridge)

9th October

Ether Hill & Ottershaw Copse

Length: 2.9 miles (90 mins)

Meet at Memorial Fields car park, Fox Hills Road, Ottershaw KT16 0NQ

Grade: Moderate (woodland tracks & gradients)

Refreshment stop en route

16th October

River Wey Northern Loop

Length: 3 miles (90 minutes)

Meet outside Tesco, Station Road, Addlestone KT15 2AS

Grade: Easy

23rd October

Air Forces Memorial

Length: 2.8 miles (90 minutes) **Optional shorter 1.6 mile route.**

Meet outside The Barley Mow pub, Barley Mow Rd, Englefield Green TW20 0NX (on street parking)

Grade: Easy – Moderate

30th October

Brooklands

Length: 2.3 miles (60 mins)

Meet at the Brooklands Museum car park, Brooklands Drive, Weybridge KT13

OSL **Grade: Easy**

6th November

River Bourne & Abbey

Length: 2.7 miles (75 minutes)

Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR

Grade: Easy

13th November

Whiteley Village

Length: 2.4 miles (75 minutes)

Meet by the cricket pavillion, North Ave, Whiteley Village, Hersham KT12 4DW

Grade: Moderate

20th November

Towpath – White Hart

Length: 2.5 miles (75 minutes)

Meet outside Tesco, Addlestone

Grade: Easy

Refreshment stop en route

27th November

Cow Pond & Beyond

Length: 2.7 miles (90 minutes)

Meet at Bishopsgate entrance, Bishopsgate Road, Englefield Green TW20 0XU

Grade: Easy

4th December

Meads & Marina

Length: 2.6 miles (75 minutes)

Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR

Grade: Easy.

11th December

Bourne Valley, Canal & Woodham

Length: 2.4 miles (75 minutes)

Meet at Bourne Valley Garden Centre, Woodham Park Road, Addlestone KT15 3TH

Grade: Easy

Start at 12.30

Followed by Christmas lunch (pre-book with walk coordinator, spaces limited)

18th December

Victory Pk, Sayes Ct & Millpond

Length: 2.5 miles (60-75 minutes)

Meet outside Tesco, Station Rd, Addlestone KT15 2AS

Grade: Easy

25th December – NO WALK

1st January – NO WALK

