

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

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

Summer walks programme

July - September 2019

Every Tuesday 1.30pm for a maximum 90 mins

Free, fun & friendly – open to all!



2nd July

Dumsey Meadow

Length: 2.8 miles (60-75 minutes)

Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR **Grade: Easy**

9th July

The (not so) Long Walk Challenge!

Length: 2.8 miles (75-90 minutes)

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

Grade: Moderate

16th July

River Wey Northern Loop

Length: 3 miles (90 minutes)

Meet outside Tesco, Station Road, Addlestone KT15 2AS

Grade: Easy

23rd July

Desborough Island

Length: 2.6 miles (75 mins)

Meet in Cowey Sale car park (just below new Walton Bridge), Walton Lane, Weybridge KT12 1AR

Grade: Easy – moderate (some steps)

May be muddy

30th July

Magna Carta Meander

Length: 2.6 miles (75 minutes)

Meet at Bells of Ouzley pub, Straight Road, Old Windsor SL4 2SH

Grade: Easy

6th August

Lakes Loop

Length: 3.3 miles (75-90 minutes)

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

Grade: Moderate

13th August

Heathervale & West Byfleet

Length: 3.2 miles (90 minutes)

Meet Heathervale Recreation Ground, Heathervale Rd, New Haw KT15 3AP

Grade: Easy – moderate

20th August

Victory Pk, Sayes Ct & Millpond

Length: 2.5 miles (75 minutes)

Meet outside Tesco, Station Rd, Addlestone KT15 2AS

Grade: Easy

27th August

St Ann's Hill

Length: 2.3 miles (60 minutes)

Meet by The Golden Grove pub, Ruxbury Rd, Chertsey KT16 9EN

Grade: Moderate (due to gradients)

3rd September

Meads & Marina

Length: 2.6 miles (75 minutes)

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

Grade: Easy.

10th September

Brox Lane Loop

Length: 2.5 miles (60-75 minutes)

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

Grade: Easy – Moderate

(may be muddy in places)

****please lift share if possible as parking is limited****

17th September

Towpath – White Hart

Length: 3 miles (75-90 minutes)

Meet outside Tesco, Addlestone

Grade: Easy

Refreshment stop en route

24th September

Windsor Great Park

Length: 3.2 miles (90 minutes)

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

Grade: Moderate

