

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. We also have 'starter' walks (max of 30 mins) every Tuesday at 11am. 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



Woking Health Walks

Spring walks programme

April - June 2019

Wednesdays 10.45am meet for 11am start
30 min 'Starter' walks every Tuesday 11am!



3rd April

Basingstoke Canal & Brookwood Cemetery

Length: 3.1 miles (90 minutes)

Meet at Sainsbury's, Redding Hill, Knaphill GU21 2QT

Grade: Easy – moderate **Sorry – assistance dogs only**

10th April

Bullbeggars & Horsell Moor

Length: 2.5 miles (60-75 minutes)

Meet in the café at The Lightbox,

Grade: Easy

17th April

The Saturn Trail to Parkview

Length: 3.3 miles (90 mins)

Meet in the café at The Lightbox

Grade: Easy - Moderate due to distance, but easy walking surface.

Refreshment stop en route

24th April

Stepbridges

Length: 2.4 miles (60-75 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Moderate (even surface but there are steps & gradients on this walk)

1st May

Dodds Lane & Ridgeway Loop

Length: 2.5/3 miles (75-90 minutes)

Meet outside The Yeoman pub (Harvester), 81 Old Woking Rd, West Byfleet KT14 6JA

Grade: Easy

8th May

Horsell Village Loop

Length: 3 miles (75-90 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Moderate

15th May

The Saturn Trail to St Johns

Length: 3.3 miles (90 mins)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Easy – Moderate

Refreshment stop en route

22nd May

Horsell Church

Length: 2.1 miles (45-60 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Easy

29th May

White Rose Lane

Length: 3 miles (75-90 minutes)

Meet outside entrance to Woking Leisure Centre, Woking Park, Kingfield Rd, Woking GU22 9BA

Grade: Moderate

5th June

Mimbridge Meadows

Length: 2.2 miles (45-60 minutes)

Meet at Heather Farm Wetland Centre, Chobham Road, Woking GU21 4XY

Grade: Easy

Can be wet and muddy in places. (Please lift-share if possible)

12th June

Wheatsheaf & Woodham Commons

Length: 2.5 miles (75 minutes)

Meet in the café at The Lightbox,

Grade: Easy

19th June

Littlewick Common

Length: 3.5 miles (90 minutes)

Meet in the café at The Lightbox,

Grade: Moderate

Refreshment stop en route

26th June

Basingstoke Canal & Muslim Burial Ground

Length: 2.4 miles (60-75 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Easy

Starter Walks

Max 30 minutes

Every Tuesday 10.45 meet for

11am start:

1st & 3rd of the month: Meet in the café at The Lightbox, Chobham Road, Woking GU21 4AA

2nd & 4th of the month: Meet outside entrance to Woking Leisure Centre, Woking Park, Kingfield Rd, Woking GU22 9BA

5th of the month: Meet outside Waitrose, 1 Goldsworth Park Centre, Denton Way, Woking GU21 3LG

