

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](mailto:tasha@cornerhouse.cc) or call 07473 404 962/ 01483 757461.**

All details can be found online at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

For all national enquiries, please contact Walking for Health on 0207 339 8541 or [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)



# step right up



## Woking Health Walks

### Summer walks programme

July - Sept 2019

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



3<sup>rd</sup> July

### Pyrford & Hoebridge Loop

Length: 3.4 miles (90 minutes)

Meet at Pyrford Common car park,  
Pyrford Common Road, Woking  
GU22 8NH

Grade: Moderate

May be muddy in places.

No WC or refreshments.

10<sup>th</sup> July

### Bullbeggars & Horsell Moor

Length: 2.5 miles (60-75 minutes)

Meet in the café at The Lightbox,

Grade: Easy

17<sup>th</sup> July

### 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

24<sup>th</sup> July

### 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)

31<sup>st</sup> July

### Sheet's Heath

Length: 3.2 miles (75-90 minutes)

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

Grade: Moderate

7<sup>th</sup> August

### St John's Lye & Hook Heath

Length: 2.5-3 miles (75 minutes)

Meet St John's Lye public car park, St John's,  
Woking GU21 7SQ

Grade: Easy - moderate

Please note parking can be very limited so  
please lift share/ use public transport if  
possible.

14<sup>th</sup> August

### Littlewick Common

Length: 3.5 miles (90 minutes)

Meet in the café at The Lightbox,

Grade: Moderate

Refreshment stop en route

21<sup>st</sup> August

### 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

28<sup>th</sup> August

### Horsell Church

Length: 2.1 miles (45-60 minutes)

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

Grade: Easy

4<sup>th</sup> September

### Fairoaks

Length: 4 miles (90 minutes)

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

Grade: Moderate

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

11<sup>th</sup> September

### Wheatsheaf & Woodham Commons

Length: 2.5 miles (75 minutes)

Meet in the café at The Lightbox,

Grade: Easy

18<sup>th</sup> September

### Horsell Village Loop

Length: 3 miles (75-90 minutes)

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

Grade: Moderate

25<sup>th</sup> September

### 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:

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

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

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

