

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



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)



step right up

Runnymede Health Walks

Spring walks programme

April - June 2018

Every Tuesday 1.30pm for a maximum 90 mins

Free, fun & friendly – open to all!



3rd April

Meads & Marina

Length: 2.6 miles (60-75 minutes)

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

Grade: Easy.

10th April

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

17th April

River Wey Northern Loop

Length: 3 miles (90 minutes)

Meet outside Tesco, Station Road, Addlestone KT15 2AS

Grade: Easy

24th April

Cobham Loop

Length: 3 miles (90 mins)

Meet at The Medicine Garden, Downside Road, Cobham KT11 3LU

Grade: Moderate (some gradients)

1st May

Monks Walk lake

Length: 2.5 miles (75 minutes)

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

Grade: Easy (can be muddy)

8th May

Azalea Amble

Length: 3 miles (90 minutes)

Meet in the car park of The Wheatsheaf Hotel, London Road, Virginia Water GU25 4QF

Grade: Moderate

15th May

Towpath – White Hart

Length: 2.5 miles (75 minutes)

Meet outside Tesco, Addlestone

Grade: Easy

Refreshment stop en route

22nd May

Whiteley Village

Length: 2.4 miles (60-75 minutes)

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

Grade: Moderate

29th May

St Anne's Hill

Length: 2.5 miles (60-75 minutes)

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

Grade: Moderate (due to gradients)

5th June

Dumsey Meadow

Length: 2.8 miles (75-90 minutes)

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

Grade: Easy

12th June

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 ONX (on street parking)

Grade: Easy – Moderate

19th June

Victory Pk, Sayes Ct & Millpond

Length: 2.5 miles (75 minutes)

Meet outside Tesco, Station Rd, Addlestone KT15 2AS

Grade: Easy

26th June

Ether Hill & Ottershaw Copse

Length: 2.9 miles (90 mins)

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

Grade: Moderate (woodland tracks & gradients)

Refreshment stop en route

