

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 2018

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



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)



4th April

Chobham Common north

Length: 2.6 miles (75-90 minutes)

Meet at The Roundabout car park, Chobham Road, Longcross (just off roundabout after going over M3 from Chobham at junction with Chertsey Rd).

Grade: Moderate (off road tracks with gradients)

Can be muddy and quite exposed.

No WC or refreshments.

11th April

Horsell Village Loop

Length: 3 miles (75-90 minutes)

Meet in the café at The Lightbox,

Grade: Moderate

18th April

The Saturn Trail to St Johns & back

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

25th April

Stepbridges

Length: 2.4 miles (60-75 minutes)

Meet in the café at The Lightbox,

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

2nd 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

9th May

The Saturn Trail to Parkview & back

Length: 3.5 miles (90 mins)

Meet in the café at The Lightbox,

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

Refreshment stop en route

16th May

Horsell Church

Length: 2.1 miles (45-60 minutes)

Meet in the café at The Lightbox,

Grade: Easy

23rd May

Wheatsheaf & Woodham Commons

Length: 2.5 miles (75 minutes)

Meet in the café at The Lightbox,

Grade: Easy

30th May

Sheet's Heath

Length: 3.2 miles (75-90 minutes)

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

Grade: Moderate

May be muddy in places

6th June

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.

13th June

Bullbeggars & Horsell Moor

Length: 2.5 miles (75 minutes)

Meet in the café at The Lightbox,

Grade: Easy

20th June

Littlewick Common

Length: 3.5 miles (90 minutes)

Meet in the café at The Lightbox,

Grade: Moderate

Refreshment stop en route

27th June

Basingstoke Canal & Muslim Burial Ground

Length: 2.4 miles (60-75 minutes)

Meet in the café at The Lightbox,

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

