

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

Winter walks programme

January - March 2019

Every Tuesday 1.30pm for a maximum 90 mins

Free, fun & friendly – open to all!



1st January – no walk

8th January

West Byfleet Canal Loop

Length: 2.5 miles (75 minutes)
(shorter 1.5 mile route available)

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

15th January

Addlestone – Weybridge Loop

Length: 2.7 miles (75 minutes)
Meet outside Tesco, Addlestone
Grade: Easy

22nd January

Wick & Obelisk Ponds

Length: 2.5/3.3 miles (max 90 minutes)
Meet 11am in car park Wheatsheaf
Hotel, London Road, Virginia Water GU25
4QF
Grade: Easy – Moderate

29th January

**Broadwater Lake & Thames
Path**

Length: 3 miles (90 mins)
Meet in Cowey Sale car park (just below
new Walton Bridge), Walton Lane,
Weybridge KT12 1AR
Grade: Easy

5th February

River Bourne & Abbey walk

Length: 2.6 miles (60-75 minutes)
Meet at River Bourne Club, Heriot Road,
Chertsey KT16 9DR
Grade: Easy

12th February

Brooklands

Length: 2.3 miles (60 mins)
Meet at the Brooklands Museum car park,
Brooklands Drive, Weybridge KT13 0SL
Grade: Easy

19th February

Addlestone Moor - Chertsey

Length: 3 miles (90 minutes)
Meet outside Tesco, Addlestone
Grade: Easy (although there are steps)

26th February

Basingstoke Canal & River Wey

Length: 2.6 miles (75-90 minutes)
Meet Heathervale Recreation Ground,
Heathervale Rd, New Haw KT15 3AP
Grade: Easy – moderate

5th March

Meads & Marina

Length: 2.6 miles (75 minutes)
Meet at River Bourne Club, Heriot Road,
Chertsey KT16 9DR
Grade: Easy.

12th March

Cobham Loop

Length: 3 miles (90 mins)
Meet at The Medicine Garden, Downside
Road, Cobham KT11 3LU
Grade: Moderate (some gradients)

19th March

Victory Pk, Sayes Ct & Millpond

Length: 2.5 miles (75 minutes)
Meet outside Tesco, Station Rd,
Addlestone KT15 2AS
Grade: Easy

26th March

Cow Pond & Beyond

Length: 2.7 miles (90 minutes)
Meet at Bishopsgate entrance,
Bishopsgate Road, Englefield Green
TW20 0XU
Grade: Easy

