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 2nd & 4th 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

Runnymede Health Walks
Autumn walks programme
Oct - Dec 2017
Regular walks every Tuesday 1.30pm
‘Starter’ walks every 2nd & 4th Tuesday 11am

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. 3093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, isle of Man no. 604)
**3rd October**  
**Green Lane Loop**  
Length: 2.6 miles (75-90 minutes)  
Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR  
Grade: Moderate (steps over railway bridge)

**10th October**  
**Ankerwycke**  
Length: 3 miles (90 minutes)  
Meet The George Inn, 29 Windsor Rd, Wraysbury, TW19 5DE  
Grade: Moderate as can be wet & muddy.

**17th October**  
**River Wey northern loop**  
Length: 3 miles (90 minutes)  
Meet outside Tesco, Station Road, Addlestone KT15 2AS  
Grade: Easy

**24th October**  
**Brox Lane & Row Town Ramble**  
Length: 2.6 miles (75 minutes)  
Meet at Bourne Valley Garden Centre, Woodham Park Road, Addlestone KT15 3TH  
Grade: Easy (may be muddy in places)

**31st October**  
**Brooklands Park**  
Length: 2.3 miles (60 minutes)  
Meet in Brooklands Motor Museum car park, Brooklands Rd, Weybridge KT13 0SL  
Grade: Easy

**7th November**  
**River Bourne & Abbey walk**  
Length: 2.6 miles (60-75 minutes)  
Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR  
Grade: Easy

**14th November**  
**Wick & Obelisk Ponds**  
Length: 2.5/3.2 miles (75-90 minutes)  
Meet in the car park of The Wheatsheaf Hotel, London Road, Virginia Water GU25 4QF  
Grade: Moderate (may be muddy in places)

**21st November**  
**Towpath – White Hart**  
Length: 2.5 miles (75 minutes)  
Meet outside Tesco, Addlestone  
Grade: Easy  
Refreshments en route

**28th November**  
**Basingstoke Canal & River Wey**  
Length: 2.6 miles (75 minutes)  
Meet Heathervale Recreation Ground, Heathervale Rd, New Haw KT15 3AP  
Grade: Easy – moderate

**5th December**  
**Chertsey Meads & Marina**  
Length: 2.6 miles (75-90 minutes)  
Meet at The River Bourne Club, Heriot Road, Chertsey KT16 9DR  
Grade: Easy

**12th December**  
**Bourne Valley, Canal & Woodham**  
Length: 2.4 miles (75 minutes)  
Meet at Bourne Valley Garden Centre, Woodham Park Road, Addlestone KT15 3TH  
Grade: Easy  
Please note this walk starts at 11am and will be followed by our annual walker’s Christmas lunch at 12.30  
(pre-booking essential for the meal).

**19th December**  
**Victory Pk, Sayes Ct & Millpond**  
Length: 2.5 miles (75 minutes)  
Meet outside Tesco, Station Rd, Addlestone KT15 2AS  
Grade: Easy

**26th December – NO WALK**

Next walk: 2nd Jan at River Bourne Club, Chertsey

---

**Starter Walks**  
Max 30 minutes  
Tuesdays 10.45 meet for 11am start—every fortnight:  
2nd of the month: Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR  
4th of the month: Meet outside Tesco, 117 Station Road, Addlestone KT15 2AS