

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

Summer walks programme

July - September 2018

Every Tuesday 1.30pm for a maximum 90 mins

Free, fun & friendly – open to all!



3rd July

Lakes Loop

Length: 3.3 miles (75-90 minutes)

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

Grade: Moderate

10th July

The (not so) Long Walk Challenge!

Length: 2.8 miles (75-90 minutes)

Meet at Bishopsgate entrance,
Bishopsgate Road, Englefield Green
TW20 0XU

Grade: Moderate

17th July

River Wey Northern Loop

Length: 3 miles (90 minutes)

Meet outside Tesco, Station Road,
Addlestone KT15 2AS

Grade: Easy

24th July

Penton Hook Island

Length: 2.6 miles (60-75 mins)

Meet outside the Three Horseshoes pub,
25 Shepperton Rd, Laleham TW18 1SE

Grade: Easy

31st July

Magna Carta Meander

Length: 3.2 miles (90 minutes)

Meet at Bells of Ouzley pub, Straight
Road, Old Windsor SL4 2SH

Grade: Easy

7th August

Dumsey Meadow

Length: 2.8 miles (75-90 minutes)

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

Grade: Easy

14th August

Ankerwycke

Length: 2.7 miles (75-90 minutes)

Meet The George Inn, 29 Windsor Rd,
Wraysbury, TW19 5DE

Grade: Moderate

21st August

Towpath – White Hart

Length: 2.5 miles (75 minutes)

Meet outside Tesco, Addlestone

Grade: Easy

Refreshment stop en route

28th August

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)

4th September

Monks Walk lake

Length: 2.5 miles (60-75 minutes)

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

Grade: Easy

11th September

Bourne Valley Circular

Length: 3 miles (90 minutes)

Meet Bourne Valley Garden Centre,
Woodham Park Rd, Addlestone KT15
3TH

Grade: Moderate

18th September

Victory Pk, Sayes Ct & Millpond

Length: 2.5 miles (60-75 minutes)

Meet outside Tesco, Station Rd,
Addlestone KT15 2AS

Grade: Easy

25th September

Byfleet – The Anchor

Length: 3.2 miles (90 minutes)

Meet outside Byfleet Village Hall, 54
High Road, Byfleet KT14 7QL

**Grade: Moderate as can be wet &
muddy.**

Refreshment stop en route

