

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



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)

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

Summer walks programme

July - September 2018

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



4th July

Fairoaks

Length: 4 miles (90 minutes)

Meet at Heather Farm Wetland Centre, Chobham Road, Woking GU21 4XY

Grade: Moderate (Please lift share if possible – parking can be limited)

11th July

The Saturn Trail to Parkview & back

Length: 3.3 miles (90 mins)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

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

Refreshment stop en route

18th July

Horsell Church

Length: 2.1 miles (45-60 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Easy

25th July

The Saturn Trail to St Johns & back

Length: 3.3 miles (90 mins)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

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

Refreshment stop en route

1st August

Westfield & The Hoe Valley

Length: 2.4 miles (75 minutes)

Meet in car park of Wyvale Garden Centre, Egley Road, Woking GU22 0NH

Grade: Easy – Moderate

8th August

Wheatsheaf & Woodham Commons

Length: 2.5 miles (60-75 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Easy

15th August

Littlewick Common

Length: 3.5 miles (90 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Moderate

Refreshment stop en route

22nd August

Bullbeggars & Horsell Moor

Length: 2.5 miles (60-75 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Easy

29th August

Hoebridge & Carter's Lane

Length: 3.4 miles (90 minutes)

Meet at public car park, Manor Way, Old Woking GU22 9JX

Grade: Moderate

No WC or refreshments.

5th September

Chobham Common south

Length: 2.6 miles (75-90 minutes)

Meet at The Four Horseshoes pub, Burrow Hill Green, Chobham GU24 8QP

Grade: Moderate (off road tracks with gradients)

12th September

Stepbridges

Length: 2.4 miles (60-75 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

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

19th September

Horsell Village Loop

Length: 3 miles (75-90 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

Grade: Moderate

26th September

Basingstoke Canal & Muslim Burial Ground

Length: 2.4 miles (60-75 minutes)

Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA

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

