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
3rd July
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.

10th July
Bullbeggars & Horsell Moor
Length: 2.5 miles (60-75 minutes)
Meet in the café at The Lightbox, Grade: Easy

17th July
The Saturn Trail to Parkview
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

24th July
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)

31st July
Sheet’s Heath
Length: 3.2 miles (75-90 minutes)
Meet at Sainsbury’s, Redding Hill, Knaphill GU21 2QT
Grade: Moderate

7th August
St John’s Lye & Hook Heath
Length: 2.5-3 miles (75 minutes)
Meet St John’s Lye public car park, St John’s, Woking GU21 7SQ
Grade: Easy - moderate
Please note parking can be very limited so please lift-share/ use public transport if possible.

14th August
Littlewick Common
Length: 3.5 miles (90 minutes)
Meet in the café at The Lightbox,
Grade: Moderate
Refreshment stop en route

21st August
The Saturn Trail to St Johns
Length: 3.3 miles (90 mins)
Meet in the café at The Lightbox,
Victoria Way, Woking GU21 4AA
Grade: Easy – Moderate
Refreshment stop en route

28th August
Horsell Church
Length: 2.1 miles (45-60 minutes)
Meet in the café at The Lightbox,
Victoria Way, Woking GU21 4AA
Grade: Easy

4th September
Fairoaks
Length: 4 miles (90 minutes)
Meet at Heather Farm Wetland Centre, Chobham Road, Woking GU21 4XY
Grade: Moderate
Can be wet and muddy in places.
(Please lift-share if possible)

11th September
Wheatsheaf & Woodham Commons
Length: 2.5 miles (75 minutes)
Meet in the café at The Lightbox,
Grade: Easy

18th September
Horsell Village Loop
Length: 3 miles (75-90 minutes)
Meet in the café at The Lightbox,
Victoria Way, Woking GU21 4AA
Grade: Moderate

25th 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
5th of the month: Meet outside Waitrose, 1 Goldsworth Park Centre, Denton Way, Woking GU21 3LG