

The benefits of joining a walking group

- Young or old, walking is for everyone
- It doesn't cost the earth to start
- You don't need fancy equipment or a dog
- The opportunity to make new friends

It can improve your:

- Weight management
- Balance
- Co-ordination
- Flexibility
- Mental alertness

It can reduce your risks of:

- Heart disease
- Strokes
- Osteoporosis
- Colon cancer

What to wear

Footwear: You don't need expensive walking boots but it can get muddy, so wear something sensible

Raingear: bring a waterproof or a brolly

All walks are risk assessed and led by trained leaders. Walkers are encouraged to walk at their own pace.

Interested ?

E.Mail carol_pollock@hotmail.co.uk

Phone: 01737 355304

Or visit our web site at:
www.actionforlife.org.uk

Supporting Action for Life

Action For Life is the charity that organizes these walks. It is a registered charity and is self supporting.

If you would like to join the charity the annual membership subscription is £7.50.



Registered Charity Number 1101579

Action For Life is supported by



Managed by the Community Development Foundation
Funded by the Office of the Third Sector



Free walks

In Reigate & Banstead
and Tandridge



Easy Guided Walks for All



Summer Walking
Programme
June - July - August
2010

A Guide to our Walking Programme

The 1-2 mile walks take approx. 45 mins to 1 hour

The 3-4.5 mile walks take approx. 1 to 1.5 hours.

How are the walks graded ?

1 = Short level walks with no stiles

2 = Mainly level walks with slight inclines/declines & some with stiles

3 = Mainly longer walks with steeper inclines/declines and some with stiles.

4 = Steeper inclines/declines and a brisker pace

Are there facilities at the walks?

R = Refreshments available after the walk

T = Toilet facilities available

Please Note: Most rural walks can be muddy after rain.

Reigate & Banstead

Every Sunday at 11.00 am

Reigate Heath (2. R.T.) 3 miles

Meet at the Black Horse Pub, West Street, Reigate

On the **First Sunday** of the month **at 10.30 am**

The Buckland Walk (3.R.T.) 4.5 miles

Meet at the Skimmington Castle pub, Bonny's Rd. Reigate

On the **Third Sunday** of the month **at 10.30 am**

The Clears Walk (3.R.T.) 4.5 miles

Meet as above

NEW! Every Monday at 9.15 am

The Epsom Downs Pram Walk (1.R.T.) 2 miles

Meet at the Epsom Downs Children's Centre, St Leonards Rd, Epsom Downs

On the **First and Third Monday at 11.00 am**

Nutfield Marsh (2.R.T.) 3 miles

Meet at the Inn on the Pond, Nutfield Marsh Rd.

Nutfield

On the **Second and Fourth Monday at 11.00 am**

Discover Gatton (4.R.T.) 2 miles

Meet at the Wray Lane Car Park, Reigate Hill

Please note: Very steep inclines and declines

Every Tuesday at 11.00 am

Canadian Fields (2) 3 miles

Meet at The Redhill Football Club car park,

Three Arches Rd.

The Coal Tax Walk (2.R.T.) 3 miles

Meet at the Blue Ball Pub, Walton on the Hill

Every Tuesday at 7.00 pm

Reigate Hill Summer Evening Walk (2.T) 3 miles

Meet at the Wray Lane Car Park, Reigate Hill

Every Wednesday at 11.00am

The Wildlife Walk (1.R.T.) 2 miles

Meet at the Banstead Sports Centre, Merland Rise, Tadworth

Every Wednesday at 10.30am

The Merstham Pram Walk (1.R.T.) 1.5 miles

Meet at the Red Oak Children's Centre, Radstock Way, Merstham

Every Thursday at 11.00am

Earlswood Common and Lakes (2.R.T.) 3 miles

Meet at the Woodhatch Centre, White Beam Drive, Reigate.

The Access for All Walk (1.R.T.) 1.5 miles

Meet at the YMCA, Princes Rd, Redhill.

The Banstead Buggy Walk (1.R.T.) 1.5 miles

Meet at the YMCA Sure Start Centre, The Horseshoe, Banstead

On the **First and Third Thursdays at 11.00 am**

The Headley Hike (4.R.T.) 4 miles

Meet at The Blue Ball Pub, Walton-on-the-Hill.

Some fairly steep inclines/declines

Every Thursday at 11.15am

The Pram Walk (1.R.T.) 1.5 miles

Meet at the YMCA, Princes Rd. Redhill

Every Friday at 11.00 am

Reigate Priory Park (1.R.T.) 1.5 miles

Meet at Morrison's Arches, (Priory Park End)

Reigate

Banstead Village Trail (1.R.T.) 2 miles

Meet at the Banstead Centre in the Horseshoe, Banstead

Tandridge

Every Monday at 10.15 am

The Lingfield Byways (1/2. R.T.)

1.5 & 2 - 3.5miles

Meet at the Community Centre in Lingfield.

Short and long walks on varied routes

Every Wednesday at 11.00 am

The Hurst Green Pram Walk (1.R.T.) 1.5 miles

Meet at St Agatha's Hall, Greenhurst Lane, Hurst Green

On the **First and Third** Wednesdays

The Bletchingley Way (2.R.) 3 miles

Meet at the village hall car park, Bletchingley.

On the **Second and Fourth** Wednesdays

The Godstone Way (2.R.T.) 3 miles

Meet at the White Hart Pub car park, opposite the Green, Godstone

Every Thursday at 11.00 am

Limpsfield Chart (2.R.T.) 2.5 miles

Meet at the Carpenters Arms Pub. The walk varies to the needs of the walkers.

Every Friday at 11.00 am

Queens Park (1.R.T.) 1 to 1.5 miles

Meet at the Douglas Brunton Centre,, Caterham-on-the-Hill.

