

## 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](mailto:carol_pollock@hotmail.co.uk)

Phone: 01737 355304

Or visit our web site at:

[www.actionforlife.org.uk](http://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.

