

## 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

Surrey  
Primary Care Trust



grassroots  
grants  
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 Everyone



## Summer Walking Programme

# Summer Walking Programme. June to September 2009

## A Guide to our Walking Programme

### How long do the walks take?

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

## 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 at the Skimmington Castle Pub, Bonny's Rd. Reigate

**Every Monday at 11.00 am**

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

Meet at the Wray Lane Car Park, Reigate Hill. Some fairly steep inclines/declines

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

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

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

Nutfield

**NEW WALK! Every Monday at 10.00 am**

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

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

**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

**NEW SUMMER EVENING WALK! at 7pm**

*Reigate Hill* (2.R.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

**NEW SUMMER EVENING WALK! at 7pm**

On the **Second** and **Fourth** Wednesday of the month

*Country Park Stroll* (2.R.T.) 2.5 miles

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

**Every Thursday (2.R.T.) at 11.00am**

*Earlswood Common* (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.

On the **First** and **Third** Thursdays

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

Meet at The Blue Ball Pub, Walton-on-the-Hill. Some fairly steep incline/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

## Tandridge

**Every Monday at 10.15 am**

*The Lingfield Byways* (1/2. R.T) 1.5 & 2 - 3.5 mls

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.T.) 3 miles

Meet at the village hall car park, off the High Street, Bletchingley.

On the **Second** and **Fourth** Wednesday

*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.

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

Meet at the Community Centre, Lingfield

**NEW AFTERNOON WALK! At 1.30pm**

*The Lingfield Byways* (2.R.T) 3 miles

Meet at the Community Centre, Lingfield

**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.