

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:

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



Winter Walking Programme

Winter Walking Programme. December 2009 to March 2010

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

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

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 Wednesday at 11.00am

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

Meet at the Banstead Sports Centre, Merland Rise, Tadworth

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**

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, Banstead

Tandridge

Every Monday at 10.15

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 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.

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

Please note: There will be no walks from Dec.24th to 3rd Jan

With the exception of a NEW YEARS DAY walk on Reigate Heath. Leaving the Black Horse Pub at 11.00am followed by entertainment from "The Mummers" at 1pm