

Guide

- 1 Short level walks with no stiles*
- 2 Mainly level walks with slight inclines/declines*
- 3 As 2 but some with stiles*
- 4 Progression walks with steeper inclines/declines
- 5 Longer progression walks; some at a brisker pace; some with stiles; distances of 4½ to 6¼ miles

* Grades 1–3 all meet the criteria of a health walk and cover distances of 1 to 4 miles

What to wear

Footwear You don't need expensive walking boots, but it can be muddy at times, so wear something suitable for the conditions



Rain gear When necessary, bring a waterproof jacket or an umbrella



The benefits of joining a walking group

- ▶ Walking is the easiest form of exercise for all ages
- ▶ Walking is free
- ▶ Walking doesn't require expensive equipment
- ▶ Walking is sociable and a great way to meet new people
- ▶ Walking can improve weight management, balance and coordination, and mental wellbeing
- ▶ Walking can reduce the risks of heart disease, strokes, osteoporosis and colon cancer.



Joining is easy

- ▶ Choose a walk that's suitable for your needs
- ▶ There is no need to book in advance
- ▶ Just turn up on the day!
(Please try and get to the starting point 10 minutes before the walk starts)

Walks are free, but voluntary donations are welcome! We would suggest an annual sum of £10.00. Thank you for your support!

Find out more


If you would like to know more about East Surrey Walking for Health, contact our Walks Coordinator:

T 01737 779979

E julie.haslett@ymcaeast Surrey.org.uk

Or visit www.ymcaeast Surrey.org.uk/walks

Join us on facebook

 www.facebook.com/groups/eastsurreywalkingforhealth

Please check online for up-to-date times and information at www.ymcaeast Surrey.org.uk/walks

YMCA East Surrey is the Registered Charity (No. 1075028) that supports this scheme. For more information visit www.ymcaeast Surrey.org.uk

Our scheme is supported by



Free guided walks for all in East Surrey

Walks Timetable
July - December 2017



Please note

All walks are risk assessed and led by trained volunteer walk leaders. We encourage walkers to set their own pace. Participants walk at their own risk.

Sunday

Every Sunday at 11.00am

Reigate Heath | 1 hour **2**

With a slightly longer, faster pace option on the **second** and **fifth Sundays** of the month | 1¼ hours **3**

First Sunday of the month at 10.30am

The Bonny Walk | 1½ hours **4**

Third Sunday of the month at 10.30am

The Clears Walk | 1½ hours **4**

Meet at: Rear Car Park (far side), Skimmington Castle Pub, Bonnys Road, Reigate Heath, Reigate, RH2 8RL

Operating March - November only:

Fourth Sunday of the month at 10.30am

Betchworth Bridges | 2 hours **5**

Meet at: The Dolphin Inn Car Park, The Street, Betchworth, RH3 7DW

Monday

Every Monday at 10.15am

Lingfield Byways | ¾–1 hour **2** | 1–1½ hours **3**

Meet at: Lingfield & Dormansland Community Centre, High Street, Lingfield, RH7 6AB

First and third Mondays at 11.00am

Nutfield Marsh Nature Walk | 1¼–1½ hours **3**

Meet at: The Inn on the Pond, Nutfield Marsh Road, South Merstham, RH1 4EU

Second and fourth Mondays at 11.00am

The Langshott Lanes at Horley | 1¼ hours **2**

Also **fifth Monday** at 10.30am | 1¼ hours **5**

Meet at: The Farmhouse Pub, Ladbroke Road, Langshott, Horley, RH6 8PB

Tuesday

Every Tuesday at 11.00am

The Coal Tax Walk | 1½ hours **2**

Meet at: The Chequers Pub Car Park, Chequers Lane, Walton on the Hill, KT20 7SF

First and third Tuesdays at 11.00am

Merstham Moors and Marshes | 1½ hours **3**

Meet at: On green opposite Moat House Surgery, Worsted Green, Merstham, RH1 3PN

Wednesday

Every Wednesday at 10.15am (starts Sept - term time only)

The Hurst Green Pram Walk | 1 hour **1**

Meet at: Hurst Green & Holland Children's Centre, Wolfs Wood, Hurst Green, RH8 0HJ.

Ends at: St Agatha's Hall, Church Lane, Hurst Green, RH8 9EA

Every Wednesday at 11.00am

The Wildlife Walk | ¾ hour **1**

Meet at: Tadworth Leisure and Community Centre Car Park, Preston Manor Road, Tadworth, KT20 5FB

First Wednesday of the month at 11.00am

The Bletchingley Way West | 1½ hours **3**

Meet at: The Village Hall Car Park, High Street, Bletchingley, RH1 4PA

First and third Wednesdays of the month at 11.00am

Queens Park | ¾ hour **1** or **2**

Meet at: Douglas Brunton Centre, 25 Chaldon Road, Caterham-on-the-Hill, CR3 5PG

Second Wednesday of the month at 11.00am

The Godstone Way | 1¼–1½ hours **2**

Meet at: White Hart Pub Car Park, 71 High Street, Godstone, RH9 8DU

Third Wednesday of the month at 11.00am

The Bletchingley Way East | 1¼ hours **2**

Meet at: The Village Hall Car Park, High Street, Bletchingley, RH1 4PA

Fourth Wednesday of the month at 11.00am

The Tandridge Way | 1¼ hours **4**

Meet at: The Barley Mow Pub, Tandridge Lane, Oxted, RH8 9NJ

Wednesday 30 August at 10.30am

The Tandridge Longer Walk | 2 hours **5**

Meet at: The Barley Mow Pub, Tandridge Lane, Oxted, RH8 9NJ

Wednesday 29 November at 10.30am

The North Downs Way to Walton | 2½ hours **5**

Meet at: Wray Lane Car Park, Reigate Hill, RH2 0HX

Thursday

Every Thursday at 11.00am

Earlswood Common and Lakes | 1¼ hours **2**

Meet at: Woodhatch Community Centre, Whitebeam Drive, Reigate, RH2 7LS

Limpsfield Chart | 1¼ hours **2**

Standard and slower pace options usually available

Meet at: The Carpenters Arms Pub, 12 Tally Road, Limpsfield Chart, RH8 0TG

First and third Thursdays at 11.00am

The Headley Hike | 1½ hours **4**

Meet at: The Chequers Pub Car Park, Chequers Lane, Walton on the Hill, KT20 7SF

Thursday 20 July at 11.00am

Explore Gatton Park Walk | 1½ hours **4**

Meet at: Gatton Hall, Gatton Park, Rocky Road, Regiate, RH2 0TW (Enter through the gates of Royal Alexandra and Albert School and park in front of Hall).

Friday

Every Friday at 11.00am

The Banstead Trail | 1½ or 2 hours **3** **5**

Meet at: "Pistachios in the Park", Avenue Road, Banstead, SM7 2PA

Reigate Priory Park | ½ hour **1**

Meet at: Morrison's Arches (Priory Park end), Reigate, RH2 7BA

First and third Fridays of the month at 10.45am

The YMCA Walk | various options from ¾–1½ hours **2** or **3**

Meet at: YMCA Sports & Community Centre, Princes Road, Redhill, RH1 6JJ

Second and fourth Fridays of the month at 2.00pm

Macmillan Cake Walk | ½ hour (for anyone affected by cancer) **1**

Meet at: Macmillan Cancer Support Centre, East Surrey Hospital, Canada Avenue, Redhill, RH1 5RH

Refreshments and toilet facilities are available on all walks.