

IMPORTANT INFORMATION

Epsom & Ewell Health Walks are delivered within a social setting, aiming to increase the physical activity levels of our walkers. Therefore, walkers should always stay together, as one walking group.

30 Minute Walks

Suitable for those who are new to physical activity or who have not been active for a while and wish to increase their fitness levels gradually. Walks are not suitable for wheelchair users.

1 Hour Walks

Suitable for those with an intermediate level of fitness who are able to walk at a moderate/brisk pace for approximately 2-3 miles continuously.

- New walkers should arrive 10-15 minutes before the start time to complete a short health screening questionnaire and to register
- Routes can be a mix of hard paving and soft ground and may, on occasions, include a slight gradient or stiles, particularly on the one hour walks
- Please wear suitably comfortable shoes/trainers. Try to wear several thin layers of clothing rather than one heavy item. Ensure you bring adequate clothing and weather protection, ie waterproofs, sun cream, hat, scarf and gloves etc
- Be sure to have a small bottle of water with you to drink
- Cancellation of walks: Epsom & Ewell Health Walks reserve the right to cancel walks at their own discretion due to adverse weather conditions, health and safety issues or unforeseen circumstances. We aim to give notice of any cancelled walks through website: www.epsomandewellhealthwalks.org.uk

For further information contact

Epsom & Ewell Health Walks' Treasurer on
020 8393 4638 or email info@epsomandewellhealthwalks.org.uk

- Epsom & Ewell Ramblers organise longer and more advanced walks. For more information on these see <http://www.epsomandewellramblers.co.uk>.
- Age UK Surrey GO 50 organise longer walks for people aged over 50. For more information on these see <http://www.ageuk.org.uk/surrey/activities/go50>
- For advice on public transport routes please call Traveline on 08712 002233 or visit www.traveline.org.uk

Epsom & Ewell Health Walks Autumn Programme: October – December 2016

FACTS ABOUT WALKING

- **A 30 minute walk at a moderate pace can burn at least 200 calories**
- **Walking improves mental alertness and memory and can help prevent/reduce depression**
- **Walking helps promote restful sleep.**

Enjoy the outdoors, step into fitness
and walk your way to health

No booking required
Walks for all ages and abilities
Trained Walk Leaders present at all times

Visit www.epsomandewellhealthwalks.org.uk to view the
latest Health Walk programme and location maps



Supported by:



1 HOUR WALKS

DATE	LOCATION	MEETING POINT	KEY
WEDNESDAYS 10am			
5 Oct	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
12 Oct	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
19 Oct	Banstead Woods	Holly Lane car park. (3)	
26 Oct	Poole Road	Harrier Centre car park, Poole Rd. (1)	
2 Nov	Headley Heath	National Trust car park opp. cricket pitch, Headley Common Rd (B2033) ** Parking £4 (free to NT Members). (3)	
9 Nov	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
16 Nov	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth. (3)	
23 Nov	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
30 Nov	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett. (2)	
7 Dec	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
14 Dec	Chipstead Road	Chipstead Rd/Jctn with Thomfield Rd, off A217 12.30 Christmas Lunch (see below) (1)	
21 Dec	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
28 Dec	No Walk Scheduled		
SUNDAYS 10am			
2 Oct	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
9 Oct	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth. (3)	
16 Oct	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
23 Oct	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett. (2)	
30 Oct	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
6 Nov	Chipstead Road	Chipstead Rd/Jctn with Thomfield Rd, off A217 (2)	
13 Nov	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
20 Nov	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
27 Nov	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
4 Dec	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
11 Dec	Banstead Woods	Holly Lane car park. (3)	
18 Dec	Ewell Court	Ewell Court car park, Lakehurst Rd. (1)	
25 Dec	No Walk Scheduled		

30 MINUTE WALKS

DATE	LOCATION	MEETING POINT	KEY
MONDAYS 10am			
3 Oct	Poole Road	Harrier Centre car park, Poole Rd. (1)	
10 Oct	Priest Hill NEW – See below	Beverley Close Jctn. with Banstead Rd, Ewell (1)	
17 Oct	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
24 Oct	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
31 Oct	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
7 Nov	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
14 Nov	Nork Park	Nork Community Centre car park, Nork Way (3)	
21 Nov	Poole Road	Harrier Centre car park, Poole Rd. (1)	
28 Nov	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
5 Dec	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
12 Dec	Nonsuch Park	Car park on the bend of London Rd, A24. 12.30 Christmas Lunch (see below) (1)	
19 Dec	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
26 Dec	No Walk Scheduled		

Key to Gradient

(1) Relatively flat (2) Some small hills (3) Some hills

Priest Hill – Monday 10 October

This is a new location and views of those attending will be sought on whether to include it again. It is the site of a Surrey Wildlife Trust reserve mentioned at our AGM in May. Parking is in Beverley Close KT17 3HB and is limited so you are asked to car share where possible. Church of Jesus Christ of Latter Day Saints is on the corner of Banstead Road and Beverley Close.

Christmas Lunches

We are holding two Christmas lunches – **Monday 12th December and Wednesday 14th December – at 12.30 pm** at the Haywain, a Brewers Fayre restaurant in St Margaret's Drive, Epsom, KT18 7LB, just off the A24 between Epsom Town Centre and Epsom Hospital. The cost will be £12.50 a head for a set three course meal and coffee (tips and drinks extra).

If you would like to attend please see Margaret Laker on a walk, E-mail her on mlaker0841@aol.com or telephone her on 01372 743410 saying which date you prefer.

Please read information on the back of this programme