

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--events/go50-walks>
- For advice on public transport routes please call Traveline on 08712 002233 or visit www.traveline.org.uk

Epsom & Ewell Health Walks Spring Programme: April - June 2017

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 April	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
12 April	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
19 April	Banstead Woods	Holly Lane car park. (3)	
26 April	Poole Rd	Harrier Centre car park, Poole Rd. (1)	
3 May	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
10 May	Headley Heath (but note different meeting point)	Boidier Hurst Scout Camp, Box Hill Road, Headley, KT20 7PL (To be followed by AGM -see below) (3)	
17 May	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth. (3)	
24 May	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
31 May	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett. (2)	
7 June	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
14 June	Chipstead Road	Chipstead Rd/Jctn. with Thornfield Rd, off A217 (2)	
21 June	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
28 June	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
SUNDAYS 10am			
2 Apr	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
9 April	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth. (3)	
16 April	No Walk Scheduled		
23 April	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett. (2)	
30 Apr	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
7 May	Chipstead Road	Chipstead Rd/Jctn. with Thornfield Rd, off A217 (2)	
14 May	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
21 May	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
28 May	No Walk Scheduled		
4 June	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
11 June	Banstead Woods	Holly Lane car park. (3)	
18 June	Ewell Court	Ewell Court car park, Lakehurst Road, Ewell (1)	
25 June	Headley Heath	National Trust car park opp. cricket pitch, Headley Common Rd (B2033) ** Parking £1.50 for 2 hours (free to NT Members). (3)	

30 MINUTE WALKS

DATE	LOCATION	MEETING POINT	KEY
MONDAYS 10am			
3 April	Poole Rd	Harrier Centre car park, Poole Rd. (1)	
10 April	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
17 April	No Walk Scheduled		
24 April	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
1 May	No Walk Scheduled		
8 May	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
Wed 10 May 10.30	Headley Heath (but note different meeting point)	Boidier Hurst Scout Camp, Box Hill Road, Headley, KT20 7PL (To be followed by AGM -see below) (3)	
15 May	Nork Park	Nork Community Centre car park, Nork Way (3)	
22 May	Priest Hill	Beverley Close, Jctn. with Banstead Rd Ewell (1)	
29 May	No Walk Scheduled		
5 June	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
12 June	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
19 June	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
26 June	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	

Key to Gradient

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

Walks are unsuitable for wheelchairs

ANNUAL GENERAL MEETING

Our 2017 AGM will be held at 11.30 on Wednesday 10 May at Boidier Hurst Scout Camp, Box Hill Road, Headley, KT20 7PL. Coffee will be available prior to the meeting and prior to this there will be optional 1 hour and 30 minute walks starting from the Scout Camp at 10.00 and 10.30 respectively. There will be no speaker. For further details see www.epsomandewellhealthwalks.org.uk/agm-2017.

Please do come to the meeting to support those who run your Group and to hear about our progress and plans, and possibly to consider offering assistance to the Committee yourselves.

Copies of our Annual Report and Accounts will be available at the meeting or by 30 April on our website or by telephoning our Treasurer on 020 8393 4638.

Please read information on the back of this programme