

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

October 2021 Programme

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 and nearest postcode*	KEY
WEDNESDAYS 10am			
6 Oct	Epsom Common	Stew Ponds car park, Christ Church Rd. KT18 7TR	(1)
13 Oct	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. KT22 0NT	(2)
20 Oct	Banstead Heath	Mill Rd (B290) Junct. With Dorking Rd Tadworth KT20 7TE	(3)
27 Oct	Ashted Common	Woodlands Rd (bottom end) off Wells Rd. KT18 7HW	(1)
*Car parks do not have postcodes. The postcodes shown are those of the nearest building.			
SUNDAYS 10am			
3 Oct	Epsom Downs	Tea Hut, Tattenham Cr.car park, off Old London Rd. KT18 5LE	(3)
10 Oct	Ewell Court	Ewell Court car park, Lakehurst Rd. KT19 0EB	(1)
17 Oct	Horton Country Park	Horton Country Park car park, Horton Lane. KT19 8PT	(1)
24 Oct	Nonsuch Park	Car park on the bend of London Rd, A24. KT17 2DL	(1)
31 Oct	Chipstead Road	Chipstead Rd/Jctn with Thomfield Rd, off A217 SM7 2HX	(2)
*Car parks do not have postcodes. The postcodes shown are those of the nearest building.			

30 MINUTE WALKS

DATE	LOCATION	MEETING POINT and nearest postcode*	KEY
MONDAYS 10am			
4 Oct	Horton Country Park	Horton Country Park car park, Horton Lane. KT19 8PT	(1)
11 Oct	Priest Hill	Beverley Close, Jctn. with Banstead Rd Ewell KT17 3HB	(1)
18 Oct	Epsom Downs	Tea Hut, Tattenham Cr.car park, off Old London Rd. KT18 5LE	(3)
25 Oct	Poole Road	Harrier Centre car park, Poole Rd. KT19 9RY	(1)
*Car parks do not have postcodes. The postcodes shown are those of the nearest building.			

Key to Gradient

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

Walks are unsuitable for wheelchairs

Epsom and Ewell Health Walks is affiliated to the national Ramblers Walking for Health Scheme. This is being rebranded as Ramblers Wellbeing Walks and our scheme may be referred to as Ramblers Wellbeing Walks Epsom and Ewell. Our website address will remain the same:
www.epsomandewellhealthwalks.org.uk

Please read information on the back of this programme