

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 2019

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			
2 Oct	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
9 Oct	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
16 Oct	Banstead Woods	Holly Lane car park. (3)	
23 Oct	Poole Road	Harrier Centre car park, Poole Rd. (1)	
30 Oct	Headley Heath	National Trust car park opp. cricket pitch, Headley Common Rd (B2033) ** Parking £1.50 per hour (free to NT Members). (3)	
6 Nov	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
13 Nov	Banstead Heath	Mill Rd (B290) Junct. With Dorking Rd Tadworth (3)	
20 Nov	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
27 Nov	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett (2)	
4 Dec	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
11 Dec	Chipstead Road	Chipstead Rd/Jctn with Thomfield Rd, off A217 (2)	
18 Dec	Epsom Downs	Tea Hut, Tattenham Cr.car park, off Old London Rd. (3)	
25th Dec No Walk Scheduled			
SUNDAYS 10am			
6 Oct	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
13 Oct	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth. (3)	
20 Oct	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
27 Oct	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett (2)	
3 Nov	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
10 Nov	Chipstead Road	Chipstead Rd/Jctn with Thomfield Rd, off A217 (2)	
17 Nov	Epsom Downs	Tea Hut, Tattenham Cr.car park, off Old London Rd. (3)	
24 Nov	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
1 Dec	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
8 Dec	Banstead Woods	Holly Lane car park. (3)	
15 Dec	Ewell Court	Ewell Court car park, Lakehurst Rd. (1)	
22 Dec	Headley Heath	National Trust car park opp. cricket pitch, Headley Common Rd (B2033) ** Parking £1.50 per hour (free to NT Members). (3)	
29 Dec - No Walk Scheduled			

30 MINUTE WALKS

DATE	LOCATION	MEETING POINT	KEY
MONDAYS 10am			
7 Oct	Poole Road	Harrier Centre car park, Poole Rd. (1)	
14 Oct	Epsom Downs	Tea Hut, Tattenham Cr.car park, off Old London Rd. (3)	
21 Oct	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
28 Oct	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
4 Nov	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
11 Nov	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
18 Nov	Nork Park	Nork Community Centre car park, Nork Way (3)	
25 Nov	Poole Road	Harrier Centre car park, Poole Rd. (1)	
2 Dec	Priest Hill	Beverley Close, Jctn. with Banstead Rd Ewell (1)	
9 Dec	Epsom Downs	Tea Hut, Tattenham Cr.car park, off Old London Rd. (3)	
16 Dec	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
23 Dec	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
30 Dec - No Walk Scheduled			
1 HOUR WALKS			
DATE	LOCATION	MEETING POINT	KEY
TUESDAYS 10am			
15 Oct	Horton Country Park	Old Moat Garden Centre, Horton Lane (1)	
19 Nov	Horton Country Park	Old Moat Garden Centre, Horton Lane (1)	
17 Dec	Horton Country Park	Old Moat Garden Centre, Horton Lane (1)	

Key to Gradient

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

Walks are unsuitable for wheelchairs

Christmas Lunches

We shall be holding Christmas lunches on **Monday 16th December and Wednesday 18th December** at the Haywain in Epsom as in previous years. Further details will be available in early October at www.epsomandewellhealthwalks.org.uk or from Roger Kaye or walk leaders.

Please read information on the back of this programme