

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

Summer Programme: July - September 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			
3 July	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
10 July	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
17 July	Banstead Woods	Holly Lane car park. (3)	
24 July	Poole Road	Harrier Centre car park, Poole Rd . (1)	
31 July	Headley Heath	National Trust car park opp. cricket pitch, Headley Common Rd (B2033) ** Parking £1.50 per hr (free to NT Members). (3)	
7 Aug	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
14 Aug	Banstead Heath	Mill Rd (B290) Jctn with Dorking Rd, Tadworth (3)	
21 Aug	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
28 Aug	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett. (2)	
4 Sept.	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
11 Sept	Chipstead Road	Chipstead Rd/Jctn. with Thornfield Rd, off A217 (2)	
18 Sept	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
25 Sept	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
SUNDAYS 10am			
7 July	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
14 July	Banstead Heath	Mill Rd (B290) Jctn with Dorking Rd, Tadworth (3)	
21 Jul	Horton Country Park	Horton Country Park car park, Horton Lane (1)	
28 Jul	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett. (2)	
4 Aug	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
11 Aug	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
18 Aug	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
25 Aug	No Walk Scheduled		
1 Sept	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
8 Sept	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
15 Sept	Banstead Woods	Holly Lane car park. (3)	
22 Sept	Bourne Hall	Bourne Hall car park, Ewell (1)	
29 Sept	Headley Heath	National Trust car park opp. cricket pitch, Headley Common Rd (B2033) ** Parking £1.50 per hr (free to NT Members). (3)	

30 MINUTE WALKS

DATE	LOCATION	MEETING POINT	KEY
MONDAYS 10am			
1 July	Poole Road	Harrier Centre car park, Poole Rd. (1)	
8 July	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
15 July	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
22 July	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
29 July	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
5 Aug	Nonsuch Park	Car park on the bend of London Rd,,A24 (1)	
12 Aug	Horton Country Park	Horton Country Park car park Horton Lane (1)	
19 Aug	Nork Park	Nork Community Centre Nork Way (3)	
26 Aug	No Walk Scheduled		
2 Sept	Priest Hill	Beverley Close, Jctn with Banstead Rd Ewell (1)	
9 Sept	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
16 Sept	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
23 Sept	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
30 Sept	Horton Country Park	Horton Country Park car park, Horton Lane (1)	
1 HOUR WALKS			
DATE	LOCATION	MEETING POINT	KEY
TUESDAYS 10am			
16 Jul	Horton Country Park	Old Moat Garden Centre, Horton Lane (1)	
20 Aug	Horton Country Park	Old Moat Garden Centre, Horton Lane (1)	
17 Sept	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

Please read information on the back of this programme