

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 Winter Programme: January – March 2018

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 Jan	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
10 Jan	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
17 Jan	Banstead Woods	Holly Lane car park. (3)	
24 Jan	Poole Road	Harrier Centre car park, Poole Rd. (1)	
31 Jan	Headley Heath	National Trust car park opp. cricket pitch, Headley Common Rd (B2033) ** Parking £1.50 per hr (free to NT Members).(3)	
7 Feb	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
14 Feb	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth. (3)	
21 Feb	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
28 Feb	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett. (2)	
7 Mar	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
14 Mar	Chipstead Road	Chipstead Rd/Jctn with Thornfield Rd, off A217 (2)	
21 Mar	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
28 Mar	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
SUNDAYS 10am			
7 Jan	Epsom Common	Stew Ponds car park, Christ Church Rd. (1)	
14 Jan	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth. (3)	
21 Jan	Horton Country Park	Horton Country Park car park, Horton Lane. (1)	
28 Jan	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett. (2)	
4 Feb	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. (1)	
11 Feb	Chipstead Road	Chipstead Rd/Jctn with Thornfield Rd, off A217 (2)	
18 Feb	Horton Golf Course	Horton Golf Club car park, Hook Rd. (1)	
25 Feb	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. (3)	
4 Mar	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. (2)	
11 Mar	Nonsuch Park	Car park on the bend of London Rd, A24. (1)	
18 Mar	Banstead Woods	Holly Lane car park. (3)	
25 Mar	Bourne Hall	Bourne Hall Car Park, Ewell (1)	

30 MINUTE WALKS

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

Date for your diary – 2018 AGM

Our 2018 AGM will be held at 11.30 on Wednesday 16 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 30 minute and 1 hour walks **both of which will be flatter than the usual Headley Heath walks and therefore gradient (1) rather than the usual (3)**. Further details will be available nearer the time. There will be no speaker.

Please read information on the back of this programme