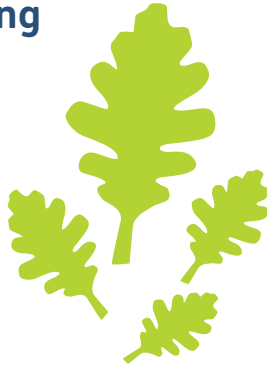


The benefits of joining a walking group

- ▶ Walking is the easiest form of exercise for all ages
- ▶ Walking is free
- ▶ Walking doesn't require expensive equipment
- ▶ Walking is sociable and a great way to meet new people
- ▶ Walking can improve weight management, balance and coordination, and mental wellbeing
- ▶ Walking can reduce the risks of heart disease, strokes, osteoporosis and colon cancer.



What to wear

Footwear You don't need expensive walking boots, but it can be muddy at times, so wear something suitable for the conditions

Rain gear When necessary, bring a waterproof jacket or an umbrella

Guide

- 1 Short level walks with no stiles*
- 2 Mainly level walks with slight inclines/declines*
- 3 As 2 but some with stiles*
- 4 Progression walks with steeper inclines/declines
- 5 Longer progression walks; some at a brisker pace; some with stiles; distances of 4½ to 6¼ miles

*Grades 1–3 all meet the criteria of a health walk and cover distances of 1 to 4 miles

Joining is easy

- ▶ Choose a walk that's suitable for your needs
 - ▶ There is no need to book in advance
 - ▶ Just turn up on the day!
- (Please try and get to the starting point 10 minutes before the walk starts)

Walks are free, but voluntary donations are welcome! We would suggest an annual sum of £10.00.

Find out more

If you would like to know more about East Surrey Walking for Health, contact our Walks Coordinator:
 T 01737 779979
 E julie.haslett@ymcaeast Surrey.org.uk
 Or visit www.ymcaeast Surrey.org.uk/walks

YMCA East Surrey is the Registered Charity (No. 1075028) that supports this scheme. For more information visit www.ymcaeast Surrey.org.uk

Our scheme is supported by



Supporting you to get active and stay active



East Surrey
Clinical Commissioning Group

Reigate & Banstead
BOROUGH COUNCIL
Banstead | Horley | Redhill | Reigate

Free guided walks for all in East Surrey

YMCA
EAST SURREY

Walks Timetable January - June 2016



walking
for health

BANSTEAD

Please note

All walks are risk assessed and led by trained volunteer walk leaders. We encourage walkers to set their own pace. Participants walk at their own risk.

Sunday

Every Sunday at 11.00am

Reigate Heath | 1 hour **2**

With a slightly longer, faster pace option on the **second** and **fifth Sundays** of the month | 1½ hours **3**

First Sunday of the month at 10.30am

The Bonny Walk | 1½ hours **4**

Third Sunday of the month at 10.30am

The Clears Walk | 1½ hours **4**

Meet at: Rear Car Park (far side), Skimmington Castle Pub, Bonnys Road, Reigate Heath, Reigate, RH2 8RL

Operating March - November only:

Fourth Sunday of the month at 10.30am

Betchworth Bridges | 2 hours **5**

Meet at: The Dolphin Inn Car Park, The Street, Betchworth, RH3 7DW

Monday

Every Monday at 10.15am

Lingfield Byways | ¾-1 hour **2** | 1-1½ hours **3**

Meet at: Lingfield & Dormansland Community Centre, High Street, Lingfield, RH7 6AB

First and third Mondays at 11.00am

Nutfield Marsh Nature Walk | 1¼-1½ hours **3**

Meet at: The Inn on the Pond, Nutfield Marsh Road, South Merstham, RH1 4EU

Second and fourth Mondays at 11.00am

The Langshott Lanes at Horley | 1¼ hours **2**

Also **fifth Monday** at 10.30am | 1¼ hours **5**

Meet at: The Farmhouse Pub, Ladbroke Road, Langshott, Horley, RH6 8PB

Tuesday

Every Tuesday at 11.00am

The Coal Tax Walk | 1½ hours **2**

Meet at: The Chequers Pub Car Park, Chequers Lane, Walton on the Hill, KT20 7SF

First and third Tuesdays at 12.00pm

Merstham Moors and Marshes | 1½ hours **3**

Meet at: Moat House Surgery, Worsted Green, Merstham, RH1 3PN

Wednesday

Every Wednesday at 11.00am

The Wildlife Walk | ¾ hour **1**

Meet at: Tadworth Leisure and Community Centre Car Park, Preston Manor Road, Tadworth, KT20 5FB

First Wednesday of the month at 11.00am

The Bletchingley Way West | 1½ hours **3**

Meet at: The Village Hall Car Park, High Street, Bletchingley, RH1 4PA

Second Wednesday of the month at 11.00am

The Godstone Way | 1¼ hours **2**

Meet at: The White Hart Pub Car park, 71 High Street, Godstone, RH9 8DU

Third Wednesday of the month at 11.00am

The Bletchingley Way East | 1¼ hours **2**

Meet at: The Village Hall Car Park, High Street, Bletchingley, RH1 4PA

Fourth Wednesday of the month at 11.00am

The Tandridge Way | 1¼ hours **4**

Meet at: The Barley Mow Pub, Tandridge Lane, Oxted, RH8 9NJ

Wednesday 30 March at 10.30am

The Windmill Longer Walk | 2 hours **5**

Meet at: The National Trust Car Park, Outwood Lane, Outwood Common, Outwood, RH1 5PW

Wednesday 29 June at 10.30am

Happy Valley | 2 hours **5**

Meet at: Happy Valley Car Park, Fox Lane (beyond The Fox), Coulsdon Common, Caterham, CR3 5QS

Thursday

Every Thursday at 11.00am

Earlswood Common and Lakes | 1¼ hours **2**

Meet at: Woodhatch Community Centre, Whitebeam Drive, Reigate, RH2 7LS

Limpsfield Chart | 1¼ hours **2**

Standard and slower pace options usually available

Meet at: The Carpenters Arms Pub, 12 Tally Road, Limpsfield Chart, RH8 OTG

First and third Thursdays at 11.00am

The Headley Hike | 1½ hours **4**

Meet at: The Chequers Pub Car Park, Chequers Lane, Walton on the Hill, KT20 7SF

Friday

First and third Fridays at 10.00am

The Watercolour Walk | 1½ hours **2 3**

Meet at: Redhill Bus Station, Princess Way, Redhill, RH1 1QA

Every Friday at 11.00am

The Banstead Trail | 1½ or 2 hours **3 5**

Meet at: "Pistachios in the Park", Avenue Road, Banstead, SM7 2PA

Reigate Priory Park | ½ hour **1**

Meet at: Morrison's Arches (Priory Park end), Reigate, RH2 7BA

Refreshments and toilet facilities are available on all walks.

Please check online for up-to-date times and information at www.ymcaeastssurrey.org.uk/walks