

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.

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
- All walks include a short warm-up and then gradually increase in pace (relative to the type of walk) and will be followed by a cool down at the end. You will notice that your breathing becomes a little faster, you will feel warmer and your heart rate will increase. You should not be walking at a pace that makes you feel dizzy or that makes breathing difficult. It is important that you monitor your own responses during the activity and raise any concerns with the Walk Leader
- 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, parasol, blanket, hat, scarf and gloves etc
- Be sure to have a small bottle of water with you to drink
- **Cancellation of walks:** Walk Leaders and/or Epsom & Ewell Borough Council 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 Epsom & Ewell Borough Council's website: www.epsom-ewell.gov.uk/healthwalks.

For advice on public transport routes please call Traveline on 08712 002233 or visit www.traveline.org.uk

For further information contact Epsom & Ewell Health Walk's Treasurer on 020 8393 4638 or email lpickard@epsom-ewell.gov.uk

- For information on more advanced walks contact Leslie Simpson, Epsom & Ewell Ramblers, on 01372 720816 or email leslieaudrey@clara.co.uk

Epsom & Ewell Health Walks

Winter Programme: January - March 2012

FACTS ABOUT WALKING

- **A 30 minute walk at a moderate pace can burn at least 200 calories**
- **Walking improves mental alertness and memory**
- **Walking can help prevent and/or 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.epsom-ewell.gov.uk/healthwalks to view the latest Health Walk programme and location maps

Sponsored by:



Supported by:



1 HOUR WALKS

DATE	LOCATION	MEETING POINT
WEDNESDAYS 10am		
4 January	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244.
11 January	Epsom Common	Stew Ponds car park, Christ Church Rd.
18 January	Ewell Court	Ewell Court car park, Lakehurst Rd.
25 January	Banstead Woods	Holly Lane car park.
1 February	Horton Country Park	Horton Country Park car park, Horton Lane.
8 February	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett.
15 February	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd.
22 February	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth.
29 February	Nonsuch Park	Car park on the bend of London Rd, A24.
7 March	Ewell Court	Ewell Court car park, Lakehurst Rd.
14 March	Chipstead Road	Chipstead Rd/Jctn. with Thornfield Rd, off A217.
21 March	Horton Golf Course	Horton Golf Club car park, Hook Rd.
28 March	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd.
SUNDAYS 10am		
1 January	No walk scheduled.	
8 January	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth.
15 January	Nonsuch Park	Car park on the bend of London Rd, A24.
22 January	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd.
29 January	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd.
5 February	Chipstead Road	Chipstead Rd/Jctn. with Thornfield Rd, off A217.
12 February	Bourne Hall	Bourne Hall car park.
19 February	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244.
26 February	Horton Golf Course	Horton Golf Club car park, Hook Rd.
4 March	Banstead Woods	Holly Lane car park.
11 March	Epsom Common	Stew Ponds car park, Christ Church Rd.
18 March	Headley Heath	National Trust car park, Headley Common Rd (B2033) ** Parking £2.50 (free to National Trust Members).
25 March	Princes Coverts	Star Pub car park, Kingston Rd, Malden Rushett.

30 MINUTE WALKS

DATE	LOCATION	MEETING POINT
MONDAYS 10am		
2 January	No walk scheduled.	
9 January	Poole Road	Harrier Centre car park, Poole Rd.
16 January	Horton Golf Course	Horton Golf Club car park, Hook Rd.
23 January	Epsom Common	Stew Ponds car park, Christ Church Rd.
30 January	Nork Park	Nork Community Centre car park, Nork Way.
6 February	Nonsuch Park	Car park on the bend of London Rd, A24.
13 February	Horton Country Park	Horton Country Park car park, Horton Lane.
20 February	Epsom Common	Stew Ponds car park, Christ Church Rd.
27 February	Poole Road	Harrier Centre car park, Poole Rd.
5 March	Court Recreation Ground	Court Recreation Ground car park, Pound Lane.
12 March	Horton Golf Course	Horton Golf Club car park, Hook Rd.
19 March	Nonsuch Park	Car park on the bend of London Rd, A24.
26 March	Horton Country Park	Horton Country Park car park, Horton Lane.



Epsom & Ewell Health Walks are sponsored by Epsom Downs Integrated Care Services (EDICS). The EDICS organisation integrates healthcare for over 120,000 patients in the Epsom & Ewell, Banstead and Worcester Park areas and provides access from GP surgeries into more specialised care and activities.

It does this by assisting general practitioners when they need to refer patients on to more specialised care.

EDICS maintains an up-to-date database of over 350 referral options available to patients in the Epsom area and acts as a gateway into these more specialised NHS services. All services provided through EDICS are free of charge NHS services.

EDICS is a Specialist Personal Medical Services organisation working within the National Health Service. It is owned and operated by the staff in its 17 member practices and is a company limited by guarantee.

- **Contact EDICS on 0844 241 2616 or visit www.edics.co.uk**

Please read information on the back of this programme