

### 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 registration form
- 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
- The areas in which we walk are also popular with dog walkers (Nonsuch Park and Horton Country Park in particular are used by commercial dog walkers). Although most dogs are well controlled, some may approach our walkers closer than they might like and there is a remote chance of our walkers being bitten by a dog.
- 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](http://www.epsomandewellhealthwalks.org.uk)

#### **For further information contact**

**01372 743514** or email [info@epsomandewellhealthwalks.org.uk](mailto: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-and-events/go50>
- For advice on public transport routes please call Traveline on 08712 002233 or visit [www.traveline.org.uk](http://www.traveline.org.uk)

# Epsom & Ewell Health Walks

## August - September 2023

### 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](http://www.epsomandewellhealthwalks.org.uk) to view the  
latest health walks programme and location maps

**Supported by:**



1 HOUR WALKS			
DATE	LOCATION	MEETING POINT Nearest postcode and what3Words reference*	KEY
WEDNESDAYS 10am			
2 Aug	Nonsuch Park	Car park on the bend of London Rd, A24. KT17 2DL daily.rides.copies	(1)
9 Aug	Banstead Heath	Mill Rd (B290) Jctn. with Dorking Rd, Tadworth. KT20 7TE melt.scars.trails	(3)
16 Aug	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. KT18 7HW grape.exist.wiring	(1)
23 Aug	Oxshott Heath	Sandy Lane car park (nearest to Warren Lane) off A244. KT22 0NT snows.codes.tender	(2)
30 Aug	Poole Road	Harrier Centre car park, Poole Rd. KT19 9RY park.linen.elder	(1)
6 Sep	Langley Vale Wood <b>NEW!</b>	Woodland Trust Car Park, Headley Rd, Epsom Downs ** Parking £2 for up to 2 hrs payable by card only KT18 6DH tulip.swan.sober	(2)
13 Sep	Horton Country Park	Horton Country Park car park, Horton Lane KT19 8PL ducks.armed.oils	(1)
20 Sep	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. KT18 5PP verbs.toward.risk	(3)
27 Sep	Epsom Common	Stew Ponds car park, Christ Church Rd. KT18 7TR dozed.cloth.volunteered	(1)
SUNDAYS 10am			
6 Aug	Horton Country Park	Horton Country Park car park, Horton Lane KT19 8PL ducks.armed.oils	(1)
13 Aug	Epsom Common	Stew Ponds car park, Christ Church Rd KT18 7TR dozed.cloth.volunteered	(1)
20 Aug	Nonsuch Park	Car park on the bend of London Rd, A24 KT17 2DL daily.rides.copies	(1)
27 Aug	NO WALK SCHEDULED (Bank Holiday Weekend)		
3 Sep	Banstead Woods	Holly Lane car park. CR5 3NR super.charge.hush	(3)
10 Sep	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. KT18 7HW grape.exist.wiring	(1)
17 Sep	Headley Heath	National Trust car park opp. cricket pitch, Headley Common Rd (B2033) ** Parking £1.50 per hr (free to NT Members) (3) KT18 6NQ older.steps.aside	(3)
24 Sep	Ewell Court	Ewell Court Car Park, Lakehurst Rd KT19 0EB fool.tapes.pretty	(1)

30 MINUTE WALKS			
DATE	LOCATION	MEETING POINT Nearest postcode and what3Words reference*	KEY
MONDAYS 10am			
7 Aug	Poole Road	Harrier Centre car park, Poole Rd. KT19 9RY park.linen.elder	(1)
14 Aug	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. KT18 5PP verbs.toward.risk	(3)
21 Aug	Castle Hill	Filby Road, Chessington by Hogsmill Walk/HCP sign KT9 2AG bridge.stir.bats	(1)
28 Aug	NO WALK SCHEDULED (Bank Holiday Weekend)		
4 Sep	Epsom Common	Stew Ponds car park, Christ Church Rd. KT18 7TR dozed.cloth.volunteered	(1)
11 Sep	Nonsuch Park	Car park on the bend of London Rd, A24. KT17 2DL daily.rides.copies	(1)
18 Sep	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. KT18 7HW grape.exist.wiring	(1)
25 Sep	Horton Country Park	Horton Country Park car park, Horton Lane. KT19 8PL ducks.armed.oils	(1)
*Car parks do not have postcodes. The postcodes shown are those of the nearest building. what3Words is an App which can be downloaded free in which each 3 metre square is uniquely identified by 3 words; use the references given to find the meeting points			

### Key to Gradient

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

### **Walks are unsuitable for wheelchairs**

We held our 2023 AGM in Ewell Hall on Wednesday 14 June. Denis Fenton was elected to replace Malcolm Howard as Treasurer. Minutes of the meeting will be available on our web site [www.epsomandewellhealthwalks.org.uk](http://www.epsomandewellhealthwalks.org.uk) under EEHW Information.

To get to our new Wednesday location (Langley Vale Wood) on 6 September:  
From Epsom Downs head through Langley Vale on Langley Vale Road which becomes Downs Road. At the end give way and turn left on Headley Road; the car park is a short distance along on the left.

From Epsom head up Wilmerhatch Lane past the RAC Club. Wilmerhatch Lane becomes Headley Road but this is not the Headley Road you want! Continue to the end and turn right on Langley Vale Road which becomes Downs Road then left on Headley Road and left into the Car Park.

**Please read information on the back of this programme**