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
- 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

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:
ANNUAL GENERAL MEETING

Our 2020 AGM will be held at 11.30 on Wednesday 13 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 1 hour and 30 minute walks starting from the Scout Camp at 10.00 and 10.30 respectively. There will be no speaker. For further details see https://www.epsomandedwellhealthwalks.org.uk.

Please do come to the meeting to support those who run your Group and to hear about our progress and plans, and possibly to consider offering assistance to the Committee yourselves.

Copies of our Annual Report and Accounts will be available at the meeting or by 30 April on our website or by telephoning our Treasurer on 020 8393 4638.

Please read information on the back of this programme.