

Join in

Sign up at:

www.ymcaeast Surrey.org.uk/walks/

- ▶ Choose a walk that's suitable for your needs
- ▶ No need to book, just aim to arrive 10 minutes before the walk starts
- ▶ Walks are free, but voluntary donations are welcome.



Scan to donate

Mission statement

Our goal is for everyone to have access to a friendly short group walk, within easy reach of where they live, to help them become and stay active.

Help out

Do you enjoy walking and have a reasonable level of fitness? Are you sociable and reliable? Join us as a volunteer walk leader (training provided). Email health@ymcaeast Surrey.org.uk to get involved.

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.

Benefits of joining our walking group

- ▶ It's a great way to meet new people
- ▶ Walking is the easiest form of exercise for all ages
- ▶ It's free
- ▶ Walking can improve weight management, balance and coordination, and mental wellbeing
- ▶ Walking can reduce the risks of heart disease, strokes, osteoporosis and certain cancers.

More information

All walks are free, risk assessed and led by trained volunteer walk leaders. Refreshment and toilet facilities are available on most walks.

For more information on any of our walks, contact Paris Breeden-West


T 01737 779979

E health@ymcaeast Surrey.org.uk

Please check online for up-to-date times and information at

www.ymcaeast Surrey.org.uk/walks

Join us on Facebook

 www.facebook.com/groups/ymcawellbeingwalks

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

YMCA EAST SURREY

Supported by:



 RAMBLERS

**WELLBEING
WALKS**

YMCA East Surrey

Walks Timetable

Easy Access walks in East Surrey



YMCA

2025

KEY

- Caterham
- Epsom, Banstead, Tadworth
- ▲ Horley
- ◆ Lingfield, Limpsfield Chart
- ◆ Nutfield, Bletchingley, Outwood, Godstone
- ★ Reigate, Redhill, Merstham

Monday

Every Monday at 10:15 ◆

Lingfield Byways | short 45 mins - 1 hour | longer 1 - 1½ hours

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

Every Monday at 10:30

Townhill Green Lane | 1¼ hours ■

Meet at: Townhill Medical Practice, 1 Guards Avenue, **Caterham**, CR3 5XL

First & Third Mondays of the month at 10:00

Tadworth Woods | 45 mins - 1 hour ●

Meet at: KT20 Bakehouse, 9 High Street, **Tadworth**, KT20 5SD

Second & Fourth Mondays of the month at 10:30

Langshott Lanes | 1¼ hours ▲

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

Second & Fourth Mondays of the month (except on bank holidays) at 13:00 ★

Waythrough Wellbeing Walk | 1½ hours

Meet at: Home Cottage, Redstone Hill, **Redhill** RH1 4AW

Tuesday

First & Third Tuesdays of the month at 11:00

Merstham Moors & Marshes | 1½ hours ★

Meet at: Merstham Community Hub, 2A-2B Portland Drive, **Merstham**, RH1 3HY

Can be joined by the roundabout at junction of Nutfield Road and Homesdale Avenue at **11:30**

Wednesday

Every Wednesday at 10:30

de Stafford Sports Centre | 1½ hours ■

Meet at: Reception, de Stafford Sports Centre, Burntwood Lane, **Caterham**, CR3 5YX

Every Wednesday at 11:00 ●

Burgh Heath Woods and Ponds | ¾ hour - 1 hour

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

First Wednesday of the month at 10:30

Bletchingley Way West | 1½ hours ◆

Meet at: The Village Hall Car Park, 82 High Street, **Bletchingley**, RH1 4PA

Second Wednesday of the month at 10:30

Godstone Way | 1¼ - 1½ hours ◆

Meet at: Overflow Car Park, Knights Nags Hall Garden Centre, Oxted Road, **Godstone**, RH9 8DB

Third Wednesday of the month at 10:30

Bletchingley Way East | 1¼ hours ◆

Meet at: The Village Hall Car Park, 82 High Street, **Bletchingley**, RH1 4PA

Fourth Wednesday of the month at 10:30

Outwood Common | 1¼ - 1½ hours ◆

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

Thursday

Every Thursday at 11:00

Limpsfield Chart | 1¼ hours ◆

Meet at: The Carpenters Arms, 12 Tally Road, **Limpsfield Chart**, RH8 0TG

Every Thursday at 11:00

Mary Frances Trust Epsom Downs | 1 hour ●

Meet at: The Tattenham Corner Pub, Tattenham Crescent, **Epsom**, KT18 5NY

Every Thursday at 11:00

Earlswood Common & Lakes | 1¼ hours ★

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

Can also be joined at Earlswood Lakes Car Park, Woodhatch Road, RH2 7QH at **11:15**

Fourth Thursday of the month at 14:00

Birchwood Acres | 50 mins ▲

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

Can be reached by taking the number 20 bus

Friday

Every Friday at 10:30

Reigate Priory Park | 30 minutes ★

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

Every Friday at 11:00

Banstead Trail | 1½ hours ●

Meet at: Park Life Café, Avenue Road, **Banstead**, SM7 2PA

First Fridays of the month at 10:00

Salfords Stroll | 1 hour ★

Meet at: Salfords Village Hall, Honeycrock Lane, Salfords, **Redhill**, RH1 5DG

First & Third Fridays of the month at 10:30

Felland Copse or View Point with incline |

1-1½ hours ★

Meet at: Earlswood Lakes Car Park, Woodhatch Road, **Reigate**, RH2 7QH

Second & Fourth Fridays of the month at 14:00

Macmillan Walk | 45 minutes ★

Meet at: Macmillan Cancer Support Centre, East Surrey Hospital, **Redhill**, RH1 5BF

For those affected by cancer including carers, family and friends

Saturday

Every Saturday at 10:30

Roaming Reigate | 1 hour ★

Meet at: the bench in between the Reigate Priory building and the sunken garden,

Reigate, RH2 7RL