

## Join in

Sign up at:

[www.ymcaeast Surrey.org.uk/walks/](http://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 [julie.haslett@ymcaeast Surrey.org.uk](mailto:julie.haslett@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.

## Find out more

For more information on any of our walks, please contact Julie Haslett or Kate Holah

T 01737 779979


E [julie.haslett@ymcaeast Surrey.org.uk](mailto:julie.haslett@ymcaeast Surrey.org.uk)

E [kate.holah@ymcaeast Surrey.org.uk](mailto:kate.holah@ymcaeast Surrey.org.uk)

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

[www.ymcaeast Surrey.org.uk/walks](http://www.ymcaeast Surrey.org.uk/walks)

## Join us on Facebook

 [www.facebook.com/groups/ymcawellbeingwalks](http://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](http://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**

**Spring/Summer 2024**

## Monday

**Every Monday at 10:15**

Lingfield Byways | short ¾ - 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 10:30**

Nutfield Marsh | 1¼ - 1½ hours

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

**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**

Richmond Fellowship Watercolour Lakes | 1½ hours

Meet at: Richmond Fellowship, Wingfield Resource Centre, St Anne's Drive, Redhill, RH1 1AU

## 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 11:20

## 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 (slower option available)

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: Beefeater Tattenham Corner, Tattenham Crescent, Epsom, KT18 5NY

**Every Thursday at 11:00**

Earlwood Common & Lakes | 1¼ hours

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

Can also be joined at Earlwood 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 | ½ hour

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

**Every Friday at 11:00**

Banstead Trail or View Point with incline | 1½ hours

Meet at: Pistachios in the Park (rear side), Avenue Road, Banstead, SM7 2PA

**First Fridays of the month at 10:00**

Salfords Stroll | 1 hour (shorter option available)

Meet at: Salfords Village Hall, Honeycrook 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: Earlwood Lakes Car Park, Woodhatch Road, Reigate, RH2 7QH

**Second & Fourth Fridays of the month at 14:00**

Macmillan Walk | ¾ hour

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

For those affected by cancer including carers, family and friends

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