

Discover the many benefits of walking from reducing stress, to losing weight, to sharing laughs. Walking for Health has something for everyone.

## Walking is great for your health!

Our walks in Mole Valley are free, fun, sociable and incredibly good for you! We are part of an England-wide network to keep you fit and healthy.

With specially trained walk leaders, you are sure to be in safe hands, offering the opportunity to try new walks to enjoy again and again.

## Joining is easy

- Choose a walk that's suitable for your needs
- There is no need to book in advance
- Turn up on the day

**Remember, walks are free!**

## 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.



## Monthly Walks - NEW for 2017!

### NT Polesden Lacey

Last Monday of the month starting  
30 January 2017

**Time:** 11am

**Duration:** 60 mins

**Grade** 2/3

**Meeting point:** Polesden Lacey  
Car Park, RH5 6BD (opposite end to entrance)

**Parking:** Polesden Lacey Car Park  
(Free to NT members)



## Find out more

If you would like to know more about Mole Valley Walking for Health or have any questions, contact our Walks Coordinator:

**t** 01306 885001  
**e** [estelle.holmes@molevalley.gov.uk](mailto:estelle.holmes@molevalley.gov.uk)  
**w** [www.molevalley.gov.uk/walkforhealth](http://www.molevalley.gov.uk/walkforhealth)  
[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

**For progression walks, visit**  
[www.molevalleyramblers.org.uk](http://www.molevalleyramblers.org.uk) or  
[www.surreycommunity.info/dorkingwalkers](http://www.surreycommunity.info/dorkingwalkers)

Walks Timetable

Winter  
2016

# walk this way

Join one of our free and friendly short walks in Mole Valley today!



walking  
for health

MoleValley  
District Council




[www.molevalley.gov.uk](http://www.molevalley.gov.uk)

# Walk for Health Timetable

## Mondays

**Dorking Meadowbank**   
(for beginners) (1st & 3rd Monday of the month)  
**Walk Leader:** Estelle Holmes  
**Meeting point:** The Christian Centre, St Martin's Church, Dorking, RH4 1DW  
**Why not pop in for lunch afterwards?**  
**Time:** 11am  
**Duration:** 30 mins  
**Grade 1**  
**Parking:** St Martins Walk (Pay & Display)

## Tuesdays


**Dorking including Meadowbank, Pixham, Cotmandene or The Deepdene Trail\***   
**Walk Leader:** Estelle Holmes  
**Meeting point:** Outside Reception, Pippbrook MVDC Council, RH4 1SJ  
**Time:** 10.30am  
**Duration:** 60 mins  
**Grade 2**  
**Parking:** Reigate Road Car Park (Pay & Display)

## Wednesdays

**Bookham Common**  
(2nd & 4th Wednesday of the month)  
**Walk Leader:** Sheila Baddeley  
**Meeting Point:** Tunnel Car Park, KT23 3JG  
**Time:** 10.30am  
**Duration:** 60 mins  
**Grade 2**  
**Parking:** Tunnel Car Park (Free to NT members)

**North Holmwood Common**  
(1st and 3rd Wednesday of the month)  
**Walk Leader:** Rosemary Hobbs  
**Meeting point:** Inholms Car Park, RH5 4JU  
**Time:** 10.30am  
**Duration:** 60 - 90 mins  
**Grade 3**  
**Parking:** Inholms Car Park (Free to NT members)

## Thursdays


**Denbies Vineyard**   
(2nd & 4th Thursday of the month)  
**Walk Leader:** Vivian Adams  
**Meeting Point:** Denbies Car Park, Farm Shop, RH5 6AA  
**Time:** 10.30am  
**Duration:** 60 mins  
**Grade 3**  
**Parking:** Free parking

**Brockham River Mole**   
(1st Thursday of the month)  
**Walk Leader:** Mandy Cooper  
**Meeting point:** The Royal Oak pub, Brockham Village Green, RH3 7JS  
**\*\*Walkers special lunch for £5 afterwards\*\***  
**Time:** 10.30am  
**Duration:** 60 mins  
**Grade 3**  
**Parking:** Free parking in village

**NEW!**  
**Brockham River Mole**  
(as above)  
**Time:** 9.45am  
**Duration:** 30 mins  
**Grade 1**

**Buckland Circuit**   
(3rd Thursday of the month)  
**Walk Leader:** Mandy Cooper  
**Meeting point:** The Deli, Buckland, RH3 7BB  
**Time:** 10.30am  
**Duration:** 60 mins  
**Grade 3**  
**Parking:** Free parking in village


**NEW!**  
**Buckland Circuit**  
(as above)  
**Time:** 9.45am  
**Duration:** 30 mins  
**Grade 1**

**Leatherhead (Norbury Park and River Mole)**   
**Walk Leader:** Rota of volunteers  
**Meeting point:** Leatherhead Leisure Centre Reception, KT22 9BL  
**Time:** 10.30am  
**Duration:** 60 - 90 mins  
**Grade 3**  
**Parking:** Free parking

We often have one off specials, seasonal and heritage walks, visit [www.molevalley.gov.uk/walkforhealth](http://www.molevalley.gov.uk/walkforhealth)

In association with the Mary Frances Trust, Leatherhead, the following walks have been organised. For more information, please contact [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk) or call **01372 375400**.

## Saturdays (2nd Saturday of each month)

**Leatherhead Riverside Walk**   
**Meeting point:** Leatherhead Theatre, KT22 8DN  
**Time:** 11am  
**Duration:** 60 mins  
**Grade 2**  
**Parking:** Leatherhead Car Parks (Pay & Display)

### KEY: Graded walks 1 - 3

- 1 easy, for beginners, approx. 30 minutes, short flat accessible walk.
- 2 intermediate, approx 60 minutes, gentle to moderate pace, generally flat but uneven ground at times, possible steps.
- 3 brisker pace, approx. 60 - 90 minutes, undulating or uneven ground, possible stiles/steps.

\*The Deepdene Trail walk will take place on the last Tuesday of the month, Grade 3.

Walking is an enjoyable way of staying active, keeping healthy and meeting new friends.