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**

For further information contact

01372 743514 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-and-events/go50
- For advice on public transport routes please call Traveline on 08712 002233 or visit www.traveline.org.uk

Epsom & Ewell Health Walks

December 2026 - January 2027 Programme

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:

EPSOM & EWELL BOROUGH COUNCIL

1 HOUR WALKS

DATE	LOCATION	MEETING POINT Nearest postcode and what3Words reference*	KEY
WEDNESDAYS 10am			
2 Dec	Epsom Common	Stew Ponds car park, Christ Church Rd. KT18 7TR dozed.cloth.volunteered	(1)
9 Dec	Banstead Heath	Mill Rd (B290) 150m E of Jctn. with Dorking Rd, Tadworth. KT20 7TE melt.scars.trails	(3)
16 Dec	Horton Country Park	Horton Country Park car park, Horton Lane. KT19 8PL ducks.armed.oils	(1)
23 Dec	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. KT18 5PP verbs.toward.risk	(3)
30 Dec	No walk scheduled		
6 Jan	Poole Road	Harrier Centre car park, Poole Rd. KT19 9RY park.linen.elder	(1)
13 Jan	Chipstead Road	Chipstead Rd/Jctn with Thomfield Rd, off A217 SM7 2HX spine.events.posts	(2)
20 Jan	Nonsuch Park	Car park on the bend of London Rd, A24. KT17 2DL daily.rides.copies	(1)
27 Jan	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. KT18 7HW grape.exist.wiring	(1)
SUNDAYS 10am			
6 Dec	No walk scheduled		
13 Dec	Ashtead Common	Woodlands Rd (bottom end) off Wells Rd. KT18 7HW grape.exist.wiring	(1)
20 Dec	No walk scheduled		
27 Dec	No walk scheduled		
3 Jan	No walk scheduled		
10 Jan	Horton Country Park	Horton Country Park car park, Horton Lane. KT19 8PL ducks.armed.oils	(1)
17 Jan	No walk scheduled		
24 Jan	Ewell Court	Ewell Court Car Park, Lakehurst Rd KT19 0EB fool.tapes.pretty	(1)
31 Jan	No walk scheduled		

30 MINUTE WALKS

DATE	LOCATION	MEETING POINT Nearest postcode and what3Words reference*	KEY
MONDAYS 10am			
7 Dec	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd. KT18 5PP verbs.toward.risk	(3)
14 Dec	Epsom Common	Stew Ponds car park, Christ Church Rd. KT18 7TR dozed.cloth.volunteered	(1)
21 Dec	Priest Hill	Beverley Close, Jctn. with Banstead Rd Ewell KT17 3HB opens.shirts.potato	(1)
28 Dec	No walk scheduled		
4 Jan	Poole Road	Harrier Centre car park, Poole Rd. KT19 9RY park.linen.elder	(1)
11 Jan	Nork Park	Nork Community Centre car park, Nork Way SM7 1JB life.behind.events	(3)
18 Jan	Nonsuch Park	Car park on the bend of London Rd, A24. KT17 2DL daily.rides.copies	(1)
25 Jan	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

Please read information on the back of this programme