

# Guided Nordic Walks in the Surrey Countryside



## Nordic Walks Programme For Trained Nordic Walkers September - December 2010

**GO50** is an entirely self-funded department of **Age Concern Surrey**. It aims to offer the benefits of regular exercise and healthier lives to people in the 50 plus age group. With the help of volunteers, led Nordic walks are organised across Surrey for people who have been trained to Nordic walk using Nordic poles, so that you can enjoy Nordic walking and socialising together. There will always be someone at the starting point to greet you and lead the walk. ***In the event of adverse weather, please contact GO50 to check on the status of the walk.***

No charge is made for the walks, but a suggested donation of £2.00 would be very welcome. GO50 receives no funding of any kind. All donations go directly towards maintaining the GO50 programme. Using the *Gift Aid* scheme, we can reclaim the tax on donations at no extra cost to you. Ask walk leader for details.

Nordic Walking training programmes are offered by Age Concern Surrey, who can also give information on buying Nordic poles. Please contact for details.

- Always bring a drink and a snack with you.
- You **MUST** bring your own Nordic Walking poles.
- Please bring suitable footwear and waterproofs.
- Most walks can be muddy in places.
- No children or dogs please.
- All walks cross stiles unless indicated.
- Please note that these are led walks only, and not for instruction.
- Please be considerate and only use pub car parks if you intend to use the pub afterwards, and please remove muddy boots before going into pubs.
- 'T' indicates the walk is accessible via public transport.

***Please note that walkers take part entirely at their own risk. GO50 Age Concern Surrey cannot accept liability for any injuries or losses during the course of a walk.***

### For Further Information

Telephone **01483 534706**

Email **go50@acsurrey.org.uk**

Web **www.acsurrey.org.uk**

Send s.a.e. to **GO50, Age Concern Surrey, Rex House, William Road, Guildford, GU1 4QZ**



Registered Charity No 1036450



**Tuesday 7<sup>th</sup> September** **Richmond Park – Arcadia** **5 Miles**

Meet **Louise & Sally** at 10am for a 10:15am start outside the Information Centre, Pembroke Lodge Car Park, Richmond Park (TW10 5HX). A moderately paced walk through grassland, along the Thames towpath and through formal gardens with some steep climbs, both up and down. Uneven in places. Optional refreshments at Pembroke Lodge after the walk. **T (Bus 65/371) o/s Congestion Charge Zone**

**Thursday 9<sup>th</sup> September** **Ripley & The Wey Navigation** **4 Miles**

Meet **Steve & Janet** at 10:15am for a 10:30am start at the free car park at Ripley village green adjacent to the playground. The car park is off the B2215 that runs through Ripley and the entrance is opposite Wylie & Mar furniture shop (GR 053570). The walk covers a section of the Wey Navigation and includes views of the ruined Newark Priory and a lake with plenty of wildlife. The walk is level with a few stiles and can be muddy in places. Toilets are available near the entrance to the car park. Refreshments are available from nearby tea shop and pubs.

**Friday 10<sup>th</sup> September** **Greywell, Odiham Castle and Five Lanes** **5 ½ Miles**

Meet **Nigel & Michael** at 10:15am for a 10:30am start near the Fox & Goose Public House, The Street, Greywell, RG29 1BY. Enjoy a walk where you may see Batman and Robin in the famous Bat Cave.

**Wednesday 15<sup>th</sup> September** **Epsom and Ashted Commons** **3 Miles**

Meet **Brian & David** at 10:15am for a 10:30am start at the Stew Ponds car park, Christchurch Road, B280, between Epsom & Malden Rushett (TQ183611). A walk through the woods of Epsom and Ashted Commons, both full of wildlife and ancient trees. Possible extension to Chessington available. Can be muddy in places. For more information, email davidjarnold@talktalk.net.

**Thursday 16<sup>th</sup> September** **Tillingbourne and Pilgrims Way** **7 ½ - 8 Miles**

Meet **Penny and Christine** at 10:15am for 10:30am start at St Martha's Hill Guildford Lane Car Park (Grid Ref: TQ03426 48511 – nearby postcode GU5 9BG) for an undulating walk across lovely Surrey Hills countryside taking in the Tillingbourne stream and part of the Pilgrims Way. This walk is intended for those who are quite fit as it will be taken at a reasonable pace, has some stiles and could be muddy. There will be a break for coffee/snack/light lunch at Shere during the walk.

**Fri 24<sup>th</sup> September** **Alice Holt Forest & Blacknest** **5 Miles**

Meet **Michael & Nigel** at 10:15am for a 10:30am start at the Abbots Wood Car Park, Alice Holt Forest. Alice Holt Forest is situated 4 miles south of Farnham on the A325. Turn off the A325 at the Halfway House public house Bucks Horn Oak – signposted "Alice Holt Forest." Proceed past the main forest car park/centre entrance on the left to the Abbots Wood Car Park on the right (SU811411 - nearby post code GU10 4HB). A pleasant 5 mile circular walk through varied woodlands, some open fields and alongside a golf course. Some steep hills, several stiles and will be muddy in places.

**Fri 24<sup>th</sup> September** **Garsons Farm** **4 Miles**

Meet **Judy** at 10:15am for a 10:30am start at Garsons Farm overflow car park, Winterdown Road off West End Green, Esher. From the A3, take the A307, 1 mile from Esher town turn down West End Lane, take a left fork around the Green into Winterdown Road. Enjoy a mainly undulating walk through woodland and heathland, with a few steep parts. Optional refreshments at Garsons Farm or nearby pub after the walk.

**Friday 1<sup>st</sup> October** **GO50 / "fit as a fiddle" morning of walks, Nordic walks and cycling**

In celebration of the International Day of Older People, "fit as a fiddle" and GO50 are hosting a fair at Denbies Vineyard, Dorking. Meet at 10am for Nordic walk (3 ½ miles), Cycle ride (intermediate level), GO50 walk (4 miles) or GOFurther walk (8 miles). There will also be an indoor presentation about Nordic walking for beginners from 10.30am – 11.30am. **T Dorking, Dorking Deepdene, Dorking West and Boxhill and Westhumble stations each about 1 mile from start**

**Tuesday 5<sup>th</sup> October** **Richmond Park Perimeter** **7 Miles**

Meet **Louise & Sally** at 10:00am for a 10:15am start outside the Information Centre, Pembroke Lodge Car Park, Richmond (TW10 5HX). Enjoy a varied walk within sight of the Park's perimeter through woods and grassland with some hills and a short stretch where pole use may be restricted. May be muddy and uneven in places. Toilets en route and a stop will be made for refreshments. Bring sandwiches if you wish. **T** (Bus 65/371) **o/s Congestion Charge Zone**

**Thursday 7<sup>th</sup> October** **Witley & Wormley** **5 Miles**

Meet **Penny and Christine** at 10.15am for 10.30am start at Churchfields, Church Lane Witley (SU945395 – nearby postcode GU8 5PH). Pleasant, varied circular walk along the Greensands Way, passing Sweetwater Pond and woodland. Could be muddy. Optional refreshments at The White Hart after the walk. **T**

**Friday 8<sup>th</sup> October** **Thursley & Hankley Commons** **6 Miles**

Meet **Michael and Nigel** at 10.15am for a 10.30am start at the Moat Car Park on the Thursley Road running south from Elstead (SU899416 – nearest postcode GU8 6LW). An undulating (some short steep inclines) circular walk through open heathland with many splendid views. Little shade with stoney and soft sandy tracks. Refreshments available afterwards.

**Sunday 10<sup>th</sup> October** **Farnham to Guildford along North Downs Way** **approx 12 Miles**

To mark the 10th anniversary of British Nordic Walking, a special Sunday walk organised by Nigel as a fundraiser for Age Concern. Meet **Nigel** at 9.45am (10am start) at the car park in Farnham Park (nearby postcode GU9 0AB) for a walk to Guildford along the North Downs Way. There will be breaks along the way for rest and refreshments. Catch the train back from Guildford to Farnham afterwards.

**Tuesday 12<sup>th</sup> October** **Epsom Common** **4 Miles**

A non-Nordic, GO50 walk, which welcomes Nordic walkers. Meet **Anthony** at 10am for a 10:15am start at Epsom Common Stew Ponds car park between Epsom and Malden Rushett on B280 (TQ184612, nearest postcode KT18 7TR). Explore Epsom & Ashted Commons. Visit Roman brick works. Mainly flat, but can be muddy in places.

**Thursday 14<sup>th</sup> October** **Chobham Common** **4 Miles**

Meet **Steve & Janet** at 10:15am for a 10:30am start in the free car park on Gracious Pond Road, Chobham (SU995635). Take the A319 east from Chobham, turn left into Stonehill Road and left again into Gracious Pond Road. The walk begins close to a lily-covered pool and continues through varied woodland before emerging into Chobham Common, a Site of Special Scientific Interest. The walk is level, with a few stiles and can be muddy in places. Refreshments are available from nearby pubs.

**Friday 22<sup>nd</sup> October** **Kingsclere and Watership Down** **6 ½ Miles**

Meet **Nigel & Michael** at 10:15am for a 10:30am start at the Anchor Road car park in Kingsclere (SU526586) A hilly walk across rolling farmland. Famed for the stable of Red Rum and the book by Richard Adams.

**Thursday 28<sup>th</sup> October** **White Down** **4 - 5 Miles**

Meet **Gill & Elly** at 10:15am for a 10:30am start at White Downs N.T. free car park. White Down Lane is at the junction of Crocknorth Road and Ranmore Common Road. From Guildford, take the A246 and after East Horsley turn right into Green Dene, take the first left onto Crocknorth Road, at crossroads turn right into White Down Lane and you will soon arrive at the car park which is on the right-hand side. From Dorking take Ranmore Road and Ranmore Common Road towards Guildford. A mostly level walk through the forest along wide tracks, old drove roads and passing Lovelace bridges.

**Friday 29<sup>th</sup> October** **Bushy Park** **4 Miles**

Meet **Maureen & Sybil** at 10:15am for a 10:30am start at the Diana Fountain car park, TW12 2EJ, for a level walk visiting the refurbished water feature and Woodland Gardens. Toilets at beginning and end of walk. Optional lunch afterwards at the café.



**Friday 3<sup>rd</sup> December** **Cutmill Ponds & Hampton Estate** **5 ½ Miles**

Meet **Michael and Nigel** at 10:15am for a 10:30am start at The Tarn Car Park, Lower Puttenham Common (SU910456, nearby postcode GU3 1BG). From A31 Hog's Back take the B3000 south towards Puttenham, then first right into The Street (signpost Puttenham) followed by first left into Suffield Lane (signpost Elstead/Cutmill). Proceed for about 2 miles then turn right at cross roads. Tarn Car Park immediately on right. Pleasant, undulating circular walk through part of the Surrey Hills and the North Downs Way, with views across to the Hog's Back. One steep incline and could be muddy in places. Optional pub lunch/snack afterwards.

**Tuesday 7<sup>th</sup> December** **Richmond Park – Isabella Plantation Woodland** **4 ½ Miles**

Meet **Louise & Sally** at 10:00am for a 10:15am start outside the Information Centre, Pembroke Lodge Car Park, Richmond Park (TW10 5HX). Enjoy a varied, mainly undulating walk in this National Park through open grassland, woods and woodland gardens where there are some lovely winter sights. There are a few gentle slopes and one short, slightly steeper slope. May be muddy and uneven in places. Use of poles in Isabella Plantation may be restricted. Optional refreshments at Pembroke Lodge after the walk. **T** (Bus 65/371) **o/s Congestion Charge Zone**

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**Friday 10<sup>th</sup> December** **Garsons Farm** **4 ½ Miles**

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**Thursday 16<sup>th</sup> December** **Horsell Common** **3 ½ Miles**

Meet **Maureen & Sybil** at 10:15am for a 10:30am start at the Sandy Track car park, Horsell Common, about 100 yards down the track from the main road. Bus 472 goes from Woking Station to Kettlewell Hill, which is a short walk from the Sandy Track car park. A circular walk stopping for coffee at Fair Oaks Cafe halfway round. No stiles, but may be muddy in places. **T**

**Friday 17<sup>th</sup> December** **Frimley Green & Deepcut (& Christmas lunch)** **5 Miles**

Meet **Nigel & Michael** at 10:15am for a 10:30am start at Frimley Lodge Park car park. Heathland walk including the MOD and Basingstoke Canal. After the walk join the walk leaders for Christmas lunch at Toby Carvery in Frimley (approx £7 per head). No booking required.