



**Guided outdoor activities for the 50 plus age group
Lets Change How We Age**

WALKING IN AND AROUND SURREY

GO50 WALKS PROGRAMME April – June 2025

The GO50 programme aims to introduce people in the 50+ age group to a healthier lifestyle. **Live Longer Better** by Walking with others, socialising as you exercise, adds significantly to the beneficial effects. Regular exercise can: improve balance and flexibility / lower blood pressure / defend against heart disease, stroke and type 2 diabetes / help maintain cognitive function / reduce depression and anxiety.

If you have often thought about going for a walk but had no one to go with, then this could be for you! There'll always be someone at the starting point to greet you and lead the walk, and there is no need to book, just turn up! The lengths of the walks range from about 3½ miles to 8 miles; the distance of each is clearly indicated on the programme. If you are in any doubt about your fitness, we strongly suggest that you try a shorter walk first. Don't forget to bring water and some food.

GO50 is a self-funded programme of Age UK Surrey.

A voluntary suggested donation of £3.00 per walk would be very welcome.

Donations go directly towards maintaining the GO50 walks programme.

GO50 walks are led by experienced volunteers who will meet you at the start and lead the way.

Tips for first-time GO50 participants:

- Please arrive 15 minutes early to complete a registration form.
- Please wear walking boots or other suitable footwear.
- Bring a drink and a snack.
- Please do not bring any children or dogs.
- Please be aware of your own fitness levels and, if in doubt, consult your doctor before starting a new exercise programme.
- Participants take part entirely at their own risk.
- GO50 and Age UK Surrey cannot accept liability for injuries or losses during the course of any activity.
- Walkers are required to register their participation in GO50 walks on their first attendance and the walk leader will take their brief details.
- GO50 activities are led by experienced volunteers who will meet you at the start and lead the way. As a walking registrant you will be kept informed of the programme.
- Use pub car parks only if you intend to use the pub afterwards.
- Postcodes given are nearest available to the start and may not correspond to the exact starting point.
- We recommend that all participants carry personal identification and emergency contact details with them in case of accident or emergency.
- GO50 Health Walks are shorter walks more accessible to beginners.
- All other GO50 Walks are suitable for more experienced walkers.

GO50 WALKS PROGRAMME

In the event of extreme weather, phone Enquiries on 01483 503414 or check the Website : <https://www.ageuk.org.uk/surrey/activities-and-events/go50/>

Walk Leaders reserve the right to cancel or amend an activity if they feel that it is unsafe to proceed.

Please take into consideration the distance and description of the walk and if you require assistance with walking, please contact GO50 prior to attending.

What3words coordinates

What3words is a geocode system via a free App (available from App Store *what3words*: Navigation & Maps and click GET) designed to identify any location within about 3 metres using 3 unique words. It is used widely by the emergency services <https://what3words.com>

GO50 HEALTH WALKS

Our health walks are ideal for people who would like to improve their health by increasing their physical activity levels. Participants are encouraged to walk at a pace that suits them. The walks are free (donations welcome) and no booking is required.

EVERY THURSDAY: ST JOHNS CENTRE, 222 Epsom Road, Merrow, Guildford GU4 7AA

10am – 11am – meet with walk leader at 9.45 am for a 10.00 am start

Walk lasts for 1 hour and are Led by experienced walk leaders Jill, Tim, Graham.

GO50 WALKS

TUESDAY APRIL 1

SS12 REIGATE PRIORY PARK

Distance: Just over 5 miles

Meet: Bell Street pay & display car park, Bell Street, Reigate.

TQ 254 500 / RH2 7AQ / wip.es.ending.claims

Start 10:30. Leader: STEVE

Lunch: Options in Reigate Priory Park and town.

Taking in Priory Park, Trumpets Hill and Dungate Manor in a circular walk.

WEDNESDAY APRIL 2

CS39 DENBIES AND DEEPDENE

Distance: About 6 miles

Meet: Entrance to main building, Denbies Wine Estate, off A24 (London Road), Dorking

TQ 166 511 / RH5 6AA / porch.leap.free

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Mole Gap Trail, Dorking town, Deepdene Terrace, Betchworth Park .

GO50 WALKS PROGRAMME

MONDAY APRIL 7

GG22 STAFFHURST WOODS

Distance: 5 miles

Meet: Staffhurst Wood car park, Grants Lane, TN8 6GF (between Oxted and Edenbridge)

9:45 for 10.00 start Leader: GRANT

Lunch: Optional lunch at the Grumpy Mole Pub

Come and see the spectacular Bluebells. This walk is on the Surrey / Kent border and offers a mixture of open farmland and ancient woodland. There are a few hills and stiles.

MONDAY APRIL 14

GG20 PILGRIMS WAY

Distance: 6 miles

Meet: Pitchfont Lodge Car Park, Titsey Estate, RH8 0SA.

From Oxted travel along Water Lane; pass underneath the M25 bridge and into Titsey estate. The Car park is on left.

9:45 for 10.00 start Leader: GRANT

Lunch: Optional pub lunch at the Haycutter, Oxted

This is a circular walk from Titsey Estate out towards Westerham on North Downs Way returning via Pilgrims Way. Fabulous views but with a couple of steep ascents.

WEDNESDAY APRIL 16

CS04 FRENHAM

Distance: About 7 miles

Meet: The Street, opposite Peakfield, 150 east of St Mary's church, Frensham. On-street parking.

SU 844 414 / GU10 3DU / hushed.germinate.cabbage

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Little and Great Ponds, and the Devil's Jumps.

WEDNESDAY APRIL 23

RH32 RYKAS, BOX HILL

Distance: 4 miles

Meeting place: Free car park at Ryka's Café by A24 at Burford Bridge roundabout.

TQ 171 521 / RH5 6BY / intro.signal.shorts

Start time: 10.15 for 10.30 Leader: ROSEMARY

A varied walk up the back of Box Hill, taking in the Broadwood Tower and the viewpoint south.

Gentle descent.

THURSDAY APRIL 24

CS29 WOTTON HATCH

Distance: 7½ miles

Meet: Free car park behind Wotton Hatch Hotel on A25.

TQ 126 476 / RH5 6QQ / sooner.papers.sleeps

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Sutton Abinger, Holmbury St Mary and Friday Street .

GO50 WALKS PROGRAMME

TUESDAY APRIL 29

ES16 EAST HORSLEY

Distance: 4½ miles

Meet: Green Dene car park

TQ 091 509 / nearby postcode KT24 5TA / socket.drew.composers

Turn off the A246 into Green Dene and continue for just over a mile, the car park will be on your right.

Start: 10.15 for 10.30 Leader: ERYL

Lunch: Optional after the walk

This is a lovely walk through woods and fields. We will see several of the Lovelace bridges and, hopefully, lots of bluebells!

WEDNESDAY APRIL 30

CS23 BEARE GREEN AND COLDHARBOUR

Distance: About 6¼ miles, hilly

Meet: Junction of Old Horsham Road and Moorhurst Lane, 250 yds NW of Holmwood railway station, Beare Green. On-street parking.

TQ 173 440 / RH5 4RB / scans.wiped.daily

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Up to Coldharbour village; return via Collickmoor Farm and Betchets Green.

TUESDAY MAY 6

CSam30 WOTTON HATCH

Distance: 4 miles

Meet: Free car park behind Wotton Hatch Hotel on A25.

TQ 126 476 / RH5 6QQ / sooner.papers.sleeps

Start: 10.30 Leader: CLIVE Back by 1pm

A morning walk via Westcott and the Rookery.

MONDAY MAY 12

GG27 FRENCH STREET AND CHARTWELL

Distance: 7 miles

Meet: Carpenters Arms, Tally Road, Limpsfield Chart

RH8 0TG / famous.entertainer.rank

From A25 Oxted turn right after traffic lights onto Kent Hatch Road, B269; follow for approx. 1 mile and turn left into Tally Road. Parking in road along by the pub.

9:45 for 10.00 start Leader: GRANT

Lunch: Optional drink or pub lunch at Carpenters Arms

An undulating circular walk crossing from Surrey into Westerham with glorious scenic views.

TUESDAY MAY 13

SS10 BLETCHINGLEY, NUTFIELD

Distance: About 7 miles: options to shorten if required

Meet: Car park behind Bletchingley Village Hall & Lawrence's Auction Rooms

TQ 325 508 / RH1 4PA / hardly.bonds.each

Start: 10:30 Leader: STEVE

Lunch: Options for tea, coffee and a snack in Nutfield, alternatively various places in the village and nearby Godstone.

Circular walk heading west to Nutfield then looping back from the south to Bletchingley.

GO50 WALKS PROGRAMME

WEDNESDAY MAY 14

CS33 CHIDDINGFOLD

Distance: About 6¾ miles

Meet: Chiddingfold green. SO 960 354 / GU8 4TU / shows.compiled.shippers

Free parking around The Green

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Ramsnest Common, Sussex Border Path, Robins Farm.

WEDNESDAY MAY 14

RH 37 SHEEPLEAS

Distance: 3½ miles

Meeting place: Free car park behind St Mary's church, Epsom Road A246, West Horsley.

TQ 288 525 / KT24 6AP / cheek.hangs.cares

Start time : 10.15 for 10.30 Leader: ROSEMARY

Delightful walk through woods and common. Could be muddy!

TUESDAY MAY 20

ES29 ENGLEFIELD GREEN TO RUNNYMEDE

Distance: 4½ miles

Meet: Park around the Green in Englefield Green

SU 990 721 / TW20 0NX / tested.spill.neon

Start: 10.15 for 10.30 Leader: ERYL

Lunch: Optional after the walk

We will walk from the Green towards Runnymede and will stop to admire the Air Forces Memorial on our way. There are several more interesting installations to see at Runnymede, including the John F Kennedy Memorial. The walk includes some moderately steep slopes down and then back up as we return to our starting point.

THURSDAY MAY 22

CS25 TILFORD

Distance: About 6¼ miles

Meet: The Barley Mow, Tilford.

SU 873 434 / GU10 2BU / bookshop.upward.lookout

Riverside car park, or on-street around the Green

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Pierrepoint Farm, Bourne Wood.

WEDNESDAY MAY 28

CS11 CHOBHAM COMMON

Distance: About 6¾ miles

Meet: Fishpool car park (free), Gracious Pond Road, north-east of Chobham.

SU 995 636 / GU24 8EX / pets.count.chop

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Generally level. Picnic in Chobham overlooking the cricket green.

GO50 WALKS PROGRAMME

MONDAY JUNE 2

GG17 BLETCHINGLEY

Distance: 5 miles

Meeting Place: Stychens Close, Bletchingley, RH1 4NY

Parking is in the road along by the Red Lion pub at the top end of the Bletchingley high street.

9:45 for 10.00 start Leader: GRANT

Lunch: Optional pub lunch at Red Lion

A gentle undulating circular walk to and from this historic village through woodland and open fields.

TUESDAY JUNE 3

CSam02 CHINTHURST HILL

Distance: 4 miles

Meet: Free Chinthurst Hill car park off B2128, 1 mile from Shalford.

TQ 014 463 / GU5 0PR / years.muddy.late

Take A248 east from Shalford; orange-signed entrance to car park is 200 yds on right beyond junction signed to Dorking, Albury.

Start: 10.30 Leader: CLIVE Back around 1pm

A morning walk to Wonersh via Great Tangley, and top of Chinthurst Hill.

THURSDAY JUNE 5

CS31 WEYBRIDGE

Distance: About 6 miles

Meet: Signposted free car park off Walton Lane, Weybridge, adjacent to Pear Tree Cottage.

TQ 077 659 / KT13 8LT / assure.dozed.flips

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

A level stroll beside the River Wey, and the Wey Navigation from New Haw Lock.

TUESDAY JUNE 10

SS11 REIGATE HEATH

Distance: About 5½ miles

Meet: Flanchford Road free car park, Reigate, 500 yds SW of A25.

TQ 239 502/ RH2 8AB / trying.bright.soccer

Start: 10.30 Leader: STEVE

A circular walk heading west along part of the Greensand Way then north and finally east back to Reigate Heath. Possible opportunity to stop for tea/coffee along the way but various options close to start/finish.

WEDNESDAY JUNE 11

CS07 GRAYSHOTT – (Hampshire)

Distance: About 6½ miles

Meet: St Luke's church, Whitmore Vale Road, Grayshott. On-street parking.

SU 872 353 / GU26 6LU / argue.leathers.whips

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Ludshott Common; Waggoners Wells ponds.

GO50 WALKS PROGRAMME

WEDNESDAY JUNE 11 RH 34 WOTTON HATCH

Distance: 4 miles

Meeting place: Free car park behind the Wotton Hatch on A25, 2 miles west of Dorking.

Take care turning in to left side of the pub.

TQ 126 476 / RH5 6QQ / sooner.papers.sleeps

Start time: 10.15 for 10.30 Leader: ROSEMARY

Walk through farm on north side of A25 and round Abinger Roughts; interesting woodland!

MONDAY JUNE 16 GG05 MOORHOUSE SANDPITS AND LIMPSFIELD CHART

Distance: 6 miles

Meet: Car park at Limpsfield Chart Golf Club.

TQ 411 527 / RH8 0SL / unable.fields.shut

Turn off the A25 Westerham Rd into Grub Street where the public car park is located.

9:45 for 10.00 start Leader: GRANT

Lunch: Optional drink or lunch at the Haycutter Pub

Our undulating walk takes in the Moorhouse Sandpits and Moorhouse Woods before heading back through Limpsfield Common.

TUESDAY JUNE 17 ES09 THE FISHPOOL AND CHOBHAM COMMON

Distance: 4½ miles

Meet: Fishpool car park on Gracious Pond Road

SU 995 636 /nearby postcode GU24 8EX / pets.count.chop

Start: 10.15 for 10.30 Leader: ERYL

Lunch: Optional after the walk

A lovely walk around lesser known parts of Chobham Common.

THURSDAY JUNE 19 CS48 OXSHOTT HEATH AND ESHER COMMON

Distance: 6¾ miles

Meet: Sandy Lane 2nd car park, 200 yds from Copsem Lane (A244) junction, Oxshott Heath.

TQ 139 616 / near KT22 0NX / fishery.grab.actual

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Undulating walk through woodland on both sides of the A3, passing Black Pond, the River Mole by The Ledges, and West End Common.

WEDNESDAY JUNE 25 CS41 HAMMER VALE AND LINCHMERE

Distance: About 6¾ miles

Meet: Junction of Hammer Lane and Copse Road, 2 miles west of Haslemere.

SU 874 324 / GU27 3QT / shuttling.poster.cutback

From 3 Counties Church, at junction of Linchmere Road (B2131) and Hammer Lane, go down Hammer Lane; Copse Road is the first turning on R: on-street parking .

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Via woodland paths to Linchmere church; return along a section of the Serpent Trail.

For further information about the GO50 programme or if you are interested in becoming a volunteer activity leader, phone 01483 503414 or email:

GO50: go50@ageuksurrey.org.uk

or visit our website at:

<https://www.ageuk.org.uk/surrey/activities-and-events/go50/>