



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

WALKING IN AND AROUND SURREY

GO50 PROGRAMME January – March 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 WALK 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

FRIDAY JANUARY 3

CS13 LEATHERHEAD

Distance: About 7 miles

Meet: Young Street free car park, off A246, just below railway bridge.

TQ 163 551 / KT22 9BS / foil.force.songs

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Mole Gap Trail; Westhumble; Views to Box Hill; Norbury Park.

WEDNESDAY JANUARY 8

CS20 NEWLANDS CORNER

Distance: About 6 miles

Meet: Free car park at Newlands Corner: assemble near café/Discovery Centre

TQ 044 493 / GU4 8SE / just.renew.assure

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Colyers Hanger, Chuntries woods, St Martha's.

WEDNESDAY JANUARY 8

RH18 DORKING TOWN

Distance: 3 miles

Meeting Place: Milton Heath CP off A25 west of Dorking; follow brown sign to Bury Hill Fisheries.

TQ 155 488 / RH4 3JT / stop.crab.honey

Start: 10.15 for 10.30 Leader: ROSEMARY

Town and country walk through Dorking to avoid the mud. Good views.

THURSDAY JANUARY 16

CS50 FOREST GREEN

Distance: 6 miles

Meet: Village car park beside The Parrot, Horsham Road, off B2127

TQ 124 412 / RH5 5RZ / wiped.sailor.freely

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Towards Ewhurst via North Breache Manor. Return route passes some fine farmhouses.

TUESDAY JANUARY 21

SS06 REIGATE HILL AND WALTON HEATH

Distance: About 5½ miles

Meet: Margery Wood National Trust car park, Margery Lane, Tadworth, KT20 7EJ.

(Free to NT members on display of sticker or £4 for up to four hours).

TQ 245 527/ KT20 7EJ / evenly.glad.chefs

Start: 10:30 Leader: STEVE

Lunch: Bring your own or The Sportsman, Mogador. (Less than 1 mile to walk back to car park).

A level clockwise circuit of footpaths, tracks and access roads.

TUESDAY JANUARY 21

ES03 SEND AND PAPER COURT LAKE

Distance: 4½ miles

Meeting Place: Park in Send Barns Lane layby, opposite the Villages Medical Practice, at the end furthest from Send.

TQ 031 549 / GU23 7BP / bless.tells.soup

Start Time: 10.15 for 10.30 Leader: ERYL Lunch: Optional afterwards

Walk across fields to the Wey navigations and return around Papercourt Lake.

WEDNESDAY JANUARY 22

CS24 THURSLEY

Distance: About 7 miles

Meet: The recreation ground free parking area beside Dye House Road.

SU 899 398 / GU8 6QA / luxury.bordering.treat

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Emley Farm; Rutton Hill; Gibbet Hill; Hindhead; Highcombe.

THURSDAY JANUARY 30

CS51 COMPTON AND PUTTENHAM

Distance: About 7½ miles

Meet: Limnerslease car park, off Down Lane, Compton, just south of Watts Gallery.

SU 957 477 / GU3 1DQ / poets.piper.ratio

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Along the North Downs Way, and paths with easy ascents/descents. Picnic in Shackleford.

WEDNESDAY FEBRUARY 5
CS40 DENBIES AND RANMORE

Distance: About 7 miles

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

TQ 171 521 / RH5 6BY / stared.belly.fairly

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Through the vineyards to St Barnabas church; return through Westhumble.

WEDNESDAY FEBRUARY 5
RH21 HOLMWOOD COMMON

Distance: 3½ miles

Meeting Place: Fourwents Pond CP 2 miles south of Dorking on Blackbrook Road at junction with Mill Road. TQ 184 454 / invite.coast.gear

Start: 10.15 for 10.30 Leader: ROSEMARY

Good path through Holmwood Common.

THURSDAY FEBRUARY 13
CS47 RODBOROUGH COMMON

Distance: About 7½ miles

Meet: Rodborough Common free car park off A3 southbound link road.

SU 937 418 / GU8 5BJ / sunbeam.treetop.weaved

- At Mazda showroom traffic lights on A283, keep ahead towards Portsmouth, Petersfield (A3). After 350 yds just beyond end of 40 mph, turn R at Rodborough Common welcome board. Go through tunnel under A3 to car park.

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Across Rodborough, Thursley, Ockley, Elstead and Bagmoor Commons.

TUESDAY FEBRUARY 18
SS05 BLETCHINGLEY

Distance: About 5½ miles

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

TQ 326 508 / RH1 4PA / hardly.bonds.each

Start: 10:30 Leader: STEVE

Lunch: Bring your own or various options in Bletchingley.

A clockwise circuit heading north out of Bletchingley on rural footpaths, some road and tracks.

WEDNESDAY FEBRUARY 19
CS08 GRAYSWOOD

Distance: About 6¾ miles, hilly

Meet: Top side of green at junction of Lower Road and The Mount; on-street parking

SU 917 346 / GU27 2DN / beard.ghosts.helping

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Ascend to the Temple of the Four Winds site; Gibbet Hill, Polecat Valley.

TUESDAY FEBRUARY 25
ES23 PIRBRIGHT AND BROOKWOOD CEMETERY

Distance: 4½ miles

Meeting place: Car park on Avenue de Cagny, Pirbright.

SU 946 562 / GU24 0JE / ideas.native.stale

Start time: 10.15 for 10.30 Leader: ERYL Lunch: Optional afterwards

On this walk we will explore the vast site of Brookwood Cemetery and return via Pirbright Common.

THURSDAY FEBRUARY 27

CS02 BLACKHEATH

Distance: About 7 miles

Meet: Free car park off Littleford Lane, 700 yds south of Blackheath crossroads, or park on verge opposite.

TQ 035 457 / GU4 8QZ / inspects.guardian.polygraph

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Chinthurst Hill; Great Tangley; Chilworth Manor vineyard; River Tillingbourne.

WEDNESDAY MARCH 5

CS19 THE SANDS AND CROOKSBURY

Distance: About 6 miles

Meet: The Barley Mow, Littleworth Road, The Sands; on-street parking

SU 882 463 / GU10 1NE / pulled.chemistry.rungs

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Crooksbury Common; Tilford; around Crooksbury Hill.

WEDNESDAY MARCH 12

RH34 WOTTON HATCH

Distance: 4 miles

Meeting Place: CP behind Wotton Hatch pub. Take A25 west of Dorking through Westcott, up the steep hill, pub is on left. Take care turning into the left of the pub.

Bus: 21, 22, 32. TQ 126 476 / RH5 6QQ / sooner.papers.sleeps

Start: 10.15 for 10.30 Leader: ROSEMARY

Undulating walk to Friday Street and Broadmoor. Maybe primroses and reflections of the trees in the fishing pools.

THURSDAY MARCH 13

CS03 ELSTEAD

Distance: About 7½ miles

Meet: Elstead Village Hall in Thursley Road, near church. On-street parking opposite.

SU 904 434 / GU8 6DG / earpiece.extremely.trading

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Via Elstead Common and Kettlebury Hill.

TUESDAY MARCH 18

SS03 GODSTONE

Distance: About 4½ miles

Meet: Godstone Green car park. (There is more parking close by to the south of Godstone Pond in road named The Green opposite Coughlans Bakery, or on street).

TQ 350 515 / RH9 8DX / holly.flag.issues

Start: 10:30 Leader: STEVE

Lunch: Plenty of options in Godstone Village.

An anti-clockwise circuit heading toward the Greensand Way, Tilburstowhill Common and Leigh Place.

TUESDAY MARCH 18
ES30 ALBURY PARK AND SHERE

Distance 4½ miles

Meeting place: Albury Sports Ground Car Park, New Road, Albury.

Coming from the A25, turn RIGHT into the car park just before the left turn signposted to Peaslake and Ewhurst.

TQ 059 469 / GU5 9DB / admit.agenda.burns

Start time: 10.15 for 10.30am Leader: ERYL Lunch: Optional afterwards

We will take a circular route to the pretty village of Shere and back. There is one quite steep descent so please bring a walking pole if you have one.

WEDNESDAY MARCH 19

CS28 RANMORE

Distance: About 7 miles

Meet: National Trust free car park, Ranmore Common Road, 1 mile west of Denbies Hillside

TQ 127 502 / RH5 6SY / agent.sugars.avoid

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Towards Abinger Hammer using the North Downs Way, either outbound or return.

MONDAY MARCH 24

GG02 OXTED

Distance: 6 miles

Meet: 25 Gresham Road, Oxted.

TQ 396 530 / RH8 0BU / hugs.marble.edge

From the A25 turn into Oxted and turn off the high street into Gresham Road. Parking is allowed in the road after 9am. Park as close as possible to No.25.

Start: 10.00 for 10.15 Leader: GRANT

Lunch: Optional coffee or lunch from a choice of cafés and restaurants in Oxted high street.

This is a circular walk, which starts from Oxted before heading out towards Limpsfield Village and onto Limpsfield Common where we visit the Limpsfield school air raid shelters; return along the North Downs Way.

THURSDAY MARCH 27

CS12 HYDON HEATH

Distance: About 6¼ miles

Meet: Free car park at junction of Clock Barn Lane and Salt Lane.

SU 978 402 / GU8 4BB / join.seriously.stooping.

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Hambledon, along Burgate Hanger, and top of Hydon's Ball.

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/>

