



Guided outdoor activities for the 50 plus age group

WALKING IN AND AROUND SURREY

GO50 PROGRAMME July – September 2024

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

MONDAY JULY 1

GG23 NORTH DOWNS: TITSEY FOUNDATION

Distance: 5½ miles

Meet: 25 Gresham Road, Oxted, Surrey.

TQ 396 530 / RH8 0BU / [passes.slides.clap](https://www.passes.slides.clap)

Start: 9:45 for 10:00 Leader: GRANT

Lunch: Optional pub lunch at The Haycutter, Tanhouse Rd, Oxted RH8 9PE

An undulating walk from Oxted to the Titsey Foundation with a couple of steep ascents through ancient woodland and open fields.

WEDNESDAY JULY 3

RH04 DENBIES, DORKING

Distance: 4½ miles

Meeting Place: Denbies vineyard: car park in front of the Farm Shop

TQ166511. RH5 6AA. [dull.crisp.transfers](https://www.dull.crisp.transfers)

Start time: 10.15 for 10.30 Walk leader: ROSEMARY

Undulating walk using part of the Greenway.

THURSDAY JULY 4

CS48 OXSHOTT HEATH AND ESHER COMMON

Distance: 6¾ miles

Meet: Sandy Lane car park, 100 yds from Copsem Lane (A244) junction, Oxshott Heath.

TQ 139 617 / 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, beside the River Mole below The Ledges, and West End Common.

WEDNESDAY JULY 10

CS43 WOODMANSTERNE AND LAVENDER

Distance: 6¼ miles

Meet: Free car park beside The Woodman, Woodmansterne Street

TQ 275 599 / SM7 3NL / woke.adjust.water

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

A pleasingly rural circuit inside the M25, with views and the renowned lavender fields.

TUESDAY JULY 16

CSam31 ADDLESTONE

Distance: 3¾ miles

Meet: At end of Heron Dale, Addlestone. On-street parking.

TQ 059 642 / KT15 2JS / famous.tens.shaped

From Station Road, turn south-east down Corrie Road to roundabout. Keep right along Bois Hall Rd, then left at junction, then 2nd left into Heron Dale and proceed to end.

Start: 10.30 Leader: CLIVE Back by 1pm

A morning walk with no hills beside the River Wey and Wey Navigation.

THURSDAY JULY 18

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; ascent of Rutton Hill; Gibbet Hill; Hindhead; Highcombe.

TUESDAY JULY 23

SS12 REIGATE PRIORY PARK

Distance: Just over 5 miles

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

TQ 254 500 / RH2 7AQ / wipes.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 JULY 24

CS20 NEWLANDS CORNER AND PEWLEY DOWN

Distance: About 7 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

Via the Chantries woods and Merrow Downs.

THURSDAY AUGUST 1

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.

No stiles

WEDNESDAY AUGUST 7

CS26 ALBURY HEATH

Distance: About 7 miles

Meet: Albury Sports Ground car park (free) off New Road, 1 mile south of A25 Silent Pool.

TQ 059 470 / GU5 9DA / fire.export.translated

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic NB: Crosses railway tracks

Mayor House Farm and fringes of Blackheath.

WEDNESDAY AUGUST 7

RH19 DORKING, WATERMILL

Distance: 4 miles

Meeting Place: Watermill restaurant 1 mile E of Dorking on A25

TQ179 501 RH4 1NN. reap.runs.owner

Start time: 10.15 for 10.30 Walk leader: ROSEMARY

Varied walk along the river Mole, and then up the front of Box Hill, gently!

MONDAY AUGUST 12

GG24 LIMPSFIELD AND HIGH CHART

Distance: 6 miles

Meet: Outside Carpenters Arms, Tally Rd, Limpsfield Chart

TQ 425 518 / RH8 0TG / elder.bumps.flame

Start: 9:45 for 10.00 Leader: GRANT

Lunch: Optional pub lunch at Carpenters Arms

Walk within the Limpsfield Chart before heading towards Westerham and returning via High Chart. Scenic and undulating route.

TUESDAY AUGUST 13

CS39am EPSOM AND ASHTEAD COMMONS

Distance: 3¾ miles

Meet: Free car park off Christ Church Road, 1½ miles west of Epsom town centre.

TQ 183 611 / KT19 8JA / worm.trout.magma

From Malden Rushett traffic lights, turn east off A243 along Rushett Lane towards Epsom for ¾ mile; car park is in the dip on right under barrier, but not signposted.

Start: 10.30 Leader: CLIVE Back by 12.30

A morning walk across both Commons, passing the Great and Stew Ponds, and Shaun's Puddle.

THURSDAY AUGUST 15

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.

TUESDAY AUGUST 20
SS05 BLETCHINGLEY

Distance: About 5½ miles

Meet: Car par 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 AUGUST 21
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.

THURSDAY AUGUST 29
CS04 FRENESHAM

Distance: About 7 miles

Meet: St Mary's church, Frensham. On-street parking.

SU 842 414 / GU10 3EA / courage.expecting.scribble

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Great Pond, and the Devil's Jumps.

MONDAY SEPTEMBER 2
GG25 BLETCHINGLEY

Distance: 6½ miles

Meet: Red Lion, Castle St, Bletchingley,

TQ 323 508 / RH1 4NU / nest.flats.pram

Start: 9:45 for 10.00 Leader: GRANT

Lunch: Optional pub lunch at Red Lion

Circular scenic walk from Bletchingley to Godstone via Tilburstow Hill.

WEDNESDAY SEPTEMBER 4
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 Tangle; Chilworth Manor vineyard; River Tillingbourne.

WEDNESDAY SEPTEMBER 4
RH23 MILTON HEATH, DORKING

Distance: 4 miles

Meeting Place: Milton Heath car park, ½ mile W of Dorking on A25. Signed Bury Hill Fisheries

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

Start time : 10.15 for 10.30 Walk leader: ROSEMARY

Undulating walk round the Nower and the back of Westcott.

TUESDAY SEPTEMBER 10

CSam48 OXSHOTT HEATH AND ESHER COMMON

Distance: 4¼ miles

Meet: Sandy Lane car park, 100 yds from Copsem Lane (A244) junction, Oxshott Heath.

TQ 139 617 / near KT22 0NX / fishery.grab.actual

Start: 10.30 Leader: CLIVE Back by 1pm

A morning walk across mainly level woodland on both sides of the A3, passing the charming Black Pond.

THURSDAY SEPTEMBER 12

CS23 BEARE GREEN AND COLDHARBOUR

Distance: About 6¾ 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.

MONDAY SEPTEMBER 16

GG26 NORTH DOWNS: MARDEN PARK

Distance: 7 miles

Meet: Pitchfont Lodge car park, Titsey Estate,

TQ 401 545 / RH8 0SA / jungle.junior.speaks

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

Start: 9:45 for 10:00 Leader: GRANT

Lunch: Optional pub lunch at The Haycutter, Tanhouse Rd, Oxted RH8 9PE

An undulating walk along the North Downs to Marden Park with a couple of steep ascents. Small amount of walking on road.

TUESDAY SEPTEMBER 17

ES14 EAST HORSLEY: THE LOVELACE BRIDGES

NB: This walk is also being offered as part of the Guildford Walking Festival, so you do need to book for this walk as detailed below.

Distance: 5 miles (8km)

Meet: Green Dene car park, East Horsley

TQ 091 509 / nearby postcode KT24 5TA / reap/pops/joins

Do NOT use the postcode for your SatNav. Turn off the A246 into Green Dene and follow this narrow road for about a mile. The car park will be on your right.

Start: 10.15 for prompt start at 10.30. Return by 1pm. Leader: ERYL

This is a very lovely walk through woods and fields. We will pass 10 of the 14 bridges which can still be seen (the 15th is on private property and not accessible) and find out how and why they were constructed. There is one quite steep incline near the start of the walk but we will pause at the top before continuing. There are no stiles but the ground is uneven and there is one drop without steps so a walking pole, if available, would be useful.

Places are limited so to avoid disappointment, please BOOK your place by Sunday 15 September with Eryl for this **WalkFest** Walk on erylwalk4ageuksurrey@btinternet.com

WEDNESDAY SEPTEMBER 18

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

Across Ludshott Common; Waggoners Wells ponds.

THURSDAY SEPTEMBER 26

CS25 TILFORD

Distance: About 7 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

Mother Ludlam's cave, Bourne Wood.

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/>

