



**Guided outdoor activities for the 50 plus age group
WALKING IN AND AROUND SURREY**

GO50 PROGRAMME October – December 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, Mewsey, 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

WEDNESDAY OCTOBER 2

CS01 ABINGER COMMON

Distance: About 7 miles

Meet: Opposite the Abinger Hatch pub. On-street parking.

TQ 115 459 / RH5 6HZ / sings.scare.spicy

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic
via Abinger Hammer and Holmbury St Mary

WEDNESDAY OCTOBER 2

RH38 BOCKETTS FARM

Distance: 4 miles

Meeting Place: Off A246 roundabout W of Leatherhead. Park at the farm not at the roundabout.

TQ 156 550 / KT22 9BS / neat.month.tidy

Start time : 10.15 for 10.30 Leader: ROSEMARY

Undulating walk round Norbury Park, refreshments at the cafe.

THURSDAY OCTOBER 10

CS06 BUSBRIDGE (Godalming)

Distance: About 6¾ miles

Meet: Busbridge parish church, at junction of Brighton Road and The Drive; parking in Hambledon Road, or The Drive. SU 978 430 / GU7 1PH / cargo.caller.soils

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

A circuit passing through Munstead, and Thorncombe Street.

FRIDAY OCTOBER 11

SS10 BLETCHINGLEY

Distance: About 7 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: Several options in Bletchingley.

A circuit heading west to Nutfield then looping south back to Bletchingley.

MONDAY OCTOBER 14

GG03 GODSTONE

Distance: 5½ miles

Meeting Place: Barley Mow pub, Tandridge Lane, Tandridge, Oxted

RH8 9NJ / gossip.frame.riots

Turn off A25 into Tandridge Lane and proceed for 0.75 mile into Tandridge Village. The pub car park is on your left.

Start: 9:45 for 10.00 start Leader: GRANT

Lunch: Optional coffee or lunch at the Barley Mow pub

Our walk is a circular walk into Godstone village, which takes in parts of the Godstone ponds. It is undulating walk with open views and woodland trails.

WEDNESDAY OCTOBER 16

CS35 WEST HORSLEY

Distance: About 6¼ miles

Meet: Free car park on left of Shere Road, 1km SE from A246 Epsom Road.

TQ 084 514 / KT24 6EW / swan.risky.linen

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

View some of the remaining Lovelace bridges; Mountain Wood.

TUESDAY OCTOBER 22

CS13 MICKLEHAM

Distance: 3½ miles

Meet: Mickleham church, by lych gate

TQ 170 534 / RH5 6DU / hips.gender.game

On-street parking in Old London Rd above pub and church

Start: 10.30 Leader: CLIVE Back by 12.30

A morning walk beside farms and the River Mole.

TUESDAY OCTOBER 22

ES21a WHITMOOR COMMON (shorter version)

Distance: 3½ to 4 miles

Meeting place: public car park next to The Jolly Farmer on Burdenshot Road.

SU 987 542 / GU3 3RN / sector.slam.thinks

Start Time: 10.15 for 10.30 am

Leader: ERYL Lunch: optional afterwards

A lovely walk exploring the peaceful areas of Whitmoor and Rickford Commons.

Although the route is shorter we will be walking more slowly so will arrive back at the same time!

THURSDAY OCTOBER 24

CS15 OCKLEY

Distance: About 7¼ miles

Meet: Cricket pavilion in School Lane off A29, at the south end of the playing fields.

Free parking.

TQ 145 398 / RH5 5TS / event.fractions.lavender

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Vann Lake nature reserve, church of St John the Baptist, Okewood.

MONDAY OCTOBER 28

GG14 MOORHOUSE WOODS

Distance: 6 miles

Meeting Place: Limpsfield Chart Golf Club, Westerham Rd, Oxted

RH8 0SH / moons.thinks.rate

Start: 9:45 for 10.00 start Leader: GRANT

Lunch: Option of a couple of local pubs

The scenic walk is undulating and circular and combines a mixture of woodland and open land.

WEDNESDAY OCTOBER 30

CS08 GRAYSWOOD

Distance: Just under 7 miles

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

Prestwick and Imbhams Farm.

WEDNESDAY NOVEMBER 6

RH32 RYKAS, BURFORD BRIDGE

Distance: 3½ miles

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

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

Start time : 10.15 for 10.30 Leader: ROSEMARY

Steady climb up the back of Box Hill to the viewpoint with plenty of stops to admire the view!

THURSDAY NOVEMBER 7

CS38 BOX HILL AND RIVER MOLE RIVERSIDE WALK

Distance: About 7 miles

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

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

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Via Juniper Top to Box Hill viewpoint; return beside the River Mole from Pixham.

MONDAY NOVEMBER 11

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.

Start: 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.

WEDNESDAY NOVEMBER 13

CS18 PUTTENHAM COMMON

Distance: About 6¾ miles

Meet: Puttenham Common TOP car park.

SU 920 461 / GU3 1BE / yard.willpower.posed

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Puttenham village and Shackleford, using the North Downs Way and Fox Way.

TUESDAY NOVEMBER 19

ES27 NEWLANDS CORNER AND MERROW DOWNS (shorter version)

Distance: 3½ to 4 miles

Meeting place: Newlands Corner car park

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

Start time: 10.15 for 10.30 am Leader ERYL

Lunch: optional afterwards at the café or bring a picnic to eat overlooking the glorious view.

We will walk along the North Downs Way and back, via the Netherlands, to Merrow Downs. Plenty of shade, yew trees and ferns. Although the route is shorter we will be walking more slowly so will arrive back at the same time!

WEDNESDAY NOVEMBER 20

CS29 WOTTON HATCH AND BROADMOOR

Distance: About 6¼ 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

Abinger Bottom, Tilling Springs, Surrey's highest waterfall.

WEDNESDAY NOVEMBER 20

SS08 BROCKHAM

Distance: About 6¾ miles

Meet: By kind permission of Dorking Rugby Football Club, Kiln Lane, Brockham, RH3 7LZ

TQ 199 500 / RH3 7LZ / froze.lasts.tonic

Start: 10:30 Leader: STEVE

Lunch: Bring your own or options on Brockham Green

An anti-clockwise route taking in parts of the Greensand Way and Pilgrim's Way.

MONDAY NOVEMBER 25
GG15 OUTWOOD WINDMILL TRAIL

Distance: 5½ miles

Meeting Place: Outwood Common National Trust car park, Scott's Hill, Outwood

RH1 5PW / crowd.third.often

Start: 9:45 for 10.00 start Leader: GRANT

Lunch: Optional lunch at Bell at Outwood

This is a lovely woodland and farmland trail very scenic and peaceful and taking in the Outwood Windmill.

WEDNESDAY NOVEMBER 27
CS10 HASLEMERE

Distance: About 6 miles

Meet: Free Recreation Ground car park in Scotland Lane (off A286 Midhurst Road).

SU 905 321 / GU27 3AR / subplot.taps.placed

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

To Blackdown (917ft), the highest point in West Sussex, with superb views.

MONDAY DECEMBER 2
GG12 WOLDINGHAM CIRCULAR

Distance: 4 miles

Meeting Place: Gangers Hill Car Park, Gangers Hill, Woldingham

CR3 7AD / code.cute.waters

Turn off the A25 onto Tandridge Hill Lane, which leads to Gangers Hill and Gangers Hill car park.

Start: 9:45 for 10.00 start Leader: GRANT

Lunch: There are no café's or pubs along the route. Please bring own snacks and drink.

The walk is circular and undulating with a combination of woodland and open areas. Some steep ascents.

WEDNESDAY DECEMBER 4
RH04 DENBIES

Distance: 4½ miles

Meeting Place: Denbies Vineyard, Dorking

TQ 166 511 / RH5 6AA / device.strut.olive

Start time : 10.15 for 10.30 Leader: ROSEMARY

Undulating walk through the vineyard with lovely views to reward the climb, and the chance of coffee and Christmas shopping at the end.

THURSDAY DECEMBER 5
CS27 BROCKHAM

Distance: About 6 miles

Meet: Junction of Dodds Park (south end) and Wheelers Lane, Brockham, opposite Way House

On-street parking

TQ 200 492 / RH3 7LA / ties.clouds.dare

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

To Deepdene Terrace for picnic, using some of the Greensand Way.

WEDNESDAY DECEMBER 11

CS21 SHAMLEY GREEN

Distance: About 7 miles

Meet: Shamley Green Post Office Stores. On-street parking.

TQ 032 438 / GU5 0UB / [dentistry.twisting.cabbage](#)

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Downs Link, Wey South Path, Smithwood Common and Willinghurst.

WEDNESDAY DECEMBER 11

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.

MONDAY DECEMBER 16

GG11 FIND THE CHRISTMAS TREE (MYSTERY WALK)

Distance: 6 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.

Start: 9:45 for 10.00 start Leader: GRANT

Lunch: Optional drink or pub lunch at Carpenters Arms

A circular undulating walk to find the hidden Christmas Tree (take a bauble to hang on the tree)

TUESDAY DECEMBER 17

ES19 BROOKWOOD COUNTRY PARK AND BASINGSTOKE CANAL

Distance: 4½ miles

Meeting Place: Car park of Brookwood Country Park, Woking. Entrance is 100m along Redding Way from Hermitage Road roundabout on A324. Look out for Knaphill Football Club sign.

SU 966 578 / GU21 2QY / [record.notion.income](#)

Start time: 10.15 for 10.30 am

Leader: ERYL Lunch: optional afterwards

Explore the diverse areas of Basingstoke Canal, Sheet's Heath and the Country Park.

THURSDAY DECEMBER 19

CS36 BROOK

Distance: About 6½ miles

Meet: The Dog and Pheasant, Haslemere Road (A 286), Brook

SU 930 380 / GU8 5UJ / [pacifist.kidney.croutons](#)

Parking in minor road opposite pub, or use residential lay-by off A286 towards Guildford.

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Vising Sandhills and Bowlhead Green.

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/>

