



Guided outdoor activities for the 50 plus age group

WALKING IN AND AROUND SURREY

GO50 PROGRAMME April – June 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.
- 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 Lead by experienced walk leaders Jill, Tim, Graham

GO50 WALKS

WEDNESDAY APRIL 3

CS19 THE SANDS AND WAVERLEY ABBEY

Distance: About 7 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; Waverley Abbey ruins; Stepped ascent of Crooksbury Hill, and descent.

MONDAY APRIL 8

GG20 PILGRIMS WAY

Distance: 5 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.

Start: 9.15 for 9.30 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 10

RH38 BOCKETTS FARM, FETCHAM

Distance: 4 miles

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

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

Start: 10.15 for 10.30 Leader: ROSEMARY

Undulating walk round Norbury Park, refreshments at the cafe.

THURSDAY APRIL 11

CS27 BROCKHAM AND DEEPDENE

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 APRIL 17

CS22 HOLMBURY ST MARY

Distance: About 6½ miles

Meet: Junction of Pitland Street and Horsham Road B2126, south of Holmbury church: on-street parking.

TQ 112 441 / RH5 6NP / fears.beats.swaps

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Ascents of Holmbury Hill and Leith Hill.

TUESDAY APRIL 23

ES16 EAST HORSLEY

Distance: 4 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 24

SS04 HURST GREEN

Distance: About 6 miles

Meet: Staffhurst Wood car park, Staffhurst Wood Road. (1.9 metre vehicle height restriction)

TQ 410 487 / RH8 0GH / ropes.income.moved

Start: 10:30 Leader: STEVE

Lunch: Bring a picnic.

A circular walk heading out toward Crockham Hill and back.

THURSDAY APRIL 25

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

Via the old railway to Bramley; Lea Farm; Grafham.

WEDNESDAY MAY 1

CS35 WEST HORSLEY

Distance: About 7 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

Pass some of the remaining Lovelace bridges; Colekitchen Farm.

TUESDAY MAY 7

ES28 PUBLIC ART IN WOKING TOWN

Distance: 3½ miles

Meet: By The Wanderer statue in the pedestrian plaza outside the town exit of Woking Railway station. There are also bus stops nearby.

TQ 005 585 / GU21 6BG / [tower.matter.jokes](#)

Start: 10.15 for 10.30 Leader: ERYL

Lunch: optional afterwards. Plenty of choice in town.

An opportunity to tour, and find out about, the many pieces of public art in Woking. The subjects cover a wide range of interests from cricket to science fiction!

THURSDAY MAY 9

CS09 CHURT

Distance: About 7¼ miles

Meet: St John's church, Old Kiln Lane, off A287, 250 yds north of village centre. Park in front of church.

SU 853 385 / GU10 2HX / [snooze.energy.nightcap](#)

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Picnic in Dockenfield; River Wey and Frensham Great Pond.

MONDAY MAY 13

GG21 MOORHOUSE WOODS

Distance: 5 miles

Meet: Limsfield Chart Golf Club, Westerham Rd, Oxted RH8 0SH.

Start: 10.00 for 10.15 Leader: GRANT

Lunch: Optional pub lunch at Carpenters Arms pub

A gentle undulating walk through ancient woodland and open fields with views out towards the North Downs.

WEDNESDAY MAY 15

CS17 EWHURST

Distance: About 7½ miles

Meet: Free sports field car park at the end of Broomers Lane off The Street in Ewhurst.

TQ 090 401 / GU6 7RD / [according.memo.digress](#)

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Pitch Hill, cross to Holmbury Hill via the Duke of Kent School or Sayers Croft NT & Winterfold, Reynards.

WEDNESDAY MAY 15
RH23 MILTON HEATH, DORKING

Distance: 4½ miles

Meet: Car park L off A25 W of Dorking, signed Bury Hill Fishing lake
TQ 155 488 / RH4 3JT / stop.crab.honey

Start: 10.15 for 10.30 Leader: ROSEMARY

Undulating walk through the back of Westcott, maybe find some bluebells!

TUESDAY MAY 21
ES18 CHOBHAM COMMON

Distance 4¾ miles

Meet: Chobham Common Roundabout car park at junction of B386 and B383
SU 965 649 / no postcode / needed.lance.shin

Start 10.15 for 10.30 Leader: ERYL

Lunch: optional after the walk.

An undulating walk over Chobham Common, fields and a pond and with a fine view from Tank Hill.

THURSDAY MAY 23
CS34 WESTCOTT

Distance: About 7 miles

Meet: Free "Milton Heath & The Nower" car park, 125 yds off Westcott Road, Dorking, following sign to Bury Hill Fisheries. TQ 155 488 / RH4 3JU / stop.crab.honey

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Along the Greensand Way to Wotton; return along the foot of the Downs.

WEDNESDAY MAY 29
CS08 GRAYSWOOD

Distance: About 6¾ miles, hilly

Meet: Top side of green at junction of Lower Road and The Mount; on-street parking
SU 918 346 / 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 (892ft), the second highest point in Surrey; Polecat Valley.

THURSDAY MAY 30
SS10 BLETCHINGLEY

Distance: About 7 miles

Meet: Car park behind Bletchingley Village Hall & Lawrence's Auction Rooms
TQ 325 456 / RH1 5PW / slot.voice.gold

Start: 10:30 Leader: STEVE

Lunch: Several options in Bletchingley.

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

MONDAY JUNE 3
GG07 REIGATE HILL

Distance: 4 miles

Meet: Car park Wray Lane, Reigate RH2 0HX

Wray Lane is one way and needs to be accessed off A217 Reigate Hill. The car park can get very busy so if you cannot get a space, park on the road outside.

Start: 10.00 for 10.15 Leader: GRANT

Lunch: Optional lunch and coffee stop at Junction 8 cafe

This is a scenic route with fabulous views. We will pass the Reigate Fort, B - 17 memorial and the Inglis Memorial and see the Belted Galloway Cattle grazing and roaming free. One steep ascent towards the end of the walk.

THURSDAY JUNE 6

CS51 COMPTON AND PUTTENHAM

Distance: About 7¼ 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 no ascents/descents. Picnic in Shackleford.

WEDNESDAY JUNE 12

CS41 HAMMER VALE AND LINCHMERE

Distance: About 7 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.

WEDNESDAY JUNE 12

RH40 WOTTON HATCH

Distance: 4 miles

Meet: Wotton Hatch, off the A25 W of Westcott. Take care turning L into free CP behind the Wotton Hatch.

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

Start: 10.15 for 10.30 Leader : ROSEMARY

Shady walk to Friday Street and over the spur to Broadmoor

MONDAY JUNE 17

GG22 STAFFHURST WOODS

Distance: 5 miles

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

Start: 10.00 for 10.15 Leader: GRANT

Lunch: Optional lunch at the Grumpy Mole Pub

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.

TUESDAY JUNE 18

ES26 PUTTENHAM COMMON

Distance 5 miles

Meet: Puttenham Common TOP car park off Suffield Lane

SU 919 462 / nearby postcode GU3 1BE / presuming.windmill.ditching

Start 10.15 for 10.30 Leader: ERYL

Lunch: optional afterwards.

A lovely walk passing Rodsall Manor to Cut Mill, and back via the ponds and iron age hill fort.

GO50 WALK PROGRAMME

**THURSDAY JUNE 20
CS50 FOREST GREEN**

Distance: About 6 miles, hilly
Meet: Village car parks beside The Parrot, Horsham Road, off B2127
TQ 124 412 / RH5 5RZ / fight.inefficient.admiringly
Start: 10.30 Leader: CLIVE Lunch: Bring a picnic
To Leith Hill Tower from the south via Tanhurst, using the Woodland Trail and Etherley Farm Loop.

**WEDNESDAY JUNE 26
CS45 BANSTEAD HEATH AND LANGLEY VALE WOOD**

Distance: About 7½ miles
Meet: BUPA Care Home, The Avenue, Tadworth. On-street parking in The Avenue.
TQ 228 559 / KT20 5AT / paid.visual.piano
Start: 10.30 Leader: CLIVE Lunch: Bring a picnic
Visiting the Woodland Trust First World War Centenary Wood:
woodlandtrust.org.uk/visiting-woods/woods/langley-vale-wood

**THURSDAY JUNE 27
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.

*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/>*

