



Guided outdoor activities for the 50 plus age group

Lets Change How We Age – Its How We Age That Matters

WALKING IN AND AROUND SURREY

**GO50 WALKS PROGRAMME July – September
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 snacks/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 register with us
- 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 first.
- Participants take part entirely at their own risk.
- GO50 and Age UK Surrey cannot accept liability for injuries or losses during 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.
- As a walking registrant you will be kept informed of the GO50 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 or other considerations.

Please consider the distance and description of the walk and be aware of your health and fitness - 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

THURSDAY JULY 3 CS04 FRENESHAM

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.

THURSDAY JULY 3 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 JULY 9

CS16 HENLEY PARK

Distance: About 6½ miles

Meet: Road junction 1½ miles south of Pirbright along A324 Aldershot Rd, with Cobbett Hill Rd.

Park along forest track signed Henley Park ET (CG) Range, opposite Cobbett Hill Rd.

SU 939 535 / GU24 0DH / brighter.comply.printer

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Merrist Wood College, Henley Park Lake.

MONDAY JULY 14

GG14 MOORHOUSE WOODS

Distance: 6 miles

Meet: Limpsfield Chart Golf Club, Westerham Rd, Oxted

RH8 0SH / moons.thinks.rate

Start: 9:45 for 10.00 Walk 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.

TUESDAY JULY 15

ES08 NORMANDY AND WOOD STREET

Distance: 5 miles

Meeting place: Normandy Village Hall car park, Glaziers Lane, Normandy

SU 928 514 / GU32 2DD / water.different.kebabs

NB Turning is indicated Manor Fruit Farm and The Therapy Garden

Start: 10.15 for 10.30 Leader: ERYL

Lunch: optional afterwards

A lovely walk through fields with fine views to the edge of the small village of Wood Street and back through woods. One longish not very steep incline near the start.

WEDNESDAY JULY 16

RH04 DENBIES, DORKING

Distance: 4½ miles

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

TQ 166 511 / RH5 6AA / clay.lions.crops

Start time: 10.15 for 10.30 Leader: ROSEMARY

Undulating walk using part of the Greenway.

THURSDAY JULY 17

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, Chantries woods, Tyting Farm.

GO50 WALKS PROGRAMME

MONDAY JULY 21

GG16 WESTERHAM FOLLY

Distance: 5½ 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 Leader: GRANT

Lunch: Optional drink or pub lunch at Carpenters Arms

An undulating circular walk crossing from Surrey into Westerham with glorious scenic views and returning via the 18th century Westerham Folly.

WEDNESDAY JULY 23

CS49 HASCOMBE

Distance: About 6½ miles

Meet: Old Rectory car park off B2130, Godalming Road, 400 yds south of The White Horse, Hascombe.

TQ 001 391 / GU8 4JA / puts.lunching.gourmet

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

NB: steep ascents both at start and on return.

Hascombe Hill, Stone Circle, Dunsfold, Holloways Heath.

THURSDAY JULY 31

CS46 CAPEL

Distance: About 6 miles, with several stiles, but no steep ascents.

Meet: Crown Inn, The Street, Capel; parking along Vicarage Lane opposite.

TQ 176 407 / RH5 5JY / much.bottom.lucky

Metrobus route 93 from Dorking arrives 10.22.

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

To Vann Lake Nature Reserve and Knoll Wood.

TUESDAY AUGUST 5

SS04 STAFFHURST WOOD (near 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 / learn.known.tribes

Start: 10:30 Leader: STEVE

Lunch: Bring a picnic.

A circular walk heading out towards Crockham Hill and back.

WEDNESDAY AUGUST 6

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; Upper Bonhurst; Grafham.

GO50 WALKS PROGRAMME

TUESDAY AUGUST 12 **CSam42 WORPLESDON**

Distance: 3¾miles

Meet: St Mary's church car park; turn off A322 Worplesdon Road up drive opposite Perry Hill Antiques.

SU 972 536 / GU3 3RE / drives.hint.trout

Start: 10.30 Leader: CLIVE Back by 12.45pm

A morning walk across Whitmoor Common.

WEDNESDAY AUGUST 13 **RH19 DORKING WATERMILL**

Distance: 4 miles

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

TQ 179 501 / RH4 1NN / reap.runs.owner

Start time: 10.15 for 10.30 Leader: ROSEMARY

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

THURSDAY AUGUST 14 **CS10 HASLEMERE**

Distance: About 6¼ 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 Fernhurst, Upper Sopers, and Valewood Park.

MONDAY AUGUST 18 **GG28 TOYS HILL**

Distance: 6½ miles

Meet: National Trust Car Park, Toy's Hill Rd, Westerham

TN16 1QG / talent.foal.pump

Start: 9:45 for 10.00 Walk Leader: GRANT

Lunch: Optional lunch at White Hart in Brasted, TN16 1JE

This is a lovely woodland and farmland trail, very scenic and peaceful and with far reaching views. It has some long ascents.

TUESDAY AUGUST 19 **ES01 WISLEY AND RIVER WEY**

Distance: 4½ miles

Meeting Place: Wren's Nest car park, Wisley Lane

TQ 065 589 / GU23 6QD / trader.unless.foil

Start: 10.15 for 10.30 Leader: ERYL

Lunch: optional afterwards

Walk along the River Wey to Walsham Lock, then along the Wey Navigations and back across Wisley Golf Club.

WEDNESDAY AUGUST 20 **CS50 FOREST GREEN**

Distance: About 5¾ miles, hilly

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

To Leith Hill Tower from the south via Tanhurst, using the Woodland Trail and Etherley Loop.

GO50 WALKS PROGRAMME

THURSDAY AUGUST 28

CS26 ALBURY HEATH

Distance: About 6½ 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

Mayor House Farm and fringes of Blackheath.

MONDAY SEPTEMBER 1

GG16 OLD OXTED

Distance: 5 miles

Meet: Godstone Road, Old Oxted: beyond the Old Bell Pub on your right and before Bushey Croft on your left. Parking is in the road.

RH8 9JS / quiz.congratulations.people

Start: 9:45 for 10.00 Walk Leader: GRANT

Lunch: Optional pub lunch or drink in any of the pubs in the village.

This is a circular walk from Old Oxted to Godstone with views of the Godstone ponds.

WEDNESDAY SEPTEMBER 3

CS36 BROOK

Distance: About 6½ miles

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

SU 930 380 / GU8 5UJ / pacifist.kidney.croutons

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

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Hambledon and Sandhills.

TUESDAY SEPTEMBER 9

CSam31 WALTON ON THAMES

Distance: 3½ miles

Meet: Walton Lane riverside car park by Wilde Brunch café

TQ 092 663 / KT12 1QP / adopt.reader.homes

Start: 10.30 Leader: CLIVE Back by 12.30

A morning walk beside the River Thames and around Desborough Island.

WEDNESDAY SEPTEMBER 10

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 Leader: ROSEMARY

Undulating walk round the Nower and the back of Westcott

GO50 WALKS PROGRAMME

THURSDAY SEPTEMBER 11

CS11 ACROSS HORSELL 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

Via Fair Oaks Airport and McLaren Park to Heather Farm; optional circuit of Wetlands and lake.

MONDAY SEPTEMBER 15

GG29 IDE HILL

Distance: 6½ miles

Meet: National Trust Car Park, Toy's Hill Rd, Westerham

TN16 1QG / talent.foal.pump

Start: 9:45 for 10.00 Walk Leader: GRANT

Lunch: Optional pub lunch or drink in the Whyte Hart pub in Brasted.

This is a circular walk from Toys Hill to Ide Hill return. The walk is woodland and open farm land with scenic view to Bough Beech reservoir.

TUESDAY SEPTEMBER 16

ES27 NEWLANDS CORNER AND MERROW DOWNS

Distance: 4½ miles

Meeting place: Newlands Corner car park

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

Assemble at the far end of the car park, furthest from the road.

Start: 10.15 for 10.30 Leader: ERYL

Lunch: optional afterwards

We will walk along the North Downs Way and back, via the Netherlands, to Merrow Downs. Plenty of shade, yew trees and ferns!

WEDNESDAY SEPTEMBER 17

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

South to Squire's Great Wood; return via Collickmoor Farm.

THURSDAY SEPTEMBER 25

CS06 BUSBRIDGE, GODALMING

Distance: About 6¾ miles

Meet: Busbridge parish church, at junction of Brighton Road and The Drive

Park 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 Winkworth Arboretum on the public footpath.

THURSDAY SEPTEMBER 25

SS13 HOLMWOOD COMMON & REDLANDS.

Distance: about 6¼ miles

Meet: Fourwents Pond car park, Blackbrook Road, South Holmwood

TQ 183 454 / RH5 4DT / remove.mull.logs

Start: 10.30 Leader: STEVE

Taking in parts of Holmwood Common and the Redlands.

Bring a snack and drink.

GO50 WALKS PROGRAMME



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/>