

Guided outdoor activities for the 50 plus age group

Lets Change How We Age - It is How We Age That Matters

WALKING IN AND AROUND SURREY

GO50 WALKS PROGRAMME

October - December 2026

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 for 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 3 miles to 7 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.

In the event of extreme weather, phone Enquiries on 01483 503414 or check the Website for UPDATES : <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 own 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.

You are most welcome to stop by and join us.

GO50 WALKS

THURSDAY OCTOBER 8

CS11 CHOBHAM COMMON

Distance: About 6¼ 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.

WEDNESDAY OCTOBER 14

CS50 FOREST GREEN

Distance: 5¾ 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 OCTOBER 20

SS15 NEWDIGATE

Distance: About 6 miles

Meet: St Peter's Church lychgate, Church Lane, Newdigate
Park where convenient but usually space on Church Lane.

TQ 197 420 / RH5 5DL / friday.winter.uses

Start: 10.30 Leader: STEVE

Lunch: Bring a drink and snack. Also opportunities in the village post walk.

A circular walk along footpaths, farm tracks and quiet country lanes.

THURSDAY OCTOBER 22

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.

MONDAY OCTOBER 26

GG01 LIMPSFIELD CHART

Distance: 6 miles

Meet: Carpenters Arms, Tally Road, Limpsfield Chart.

TQ 425 518 / 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.

Meet: 9.45 for 10.00 start Leader: GRANT

Lunch: Optional drink or pub lunch at Carpenters Arms

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

TUESDAY OCTOBER 27

ES33 WISLEY COMMON AND THE JUNCTION 10 BRIDGES (new walk)

Distance 4½ miles

Meeting place: Wren's Nest Car Park, Wisley Lane.

TQ 065 589 / *nearby* postcode GU23 6QD / trader.unless.foil

Start time: 10.15 for 10.30 Leader: ERYL

Lunch: optional afterwards

This new walk explores Wisley Common and the 4 bridges which cross the A3 and

M25 around Junction 10. We will be able to view the results of all the delays we have experienced over the last few years!

WEDNESDAY OCTOBER 28

CS33 CHIDDINGFOLD

Distance: About 7½ miles

Meet: Chiddingfold green. SO 960 354 / GU8 4TU / shows.compiled.shippers

Free parking around The Green

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Skirt around Pickhurst estate; Sussex Border Path, Tugley Wood.

WEDNESDAY OCTOBER 28

RH18 DORKING CIRCULAR WALK

Distance: 3 miles

Meet: Milton Heath car park. Take A25 west from Dorking for ½ mile, fork left along lane just beyond Sondes Meadows housing development, then fork left into large car park.

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

Start time: 10.15 for 10.30 Leader: ROSEMARY

A walk full of variety through Dorking.

THURSDAY NOVEMBER 5

CS26 ALBURY HEATH

Distance: About 6¼ 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

Albury Park to Shere; return via Brook.

MONDAY NOVEMBER 9

GG05 MOORHOUSE WOODS

Distance: 5 miles

Meet: Car park at Limpsfield Chart Golf Club.

TQ 411 527 / RH8 0SL / unable.fields.shut

Turn off the A25 Westerham Rd into Grub Street where the public car park is located.

Meet: 10.00 for 10.15 start Leader: GRANT

Lunch: Optional drink or lunch at the Botley Hill Farmhouse

Our undulating walk takes in the Moorhouse Sandpits and Moorhouse woods before heading back through Limpsfield Common.

WEDNESDAY NOVEMBER 11 (*Armistice Day*)

CS45 BANSTEAD HEATH AND LANGLEY VALE WOOD

Distance: About 7 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 on Armistice Day. <https://www.woodlandtrust.org.uk/visiting-woods/woods/langley-vale-wood>

MONDAY NOVEMBER 16

GG06 CROCKHAM HILL AND CHARTWELL

Distance: 6 miles

Meet: Carpenters Arms, Tally Road, Limpsfield Chart.

TQ 425 518 / 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.

Meet: 9.45 for 10.00 start Leader: GRANT

Lunch: Optional drink or pub lunch at Carpenters Arms

A circular undulating walk: We will take in Crockham Hill before turning towards Chartwell (Winston Churchill's home) where we can stop for a coffee. We will then head back through the woodland area of Limpsfield Chart.

TUESDAY NOVEMBER 17

ES09 THE FISHPOOL AND CHOBHAM COMMON

Distance: 4½ miles

Meeting place: Fishpool car park on Gracious Pond Road.

SU 995 636 / *nearby* postcode GU24 8EX / *pets.count.chop*

Start time: 10.15 for 10.30

Leader: ERYL

Lunch: Optional afterwards

A lovely walk along lesser known parts of Chobham Common.

THURSDAY NOVEMBER 19

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 NOVEMBER 24

SS13 HOLMWOOD COMMON & REDLANDS

Distance: About 6½ miles

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

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

Start: 10.30 Leader: STEVE

A circular walk taking in parts of Holmwood Common, crossing the A24, up to the Redlands and return. Bring snacks and a drink.

WEDNESDAY NOVEMBER 25

CS39 DENBIES AND DEEPDENE

Distance: About 6 miles

Meet: Entrance to main building, **Denbies Wine Estate**, off A24 (London Road), Dorking

TQ 166 511 / RH5 6AA / *porch.leap.free*

Start: 10.30

Leader: CLIVE

Lunch: Bring a picnic

Through the vineyards to Dorking, Deepdene Terrace, Betchworth Park.

WEDNESDAY NOVEMBER 25

RH40 WOTTON HATCH TO FRIDAY STREET

Distance: 4 miles

Meet: Free car park behind Wotton Hatch Hotel on A25, west of Dorking

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

Bus 22, 32

Start time: 10.15 for 10.30

Leader: ROSEMARY

Easily accessible walk to Friday Street and return through Broadmoor valley.

Lots of water!

MONDAY NOVEMBER 30

GG03 GODSTONE

Distance 5½ miles

Meeting Place: Barley Mow pub, Tandridge Lane, Tandridge
RH8 9N / gossip.frame.riots

Turn off A25 into Tandridge Lane and proceed for ¾ mile into Tandridge Village. The pub car park is on your left.

Meet: 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 with open views and woodland trails.

THURSDAY DECEMBER 3

CS51 SHACKLEFORD

Distance: About 7¼ miles

Meet: Shackleford Post Office. SU 934 454 / GU8 6AH / indicates.aquatic.curl
On-street parking

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

To Compton via Hurtmore. Return along the North Downs Way to Puttenham, and the Fox Way.

WEDNESDAY DECEMBER 9

CS49 HASCOMBE

Distance: About 6 miles

Meet: Meet: The White Horse, The Street (B2130), Hascombe.
TQ 001 394 / GU8 4JA / invented.songbirds.canoe

Parking opposite the inn.

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Around and up Hascombe Hill via Scotsland Farm and Nore.

MONDAY DECEMBER 14

GG11 MYSTERY WALK TO FIND THE CHRISTMAS TREE

Distance: 6 miles

Meet: Carpenters Arms, Tally Road, Limpsfield Chart.
TQ 425 518 / 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.

Meet: 9.45 for 10.00 start Leader: GRANT

Lunch: Optional Christmas drink or pub lunch at Carpenters Arms

A mystery walk across Limpsfield Chart to find the hidden Christmas tree (take your bauble to hang on the tree).

TUESDAY DECEMBER 15

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 / *nearby* postcode GU21 2QY / *record.notion.income*

Start time: 10.15 for 10.30

Leader: ERYL

Lunch: Optional afterwards

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

WEDNESDAY DECEMBER 16

RH32 TO THE TOP OF BOX HILL

Distance: 3 miles

Meet: 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

We'll take our time to get to the top; it is a climb but well worth the effort!

Maybe have a browse in the bookshop and a coffee at the top. Descend Burford Spur and enjoy the view!

THURSDAY DECEMBER 17

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 DECEMBER 22

SS07 BOX HILL

Distance: About 5¾ miles

Meet: National Trust pay and display car park (free to NT members), at top of Box Hill. (Look out for Steve's grey VW camper van).

TQ 179 513 / KT20 7LB / *goals.crew.hears*

Start: 10.30 Leader: STEVE

Lunch: Bring your own or National Trust visitor centre.

A clockwise route taking in Juniper Wood, High Ashurst & Box Hill Country Park.

WEDNESDAY DECEMBER 23

CS13 LEATHERHEAD

Distance: About 6¾ 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

Mickleham Downs, Cherkley Wood, Mole Gap Trail.

THURSDAY DECEMBER 31

CS48 OXSHOTT HEATH AND ESHER COMMON

Distance: 6 miles

Meet: Sandy Lane car park, 150 yds from Copsem Lane (A244) junction, Oxshott Heath.

TQ 139 616 / 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, to West End Common.

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/>

The GO50 Calendar can be viewed here:

<https://www.ageuk.org.uk/surrey/activities-and-events/go50/go50-calendar/>

