

## 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 April - June 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 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 : <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.

### **GO50 WALKS**

#### **WEDNESDAY APRIL 1**

##### **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](http://pets.count.chop)

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Generally level, passing Fairoaks Airport, McLaren Park, Horsell Common, Heather Farm.

#### **THURSDAY APRIL 9**

##### **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](http://just.renew.assure)

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Colyers Hanger, Chantries woods, St Martha's.

**MONDAY APRIL 13**

**GG16 WESTERHAM FOLLY**

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.

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 APRIL 15**

**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 APRIL 21**

**CSam13 MICKLEHAM**

Distance: 3¾ miles

Meet: Mickleham church, by lych gate.

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

On-street parking in Old London Rd above Running Horses pub.

Start: 10.30 Leader: CLIVE Back by 12.45pm

**A morning walk** criss-crossing the River Mole to the fringes of Norbury Park.

**THURSDAY APRIL 23**

**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

Either: Winterfold Heath, Smithwood Common and Willinghurst.

Or: via the old railway to Bramley; Bonhurst; Grafham.

**TUESDAY APRIL 28**

**ES16 EAST HORSLEY**

Distance: 4½ 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 29**

#### **CS46 CAPEL**

Distance: About 6¼ miles; no steep ascents

Meet: Crown Inn, The Street, Capel; on-street parking

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 via Osbrooks and Tiphams.

### **WEDNESDAY APRIL 29**

#### **RH38 BOCKETTS FARM FOR NORBURY PARK**

Distance: 4 miles

Meeting place: Bocketts Farm car park off the roundabout on the A246 south west of Leatherhead.

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

Start: 10.15 for 10.30 Leader: ROSEMARY

Varied walk through Norbury Park above the River Mole. Cafe at the end

### **THURSDAY APRIL 30**

#### **SS02 LEIGH**

Distance: About 5 miles

Meet: Leigh Village Green, Church Road

TQ 224 469 / RH2 8RF / cakes.veal.pinks

Start: 10.30 Leader: STEVE

Lunch: Optional at the Plough or Seven Stars.

A level clockwise circuit of mainly footpaths with some connecting tracks and roads.

### **TUESDAY MAY 5**

#### **CSam51 SHACKLEFORD**

Distance: 4 miles

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

On-street parking Back around 1pm

Start: 10.30 Leader: CLIVE Back around 1pm

**A morning walk** through Peper Harow and Mitchen Hall Plantation.

### **THURSDAY MAY 7**

#### **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.

### **FRIDAY MAY 8**

#### **DAVID ATTENBOROUGH GO 100th ANNIVERSARY WALK FOR NATURE**

A special walk to include aspects of Nature as a celebration of David

Attenborough's 100th Birthday today.

Details to follow in due course

**WEDNESDAY MAY 13****CS33 CHIDDINGFOLD**

Distance: About 6 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

Robins Farm, Sussex Border Path, Tugley Wood.

**WEDNESDAY MAY 13****RH32 RYKAS FOR BOX HILL**

Distance: 3 miles

Meeting place: Rykas car park, just off A24 opposite Mercure Burford Bridge Hotel.

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

Start : 10.15 for 10.30      Leader: ROSEMARY

If the river permits, we will cross the bridge or the stepping stones, and go up the hill a different way.

If the river is too big, we will use the familiar route. Lovely views from the top!

**MONDAY MAY 18****GG28 TOYS HILL**

Distance: 6½ miles

Meet: National Trust car park, Toy's Hill Road, Westerham

TQ 470 517 / TN16 1QG / talent.foal.pump

Start: 9:45 for 10.00      Leader: GRANT

Lunch: Optional lunch at Whyte Hart in Brasted.

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

**TUESDAY MAY 19****ES20 RIVERSIDE NATURE RESERVE AND WEY NAVIGATIONS**

Distance: 5 miles

Meeting place: Riverside Nature Reserve car park, Bower's Lane off Clay Lane, Burpham

TQ 012 527/ GU4 7ND / keys.risk.dock

Start Time: 10.15 for 10.30      Leader: ERYL

Lunch: Optional afterwards

An interesting walk to Stoke Park and back along the oldest part of the Wey Navigations by Stoke Lock and Bower's Lock

**THURSDAY MAY 21****CS53 ELSTEAD COMMON**

Distance: 6½ miles

Meet: Moat Pond car park, Thursley Road, 1½ miles south of Elstead village.

SU 899 416 / GU8 6LW /footpath.think.changing

Start: 10.30      Leader: CLIVE      Lunch: Bring a picnic

Across the Commons using the Boardwalk, to Borough Farm.

[https://www.getsurrey.co.uk/news/surrey-news/surrey-walking-route-ending-award-30256808?int\\_source=nba](https://www.getsurrey.co.uk/news/surrey-news/surrey-walking-route-ending-award-30256808?int_source=nba)

### **WEDNESDAY MAY 27**

#### **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.

### **THURSDAY MAY 28**

#### **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.

### **MONDAY JUNE 1**

#### **GG14 MOORHOUSE WOODS**

Distance: 6 miles

Meet: Limsfield Chart Golf Club, Westerham Rd, Oxted

RH8 0SH / moons.thinks.rate

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

Start: 9.45 for 10.00      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 JUNE 2**

#### **CSam47 RODBOROUGH COMMON**

Distance: About 4¼ miles

Meet: Rodborough Common free car park off A3 southbound link road.

SU 937 418 / GU8 5BJ / sunbeam.treetop.weaved

- At Mazda showroom traffic lights on A283, keep ahead towards Portsmouth, Petersfield (A3). After 350 yds just beyond end of 40 mph, turn R at Rodborough Common welcome board. Go through tunnel under A3 to car park.

Start: 10.30      Leader: CLIVE      Back around 1pm

**A morning walk** to Bagmoor Common and Borough Farm.

### **THURSDAY JUNE 4**

#### **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

To Mayor House Farm and fringes of Blackheath.

**WEDNESDAY JUNE 10**

**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.

**WEDNESDAY JUNE 10**

**RH 34 ABINGER ROUGHS FROM WOTTON HATCH**

Distance: 4 miles

Meeting Place: Car park behind the Wotton Hatch Pub off the A25 west of Dorking

Bus 21, 22, 32.

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

Start: 10.15 for 10.30 Leader: ROSEMARY

The trees will shade us if it's very warm.

**MONDAY JUNE 15**

**GG20 PILGRIMS WAY**

Distance: 6 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 bridge and into Titsey estate. The Car park is on left.

Start: 9.45 for 10.00 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.

**TUESDAY JUNE 16**

**ES30 ALBURY PARK AND SHERE**

Distance 4½ miles

Meeting place: Albury Sports Ground Car Park, New Road, Albury.

Coming from the A25, turn RIGHT into the car park just before the left turn signposted to Peaslake and Ewhurst.

TQ 059 469 / GU5 9DB / admit.agenda.burns

Start time: 10.15 for 10.30am Leader: ERYL Lunch: Optional afterwards

We will take a circular route to the pretty village of Shere and back.

**THURSDAY JUNE 18**

**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 JUNE 24**

**CS51 SHACKLEFORD**

Distance: 7 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.

**THURSDAY JUNE 25**

**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.



*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](mailto:go50@ageuksurrey.org.uk)*

*or visit our website at:*

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