

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 January – March 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 JANUARY 7

CS13 LEATHERHEAD AND MICKLEHAM DOWNS

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, Cherkley Wood, Mole Gap Trail.

WEDNESDAY JANUARY 7

RH18 DORKING TOWN

Distance: 3 miles

Meet: Free “Milton Heath & The Nower” car park, 125 yds off A25 Westcott Road, ½ mile west of Dorking town centre.

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

Start: 10.15 for 10.30 Leader: ROSEMARY

Town and country walk through Dorking to avoid the mud. Good views.

THURSDAY JANUARY 15**CS51 SHACKLEFORD AND COMPTON**

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.

TUESDAY JANUARY 20**ES15 PYRFORD AND WEY NAVIGATIONS**

Distance: 5 miles

Meet: Pyrford Common car park near junction of Pyrford Common Road and Old Woking Road.

TQ 028 591 / NEARBY postcode GU22 8LE / [brave.entire.noble](#)

Start: 10.15 for 10.30 Leader: ERYL

Explore the rural area of Pyrford to the Wey Navigations and back on a circular route. A lovely walk with fine views over fields and woods towards the Surrey Hills.

Optional lunch afterwards.

TUESDAY JANUARY 20**SS06 REIGATE HILL AND WALTON HEATH**

Distance: About 5½ miles

Meet: Margery Wood National Trust car park, Margery Lane, Tadworth, KT20 7EJ. (Free to NT members on display of sticker or £4 for up to four hours).

TQ 245 527/ KT20 7EJ / [evenly.glad.chefs](#)

Start: 10:30 Leader: STEVE

Lunch: Bring your own or The Sportsman, Mogador. (Less than 1 mile to walk back to car park).

A level clockwise circuit of footpaths, tracks and access roads.

WEDNESDAY JANUARY 21**CS20 NEWLANDS CORNER AND ST MARTHA'S**

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, St Martha's.

TUESDAY JANUARY 27**CSam48 OXSHOTT HEATH AND ESHER COMMON**

Distance: 3¾ miles

Meet: Sandy Lane 2nd car park, 200 yds from Copsem Lane (A244) junction, Oxshott Heath.

TQ 139 616 / near KT22 0NX / [fishery.grab.actual](#)

Start: 10.30 Leader: CLIVE Back by 1pm

A morning walk across mainly level woodland on both sides of the A3, passing the charming Black Pond.

THURSDAY JANUARY 29

CS33 CHIDDINGFOLD

Distance: About 6¼ 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, Tugley Wood, Highstreet Green.

WEDNESDAY FEBRUARY 4

CS34 WESTCOTT AND BROADMOOR

Distance: About 6½ miles

Meet: Free "Milton Heath & The Nower" car park, 125 yds off A25 Westcott Road, ½ mile west of Dorking town centre.

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

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

An undulating circuit via Squire's Farm; Broadmoor; view the recently-restored Waterfall.

WEDNESDAY FEBRUARY 4

RH21 HOLMWOOD COMMON

Distance: 3½ miles

Meeting Place: Fourwents Pond CP 2 miles S of Dorking on Blackbrook Road at junction with Mill

Road. TQ 184 454 / invite.coast.gear

Start: 10.15 for 10.30 Leader: ROSEMARY

Good path through Holmwood Common.

TUESDAY FEBRUARY 10

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 12.45

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

THURSDAY FEBRUARY 12

CS06 BUSBRIDGE AND THORNCOMBE STREET

Distance: About 6½ miles

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

On-street parking in The Drive.

SU 978 430 / GU7 1PH / cargo.caller.soils

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

A circuit passing through Bonhurst and Snowdenham.

TUESDAY FEBRUARY 17

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.

WEDNESDAY FEBRUARY 18

CS46 CAPEL AND VANN LAKE

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 FEBRUARY 24

ES07 HORSELL COMMON (FROM HEATHER FARM)

Distance: 4½ miles

Meet: Car Park of Heather Farm (HCPS Wetland Centre) off the A3046 Chobham Road.

SU 995 606 / GU21 4XY / encounter.gross.often

Start: 10.15 for 10.30 Leader: ERYL

We will explore the Mill Bourne and Horsell Common. The route will depend on ground conditions.

Optional lunch afterwards.

THURSDAY FEBRUARY 26

CS18 PUTTENHAM AND CROOKSBURY COMMONS

Distance: About 6 miles

Meet: Puttenham Common TOP car park.

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

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Via Gatwick to Charleshill, and back through Britty Wood.

WEDNESDAY MARCH 4

CS41 HAMMER VALE AND LINCHMERE

Distance: About 6½ 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 MARCH 4**RH34 WOTTON HATCH**

Distance: 4 miles

Meeting Place: Free car park behind Wotton Hatch Hotel on A25, 2½ miles west of Dorking.

Take A25 W out of Dorking through Westcott, up the hill, pub on L. Take care turning into the left hand side of the pub. Bus: 21, 22, 32.

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

Start: 10.15 for 10.30 Leader: ROSEMARY

Undulating walk to Friday Street and Broadmoor. Maybe primroses and reflections of the trees in the fishing pools.

TUESDAY MARCH 10**CSam52 EWELL**

Distance: 3½ miles

Meet: St Paul's church, Howell Hill: on A232 at Cheam Road/ Northey Avenue roundabout

TQ 236 623 / SM2 7HS / picked.older.supply

On-street parking in Nonsuch Walk and Northey Avenue.

Start: 10.30 Leader: CLIVE Back by 1pm

A morning walk through the Woodland Trust Warren Farm, and Surrey Wildlife Trust Priest Hill and Howell Hill Nature Reserves. We pass the Frantisek memorial (Polish airman's crash site in October 1940)

https://mzv.gov.cz/london/en/what_s_new/unveiling_of_josef_frantisek_memorial.html

THURSDAY MARCH 12**CS23 BEARE GREEN AND COLDHARBOUR**

Distance: About 6¼ miles, hilly

Meet: Junction of Old Horsham Road and Moorhurst Lane, 250 yds NW of Holmwood railway station, Beare Green. On-street parking.

TQ 173 440 / RH5 4RB / scans.wiped.daily

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Up to Coldharbour village; return via Collickmoor Farm and Betchets Green.

TUESDAY MARCH 17**ES03 SEND AND PAPER COURT LAKE**

Distance: 4½ miles

Meet: Park in the large layby off Send Barns Lane (A247) OPPOSITE "The Villages Medical Centre GU23 7BP".

TQ 031 549 / public.pies.coffee

Start: 10.15 for 10.30 Leader: ERYL

Walk across fields to the Wey Navigations and return around Papercourt Lake. Optional lunch afterwards.

WEDNESDAY MARCH 18

CS28 RANMORE AND ABINGER HAMMER

Distance: About 7 miles

Meet: National Trust free car park, Ranmore Common Road, 1 mile west of Denbies Hillside

TQ 127 502 / RH5 6SY / agent.sugars.avoid

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Towards Abinger Hammer using the North Downs Way, either outbound or return.

THURSDAY MARCH 26

CS10 BLACKDOWN FROM HASLEMERE

Distance: About 6¾ miles

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

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

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

To "The Temple of the Winds" via Roundhurst, and back through Valewood Park.

TUESDAY MARCH 31

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

Bring snacks and a drink.

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



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/>