

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 July - September 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 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.

GO50 WALKS

THURSDAY JULY 2

CS48 OXSHOTT HEATH AND ESHER COMMON

Distance: About 6½ 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 Lunch: Bring a picnic

Undulating walk through woodland on both sides of the A3, passing Black Pond, above the River Mole by The Ledges, and West End Common.

WEDNESDAY JULY 8

CS07 GRAYSHOTT – (Hampshire)

Distance: About 6½ miles

Meet: St Luke's church, Whitmore Vale Road, Grayshott. On-street parking.

SU 872 353 / GU26 6LU / argue.leathers.whips

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Ludshott Common; Waggoners Wells ponds.

WEDNESDAY JULY 8

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

Bus 465

Start: 10.15 for 10.30 start Leader: ROSEMARY

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

MONDAY JULY 13

GG32 OXTED

Distance: 6½ miles

Meet: 25, Gresham Road, Oxted, RH8 0BU

Start: 9.45 for 10.00 start 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.

THURSDAY JULY 16

CS01 ABINGER

Distance: About 7½ miles

Meet: Abinger Roughs car park, Whitedown Lane: 700 yds north of A25

TQ 110 480 / RH5 6BF / jeeps.star.soak

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Abinger Common, Abinger Hammer.

TUESDAY JULY 21

ES26 PUTTENHAM COMMON

Distance: 5 miles

Meeting place: Puttenham Common TOP car park off Suffield Lane.

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

Start time: 10.15 for 10.30 Leader ERYL

Lunch: optional afterwards

A lovely walk passing Rodsall Manor to Cut Mill and back via the ponds.

Generally quite shaded but route can be shortened if weather very hot.

WEDNESDAY JULY 22

CS04 FRENHAM

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.

MONDAY JULY 27

GG15 OUTWOOD WINDMILL

Distance: 5½ miles

Meet: Outwood Common National Trust car park, Scotts Hill, Outwood, RH1 5PW

Start time: 9.45 for 10.00 start Walk Leader: GRANT

Lunch: Optional lunch at Bell at Outwood

This is a lovely woodland and farmland trail very scenic and peaceful and taking in the Outwood Windmill.

TUESDAY JULY 28

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.us

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 JULY 30

CS49 HASCOMBE

Distance: About 6¼ miles

Meet: The White Horse, The Street (B2130), Hascombe.

TQ 001 394 / GU8 4JA / invented.songbirds.canoe

Parking opposite (or in Old Rectory car park 400 yds south if insufficient space – puts.lunching.gourmet)

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Around Hascombe Hill to the Stone Circle.

https://www.getsurrey.co.uk/whats-on/whats-on-news/surreys-stunning-megalithic-circle-regions-32876024?int_source=mantis_rec&int_medium=web&int_campaign=more_like_this

WEDNESDAY AUGUST 5

CS10 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

Via Kingsley Green to Fernhurst, and Valewood Park.

WEDNESDAY AUGUST 5

RH32 RYKAS FOR BOX HILL

Distance: 3 miles

Meeting place: Free car park at Ryka's Café by Burford Bridge A24 roundabout.
TQ 171 521 / RH5 6BY / stared.belly.fairly

Bus 465

Start: 10.15 for 10.30 start

Leader: ROSEMARY

Let's see how the river Mole is coping with the summer. Lovely views from the top!

THURSDAY AUGUST 13

CS11 CHOBHAM COMMON

Distance: About 6¼ miles, generally level.

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

Picnic in Chobham overlooking the cricket green.

MONDAY AUGUST 17

GG22 STAFFHURST WOODS

Distance: 5 miles

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

Start time: 9.45 for 10.00 start 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 AUGUST 18

ES32 OLD WOKING and WEY NAVIGATIONS (new walk)

Distance: 4 to 4½ miles

Meeting place: Manor Way car park in Old Woking (free)

Entrance is from the small roundabout in Old Woking where you turn to Send along Broadmead Road. Ignore the CP on the roundabout and continue along the track to the larger CP further on.

TQ 018 569 / GU22 9JX / with.giant.forced

Start time: 10.15 for 10.30

Leader: ERYL

Lunch: optional afterwards

A walk across the Broadmead to the Wey Navigations and back on a circular route. This is often too wet but hoping it will be OK in August!

WEDNESDAY AUGUST 19

CS12 HYDON HEATH

Distance: About 6¼ miles

Meet: Free car park at junction of Clock Barn Lane and Salt Lane.

SU 978 402 / GU8 4BB / join.seriously.stooping.

Start: 10.30

Leader: CLIVE

Lunch: Bring a picnic

Hambledon, along Burgate Hanger, and top of Hydon's Ball.

TUESDAY AUGUST 25

SS14 COLDHARBOUR FARM and SOUTH PARK, BLETCHINGLEY

Distance: About 6 miles.

Meet: Tilburstow Hill car park, Rabies Heath Road, 1½ miles east of Bletchingley. (Note: 6ft height restriction).

TQ 348 500 / RH9 8NP / ruby.video.brass

Start: 10:30 Leader: STEVE

Lunch: Bring a snack and drink. Several options in Godstone and Bletchingley post walk.

A circular walk along footpaths and farm tracks south through the farmstead of Coldharbour then on to Lower South Park & returning north via South Park.

THURSDAY AUGUST 27

CS32 PUTTENHAM COMMON

Distance: About 6¼ miles

Meet: Puttenham Common TARN car park, at junction of Littleworth Road and Suffield Lane.

SU 910 456 / GU10 1JH / slime.segments.bulbs

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Via General's Pond to Puttenham village.

WEDNESDAY SEPTEMBER 2

CS25 TILFORD

Distance: About 6¼ miles

Meet: The Barley Mow, Tilford.

SU 873 434 / GU10 2BU / bookshop.upward.lookout

Riverside car park, or on-street around the Green

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Pierrepont Farm, Bourne Wood.

MONDAY SEPTEMBER 7

GG31 BLETCHINGLEY – GODSTONE CIRCULAR

Distance: 6½ miles

Meet: Stychens Close, Bletchingley, RH1 4NY.

Parking is in the road along by the Red Lion pub at the top end of the Bletchingley high street.

Start time: 9.45 for 10.00 start Walk Leader: GRANT

Lunch: Optional pub lunch at Red Lion pub

A gentle undulating circular walk to and from this historic village through woodland and open fields.

THURSDAY SEPTEMBER 10

CS34 DORKING

Distance: About 7 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

Along the foot of the Downs to Wotton Hatch, and back via Westcott.

TUESDAY SEPTEMBER 15

ES23 PIRBRIGHT AND BROOKWOOD CEMETERY

Distance: 4½ miles

Meeting place: Car park on Avenue de Cagny

SU 946 562 / GU24 0JE / desk.star.issued

Start time: 10.15 for 10.30 Leader: ERYL

Lunch: optional afterwards

On this walk we will explore the vast site of Brookwood Cemetery and return via Pirbright Common.

WEDNESDAY SEPTEMBER 16

CS36 BROOK

Distance: About 6¼ miles

Meet: In residential lay-by off A286 Haslemere Road towards Guildford near The Dog and Pheasant.

SU 929 382 / GU8 5UL / potential.lump.presses

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Around Bowlhead Green.

MONDAY SEPTEMBER 21

GG12 WOLDINGHAM CIRCULAR

Distance: 6 miles

Meet: Gangers Hill Car Park, Gangers Hill, Woldingham, CR3 7AD / code.cute.waters

Turn off the A25 onto Tandridge Hill Lane, which leads to Gangers Hill and Gangers Hill car park.

Start time: 9.45 for a 10.00 start Walk Leader: GRANT

Lunch: There are no café's or pubs along the route. Please bring own snacks and drink.

The walk is circular and undulating with a combination of woodland and open areas. Some steep ascents.

TUESDAY SEPTEMBER 22

SS07 BOX HILL

Distance: About 6 miles.

Meet: National Trust pay & display car park (free to NT members) opposite visitor centre and cafe.

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

Start: 10:30 Leader: STEVE.

Lunch: Bring a snack and drink. Also post walk option at visitor centre.

A shortened route avoiding the steep descent through Juniper Hill Wood.

Descending from the meeting point toward Mickleham, over to High Ashurst then return via Box Hill village.

THURSDAY SEPTEMBER 24
CS43 PEASLAKE - HOLMBURY HILL

Distance: About 6½ miles

Meet: Hurtwood car park no.1, at top of Radnor Road, 1¼ miles SE up narrow road from War Memorial outside Peaslake Village Stores, GU5 9RL.

TQ 098 431 / no immediate postcode / line.ports.bleat

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

A hilly circuit taking in the top of Pitch Hill as well.

WEDNESDAY SEPTEMBER 30
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, around St Martha's hill.

WEDNESDAY SEPTEMBER 30
RH34 ABINGER ROUGHS FROM WOTTON HATCH

Distance: 4 miles

Meeting place: Free car park behind Wotton Hatch Hotel on A25.

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

Bus 22,32

Start: 10.15 for 10.30 start

Leader: ROSEMARY

If the summer goes on like this, we will enjoy autumn colour, if not the trees will shade us anyway!

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:

