

LET'S WALK

Age-friendly walking activities
across the borough of Sutton



What's On Guide

Age UK Sutton is working with partner organisations to showcase a variety of **Age-friendly** activities across Sutton.

letsconnect@ageuksutton.org.uk
www.ageuk.org.uk/sutton
0208 078 0002



Nordic Walking at Rosehill, Beddington & Sears Park



Tuesdays, Wednesdays and Fridays



Accessible walks with flat paths and benches along the route



Cheam, Sutton and Beddington



Full body workout with the use of specially designed poles. All equipment provided. A great way to maintain fitness and meet new people! Takes place at parks across Sutton.

£3 per session (FREE trial - booking with Age UK Sutton essential).



Social Strolls

Manor Park (Wednesdays 2pm), Mellows Park (Thursdays 12pm), Hackbridge (Fridays 2pm)



Meet at the café at Mellows and Manor Park, Brio Button House for Hackbridge



Accessible walks with flat paths and benches along the route



A gentle paced walking group. A great way to meet new people and get moving! **FREE** - no need to book, contact Age UK Sutton for info.



Proper Blokes Club Walks



Tuesdays 6:30pm Thursdays 7:00pm



Accessible routes with level surfaces



Wallington and Sutton



FREE weekly walks for men, with open conversations about mental health. Call Scott on 0739 750 1110 to book.

ACTIVITY	GROUP	AREA	CONTACT FOR MORE INFORMATION
Fortnightly social walk	ACHA	Beddington Park	Alternate Thursdays 11:30am-1:30pm 0795 738 5071 achasutton@yahoo.com
Rambling	Sutton & Wandle Valley Ramblers	Various locations	Various walks, membership required: admin@suttonwandleramblers.org.uk
Wally Walks	Wallington Wally Walks	Wallington	Tuesdays 10:20am meeting outside Wallington Girls School . Free. 0208 647 3000 walk@wallywalks.uk
Park Walks	Wallington Wellbeing	Wallington	Wednesdays at 10:30, meet at Wallington Library. Free.
Group walks	Sutton Befrienders	Nonsuch / Beddington / Carshalton	Mondays: 10.30am Beddington Park , Meet opposite St Mary's Church Wednesdays: 10.30am The Grove, Carshalton , Meet at gate by Westcroft Leisure Centre, Thursdays: 12pm Cheam Park Meet at Cheam Park car park, Tudor Close, Free. 0208 661 5900 befriending@vcsutton.org.uk

Can't see what you're looking for? Check out the full listings online: ageuk.org.uk/sutton or contact us: 0208 078 0002 / letsconnect@ageuksutton.org.uk

