

WEATHER

We aim to stick to the walks publicised but routes may be changed if weather conditions make paths unsuitable.

We walk come rain or shine but if extreme weather conditions make it unsafe then walks may be cancelled at short notice.

If you are unsure whether a walk is going ahead you can call 07769 784716 or 01483 757461 to check before you set out.

Subscribe to our blog
www.walkwoking.wordpress.com

Sign up to our News Blog to be kept up-to-date with walk information, news and photographs from the various walks.



Follow us on Twitter
[@WalkWoking](https://twitter.com/WalkWoking)

**Don't forget to
bring a drink and
waterproofs
depending on the
weather!**

The weekly Walking for Health schemes in Runnymede and Woking are hosted by Next Steps. These walks are part of the national Walking for Health scheme which aims to encourage people of all ages to take part in local walks led by trained volunteers.

Next Steps is a depression support project run by local charity CornerHouse. The walks scheme seeks to prevent low mood in the local population by promoting healthy exercise, and also provides valuable support to those using the depression support service.



WALKING FOR HEALTH IN WOKING



Walking for Health

Walks happen every week and are free. The walks are designed to improve health, fitness and wellbeing.

Wednesdays
10:45 am for 11 am start
Walks last 1 hour



Meet **INSIDE** the Lightbox
(nearest car park - Brewery Road)

On the **first Wednesday of each month** there will be a special walk from a different start point. Where possible, walkers are asked to arrange their own transport to the start point. Please contact Lindsay during the week before the walk if you need a lift. We will do our best to help, but unfortunately cannot guarantee that a lift will be available.

For more information about the scheme please contact your Walking for Health Coordinator Lindsay on 07769 784716 or by email.

Spring 2012

walk@nextsteps.me.uk

February

22 - A walk along the canal to the Muslim Burial Ground with Tasha Feddery from Surrey Wildlife Trust

Meet in the Lighbox at 10:45.

29 - A walk to the Woking History Centre and across the twin bridges

Meet in the Lightbox at 10:45.

March

7 - A special walk to Woking Palace to see the daffodils if they're in bloom and a guided tour by Norman Johns

Details to follow.

14 - A walk to Sheerwater Recreation Centre for coffee

Meet in the Lightbox at 10:45. Walk leader - Di Simey.

21 - Discover the towpath and Bronze Age burial mounds with Tasha Feddery of Surrey Wildlife Trust

Meet in the Lighbox at 10:45.

28 - A walk to the Woking Mosque

Meet in the Lighbox at 10:45.

April

4 - A special walk

Meet in the car park at Sands Pub. A walk around the common and back to the pub for lunch. Details to follow. Walk leader - Lindsay Phillips.

We also have a Walking for Health scheme in Runnymede that meets on Tuesdays at 1:15 pm for a 1:30 pm start. We meet by the cash points in the Tesco car park, Addlestone.

If anyone is interested in acting as either walk leader or back marker for any of this or next season's walks please ring Lindsay.