

# GUILDFORD HEALTH WALKS

**FREE guided short walks Every weekday All abilities welcome**

## MONDAYS

### BOXGROVE WALKS

Meet at 9.45 am for 10 am start next to Peacocks Greengrocer, Boxgrove shops, Cunningham Av, GU1 2PF. Take bus 23. Dogs on short leads welcome. Call Annelize 07554 423010. Optional refreshments afterward. Length: 60 minutes to 90 minutes. Some walks are uphill. Can be muddy. Explore Riverside Park, the Merrow Downs, Pewley Down, and Stoke Park.

## MONDAYS

### SHORTER WALKS

Meet at 10.15 am in front of the Spectrum Leisure Centre. Walks to Riverside Park on the first Monday of the month (50 minutes); walks across Stoke Park (40 minutes) on the last Monday of the month. Wait for the walk group to arrive from the Boxgrove shops (see above).

## TUESDAYS

### WORPLESDON WALKS

Meet at 10.30 am for 10.45 am start in front Worplesdon Place, Perry Hill, GU3 3RY. Take bus 28. Dogs on short leads welcome. Call Martyn 07909 222526. Optional refreshments afterward. Length: 60 minutes. Easy, mostly level walks. Can be muddy. Explore Whitmoor Common, Perry Hill, St Mary's Church, and the Merrist Wood campus.

## WEDNESDAYS

### SHALFORD WALKS

Meet at 9.45 am for 10 am start in the over-flow car park behind the Seahorse Inn Shalford, GU4 8BU. Take bus 32. Dogs on short leads welcome. Call Andy 07982 908036. Optional refreshments afterward. Length: 60 — 90 minutes. Easy, mostly level walks. Can be muddy. Explore along the River Wey, Shalford Park, Shalford Mill, and the lower Chantries.

## THURSDAYS

### SHERE WALKS

Meet at 10 am for 10.15 am start behind the Village Hall, Recreation Rd car park, Upper Street, GU5 9HE. Take bus 25 or 32. Dogs on short leads welcome. Call Roger 07765 084158. Optional refreshments afterward. Length: 60 — 80 minutes. Some walks are uphill. Can be muddy. Explore Shere, the Tillingbourne, and surrounding woodland.

## FRIDAYS

### WHITMOOR WALKS

Meet at 10.45 am for 11 am start in The Jolly Farmer pub car park, Burdenshott Rd, GU3 3RN. Dogs on short leads welcome. Optional refreshments afterward. Call Roger 07905 282658. Length: 60 minutes. Easy, mostly level walks. Can be muddy. Explore Whitmoor Common, pond, streams, woodland and heath.

**Regular walking has many health benefits.... and you make new friends!**

**For more information, email [enquiries@guildfordhealthwalks.org.uk](mailto:enquiries@guildfordhealthwalks.org.uk)**

**[www.guildfordhealthwalks.org.uk](http://www.guildfordhealthwalks.org.uk) Facebook: Guildford Health Walks**

