Spelthorne walking and cycling for health schemes aim to improve health and fitness of local people, especially those who are not physically active and want to become more active.

- the schemes are free
- the walks are designed for total beginners and are between one and three miles long
- the rides are around seven to twelve miles and participants need to bring their own bike and helmet
- there are at least three walks a week and rides once a fortnight
- walks and rides are led by trained volunteer leaders.

For more information, please go to: www.spelthorne.gov.uk/walkingforhealth or www.spelthorne.gov.uk/cyclingforhealth

Alternatively, maps and route descriptions for self-led walks can be found at: www.spelthorne.gov.uk/selfledwalks
Walking and cycling in Staines upon Thames