



## Richmond Ramblers Wellbeing Walks 2022 - Walks timetable

### Regular weekly walks – (NB. except on bank and public holidays)

#### Sunday

**Location:** Bushy Park

**Frequency:** Weekly

**Time:** 10.15am

**Meeting and finish point:** Pheasantry Car Park, Park Road, Bushy Park, TW11 0EW (enter from Teddington Main Gate entrance)

**Route:** A 50 to 60 minute walk around Bushy Park. Mostly flat on earth paths.

**Grade:** 2 (intermediate)

**Getting there:** Bus routes 481 (Broad Street Teddington Stop), 111 Hampton Court Gardens Stop. Free car parking in Diana or Pheasantry Car parks

**Toilets:** Available in Pheasantry Car Park, also cafe facilities

Please note you can no longer drive through the park, so if you enter at Hampton Court Gate, you have to use Diana Car Park, if you enter at Teddington Gate, you will be using the Pheasantry Car Park.

#### Monday – short walk (see lower down page for long walks info)

**Location:** Richmond Green and Riverside

**Frequency:** Weekly

**Time:** 11.00am

**Meeting point:** Concourse in front of Richmond railway station, The Quad, TW9 1EZ

**Finish point:** This may be at the station or by the River, check with leader at start

**Route:** A 30 minute walk. This is a short and easy health walk around the green spaces local to Richmond Train Station

**Grade:** 1 (Beginner)

**Getting there:** All bus and train routes into central Richmond

**Toilets:** Available at start and end of route, pay ones at station

#### Tuesday \* please note change of meeting point

**Location:** Richmond Park

**Frequency:** Weekly

**Time:** 10.30am

**Meeting and finish point:** \*Richmond Gate, Richmond Hill TW10 5HU

**Route:** A 60 - 70 minute walk in Richmond Park. A number of routes are available from this start point with a mix of solid and earth paths with some steeper inclines.

**Grade:** 3 (advanced) **NB - this route is NOT suitable for beginners or those with limiting health conditions**

**Getting there:** Bus route 371. Parking is available in Pembroke Lodge carpark

**Toilets:** Available at start and finish point

## Wednesday

**Location:** Ham

**Frequency:** Weekly

**Time:** 10.30am

**Meeting and finish point:** In front of Tesco Express, 185 Ashburnham Road, Ham, TW10 7NR

**Route:** A 40 to 60 minute walk crossing the Ham lands towards the river, with a choice of walking up or downstream before returning to the starting point. This is a flat walk with a mix of paved, gravel, earth and grass surfaces.

**Grade:** 1 and 2 (Beginner to intermediate) - 2 different paced walks take place

**Getting there:** Bus route 371 (Mariner Gardens stop). Free parking is available on the road.

**Toilets:** Available at end of walk at Church

## Thursday

**Location:** Mortlake

**Frequency:** Weekly

**Time:** 10.30am

**Meeting and end point:** In front of Ship Inn, Ship Lane, Mortlake, SW14 7QR

**Route:** A 60 to 80 minute walk along the riverside. Flat and solid walking surfaces.

**Grade:** 2 (intermediate)

**Getting there:** Bus routes 419 and 485. Short walk from Mortlake train station. Bus route 190 to Thames Bank. Free parking is available on the road.

**Toilets:** Available at start and end of route

## Friday

**Location:** Bushy Park

**Frequency:** Weekly

**Time:** 10.30am

**Meeting point:** Laurel Road park entrance, (off Hampton Road), TW12 1JH

**Finish point:** Hampton Hill Gate, 5 - 10 minutes walk from Laurel Road entrance

**Route:** A 55 to 70 minute walk with 4 walk leaders which includes the option of a slower and faster walking group. A number of flat routes throughout the park are available. A mix of solid and earth paths.

**Grade:** 1 and 2 (beginner and intermediate) - 2 different paced walks take place

**Getting there:** Bus routes R68 and 285 (Oxford Road stop) and R70 (High Street, Duke of Clarence stop with short walk through Park). Parking available on Laurel Road.

**Toilets:** Available at end of walk on Hampton Hill High Street

## Longer Monday walks

**First Monday of every month except on public holidays**

**Location:** Richmond Riverside

**Frequency:** Monthly

**Time:** 10.30am

**Meeting point:** Outside the White Cross Hotel near Richmond Bridge at the bottom of Water Lane

**Route:** A 1-1.5 hour linear walk along Richmond Riverside either ending at Kew or alternatively in Kingston. We suggest you travel to the starting point by public transport as the walk finishes at a different location.

**Grade:** 3 (Advanced) - **Not suitable for beginners**

**Getting there:** All bus and train routes into central Richmond.

**Toilets:** Available at start and end of walk

### **Second Monday of the month**

**Location:** Ham and Richmond Park

**Frequency:** Monthly

**Time:** 10.30am

**Meeting point:** In front of Tesco Express, 185 Ashburnham Road, Ham, TW10 7NR. Finishes at Pembroke Lodge, in Richmond Park.

**Route:** A 1-1.25 hour linear walk around Ham and Richmond Park including a coffee stop.

**Grade:** 3 (Advanced) - **Not suitable for beginners**

**Getting there:** Bus route 371 (Mariner Gardens stop). Free parking is available on the road.

**Toilets:** Available at end of walk and at coffee stop

### **Third Monday of the month**

**Location:** Bushy Park to Hampton Court

**Frequency:** Monthly

**Time:** 10.30am

**Meeting point:** Laurel Road park entrance, (off Hampton Road), TW121JH. Finishes at the Tiltyard Cafe, Hampton Court or Five at the Bridge.

**Route:** A 1-1.5 hour linear walk through Bushy Park to Hampton Court.

**Grade:** 3 (Advanced) - **Not suitable for beginners**

**Getting there:** Bus routes R68 and 285 (Oxford Road stop) and R70 (Cross Street stop). Free parking available on Laurel Road.

**Toilets:** Available at end of walk

### **Fourth Monday of every month except on public holidays 2021**

**Location:** Crane Park

**Frequency:** Monthly

**Time:** 10.30am

**Meeting point:** Twickenham Green, corner of Staines Road and First Cross Road

**Route:** A 90 minute walk along the Crane River and nature reserve Island. A mixture of pavements and earth paths.

**Grade:** 3 (Advanced) - **Not suitable for beginners.**

**Getting there:** Bus routes 110, 490, H22, 267, 281, R70. Parking available in some nearby roads (Mereway and Gravel Road)

**Toilets:** Available at start of walk

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