

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



Tuesdays, Wednesdays and Fridays



Accessible walks with flat paths and benches along the route



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 Walking Group - Mellows Park



Thursdays 12:00pm (meet at car park)



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 Walk



Tuesdays 6:30pm
Thursdays 7:00pm



Accessible routes with level surfaces



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



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MORE Age-friendly walking activities
across the borough of Sutton

Here is a sample of walking activities across the borough.

PLEASE NOTE: Activities listed on this side are for information only. Please book direct with the organisations.

ACTIVITY	GROUP	AREA	CONTACT FOR MORE INFORMATION
Monthly social walk	ACHA	Beddington	0795 738 5071 achasutton@yahoo.com
Walking group across the borough	The Ramblers	Various locations	admin@suttonwandle ramblers.org.uk
Local walks	Wallington Wally Walks	Wallington	0208 647 3000 walk@wallywalks.uk
Park walks	Wallington / Carshalton Park	Wallington / Carshalton	0793 947 1822
Friendly low level walk and coffee	Grove Park	Carshalton	0208 661 5917
Group walks	Sutton Befrienders	Nonsuch / Beddington / Carshalton	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

