

# Nature activities



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## Wellbeing Walks

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### West Surrey

#### Walks for Health, Waverley

Cranleigh: Tuesdays at 11am.  
Farnham: Tuesdays at 10.30am.  
Godalming: Tuesdays at 10.30am and Thursdays at 11am.  
Haslemere: Saturdays at 11am.  
Free.

30 to 90 minute walks, different routes each week. A great way to meet new people and exercise.

<https://www.waverley.gov.uk/services/greenspaces-leisure-and-things-to-do/sport-and-leisure/classes-and-activities/walks-for-health>



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#### Guildford Health Walks

Boxgrove, Worplesdon, Shalford, Shere and Whitmoor.  
Every day, mornings.  
Free.

All abilities welcome at these free guided short walks. Meet new people and improve your physical and mental health.

<https://www.guildfordhealthwalks.org.uk/>



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#### Woking Wellbeing Walking and Talking

Woking Park, Kingfield Road, Woking, GU22 9BA.  
14 and 15 May, 1pm to 3pm.

Free but registration required.

Join the Surrey Care Trust Steps2Work Wellbeing Team for a free 90 minute group walk. A gentle walk to unwind and enjoy the outdoors.

<https://www.surreycaretrust.org.uk/event/wellbeing-walking-talking/>



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#### Walking for Health, Woking

Various locations in Woking.  
Wednesdays at 11am.

Free.

60-90 minute fun and friendly walks – perfect to help get active, connect with other people and explore new places.

<https://everybodymoves.org.uk/opportunity/walking-health-woking>



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### Walking for Health, Surrey Heath

Various locations around Surrey Heath.  
Tuesday, Wednesdays and Sundays at 10am.  
Free.

Various gentle, moderate and challenging walks for all abilities.

<https://www.surreyheath.gov.uk/leisure-sports-and-culture/sports-and-physical-activity/keep-active/walks/health-walks>



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### Ramblers Wellbeing Walks

Runnymede and Waverley.  
Weekly walks, various dates and times.  
Free.

For all ages and abilities. Led by trained walk leaders. A great opportunity to improve your health, explore the local area and meet new people.

<https://www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-surrey>



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### Men's Mental Health Walks

Tunsgate Arch, Guildford, GU1 3AA.  
Saturdays. Once a month.  
Free.

Open to all men aged 18+ who want to connect, chat or simply enjoy being outdoors with others.

<https://menwalktalk.co.uk/walks>



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### Blackheath's Bluebells and Pine Forest Hike

Blackheath main car park, Blackheath Lane, GU4 8RP.  
April 26, 10am to 4pm.  
Free.

A 3 hour hike around Blackheath's forest and heathland. Led by a local hiking guide and a nature enthusiast.

<https://surreyhills.org/event/bluebells-walk-10km-blackheaths-forest-and-bluebells-trail/#:~:text=Join%20our%20FREE%20Spring%20walk,pine%20forests%20and%20colourful%20heathland.>



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### Walking and cycling for Health, Spelthorne

Various locations around Spelthorne.  
Three times a week. On various days of the week at 10.30am.  
Free.

A wide range of organised walks and bike rides of varying intensities, led by trained Leaders.

<https://www.spelthorne.gov.uk/page/1435/walking-health>



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### Nordic Walking at Alice Holt

Alice Holt Forest, Bucks Horn Oak, Farnham, GU10 4LS.  
Tuesdays, 10am to 11.30am and Wednesday evenings.  
From £4.

Forestry England volunteer led Nordic walks. Gentle on your joints and suitable for all ages and fitness levels.

[Nordic Walking at Alice Holt | Forestry England](#)



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### Inclusive Cycling at Alice Holt

Alice Holt, Bucks Horn Oak, Farnham, GU10 4LS.  
Thursday mornings, 9.30am to 12.30pm.  
£4, Carers free.

Alice Holt's Cycling for All centre has a range of adapted cycling equipment that can cater for a variety of different disabilities. Drop in sessions on a Thursday morning are open to all.

<https://aliceholtinclusivecycling.com/>



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## East Surrey

### Ramblers Wellbeing Walks

Elmbridge, Mole Valley and Epsom.

Weekly walks, various dates and times.

Free.

For all ages and abilities. Led by trained walk leaders. A great opportunity to improve your health, explore the local area and meet new people.

<https://www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-surrey>



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### All-Inclusive 1km Walk or Wheel

Elmbridge Xcel Leisure Complex, Walton on Thames, KT12 2JG.

Every Monday, 11am.

Free.

Non judgemental and friendly walking group. Inclusive for all including those with limited mobility, additional needs and disabilities.

<https://www.elmbridge.gov.uk/sports-and-health/physical-activity/wellbeing-walks/all-inclusive-1km-walk-or-wheel>



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### Health Walks, Epsom and Ewell

Various locations around Epsom and Ewell.

Mondays, 10am: 30 minute walks, led by trained Walk Leaders, suitable for those who are new to physical activity.

Wednesdays and Sundays, 10am: 2 to 3 mile / 1 hour walks, led by trained Walk Leaders, suitable for an intermediate level of fitness.

Free.

[https://www.epsomandewellhealthwalks.org.uk/?page\\_id=124](https://www.epsomandewellhealthwalks.org.uk/?page_id=124)



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### Ramblers Wellbeing Walks, Mole Valley

Various locations around Mole Valley.

Mondays, Wednesdays and Thursdays at 10.30am.

Free.

Fun, free and accessible weekly volunteer-led walks for anyone looking to become more active and meet new people.

<https://www.molevalley.gov.uk/leisure-culture/ramblers-wellbeing-walks/>



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### Reigate Ramblers Wellbeing Walks

Various locations around the Reigate, Caterham, Lingfield, Horley and Redhill area.

Daily at various times.

Free.

Guided walks of varying lengths for all abilities. Improve your physical and mental wellbeing whilst making friends.

<https://www.ymcaeast Surrey.org.uk/services/health-wellbeing/wellbeing-walks/>



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### Wellbeing Walk Tandridge

Stafford Sports Centre, Burntwood Lane, Caterham, CR3 5YX.

Wednesdays at 10.30am.

Free.

Friendly guided walks suitable for all.

<https://www.freedom-leisure.co.uk/healthy-communities/tandridge/our-activities/duplicate-of-running/>



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### Wellbeing Walks, Elmbridge

East Molesey, KT8 0DP: Tuesdays, 10.30am to 11.30am.

Walton-on-Thames, KT22 2PB: Wednesdays, 10.30am to 11.30am.

Molesey, KT8 9AL: Fridays, 10.30am to 11.30am.

Claygate, KT10 0EH: Last Monday of the month, 10.30am to 12.

Oxshott: First Thursday of the month, 10.30am to 12.

Esher: Fortnightly on Sundays, 1.30pm to 2.15pm.

Free.

Friendly, welcoming wellbeing walks led by Elmbridge Borough Council.

[Walk and talk and regular walks | Elmbridge Borough Council](#)



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### Hurst Meadows Historical Walks

Hurst Meadows, Graburn Way, East Molesey, KT8 9BF

7 May & 11 June, 10.30am to 12pm.

Free.

Led by Wellbeing Walks and Museum volunteer, Anthony Barnes. Slow, flat walks with stops, accessible for all.

<https://www.elmbridge.gov.uk/sports-and-health/physical-activity/wellbeing-walks/historical-walks>



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### Landscaped Garden Walks

Claremont Landscape Gardens, Portsmouth Road, Esher, KT10 9JG.

27 April, 11am to 11.45am and 11 May, 2pm to 2.45pm.

Painshill Park, Cobham, KT11 1AA.

16 May and 13 June, 10.30am to 12pm.

Free.

<https://www.elmbridge.gov.uk/sports-and-health/physical-activity/wellbeing-walks/landscaped-garden-walks>



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### Mary Frances Trust Wellbeing Walk

Epsom and Ewell.

Thursdays, 11am to 12pm.

Free.

Walkers of all abilities welcome on this 1 hour gentle walk around Epsom Downs. Enjoy meeting and connecting with new people and improve your wellbeing.

<https://www.healthysurrey.org.uk/mental-wellbeing/events/wellbeing-walk-epsom-downs>



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### Elmbridge Nordic Walks

Various locations around Elmbridge.

Thursdays, 2pm to 3.15pm.

Free.

<https://www.elmbridge.gov.uk/sports-and-health/physical-activity/wellbeing-walks/nordic-wa>



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### Wild! About Running

Norbury Park Woods, Mickleham, Dorking, RH5 6DN.

First Sunday of the month, 9am.

Free.

Discover nature, make friends, keep the mind and Body healthy. Fun, friendship and fresh air, no competition, not pressure – run, jog or walk.

<https://www.wildaboutcoffee.co.uk/>



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### Bluebell Walk at Horton Country Park

Horton Country Park Local Nature Reserve, Horton Lane, Epsom, KT19 8PL.

25 April, 2pm to 4.30pm.

£5 per adult, £2.50 per child.

Join a member of Epsom and Ewell Borough Council's Countryside Team and enjoy the beauty of spring in the ancient woodland.

<https://www.epsom-ewell.gov.uk/visitors/whats-on/event/bluebell-walk>



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### Stroll and Sign

Various locations including Redhill and Epsom.

Monthly on Saturdays at 11am.

Free.

An Include service which combines inclusive social opportunities and speech therapy-based communication with gentle exercise in the natural world.

[Stroll and Sign | Include.org](#)



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## Community and Therapy Gardens

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### West Surrey

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#### Yoga for everyone at Farncombe Community Garden

Farncombe Community Garden, Summers Road, Godalming, GU7 3BF.

Every second Tuesday of the month, 10am to 11am.

Free.

A yoga session for anyone who wishes to deepen their breathing, enjoy some movement & absorb the atmosphere of Farncombe Community Garden. Both beginners & experienced yogis are welcome.

[Community Garden | Farncombe Community Garden | England](#)



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#### Catalyst Community Garden

Woking and Frimley.

Free.

Weekly Community Connections gardening groups run by Catalyst.

<https://catalystsupport.org.uk/services/mental-health/community-connections/community-gard>



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#### Hale Community Centre Community Garden

Hale Community Centre, 130 Upper Hale Road, Farnham, GU9 0JH.

Free.

Various groups and events held in a lovely outside space.

[Our Community Garden - Hale Community Centre](#)



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#### Autism Friendly gardening taster event

Farncombe Community Garden, Summers Road, Godalming, GU7 3BF.

15 May, 10am to 12.

Want to try a community gardening group but feeling anxious. Autism Friendly Surrey will be assisting with this welcoming, autism friendly session at Farncombe Community garden.

<https://autismfrienlysurrey.org.uk/>



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#### Rosamund Community Garden

Rosamund Community Garden, Longdown Road, Guildford, GU4 8PP.

Family Nature Time with Jane: 2 May, 2pm to 3pm.

Natural Building Workshop: 3 May, 10am to 1pm.

Free.

Various events as well as general gardening sessions. Make friends, unwind, learn new skills and be part of something special.

[Home | Rosamund Garden](#)



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**The Therapy Garden**

Manor Fruit Farm, Glaziers Lane, Normandy, Guildford, GU3 2DT.

Free.

Various groups, children's activities and therapeutic programmes for all ages.

[The Therapy Garden - The Therapy Garden](#)

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**East Surrey****Holme Farm Community Garden**

Woodham Park Road, Addlestone, KT15 3TG.

Mondays, Tuesdays, Thursdays and Fridays, 10am to 1pm.

Free.

Everyone is welcome to join our gardeners – prepare the ground, plant, maintain and harvest crops. Grow produce, enjoy each other's company and spend time outdoors with nature.

<https://holmefarm.org.uk/community-garden/>

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**Cobham Community Garden**

Leg O'Mutton Field, Downside Bridge Road, Cobham, KT11 1AQ.

Saturdays, 10am to 12.

Free.

All are welcome to the open garden sessions.

<https://cobhamcommunitygarden.org.uk/>

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**Space to Grow**

The Tree Canopy, Home Farm Garden Allotments, Rydens Road, Walton on Thames, KT12 3DW.

Free.

Various weekly gardening and wellbeing groups and activities.

[space2grow - what we do](#)

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**Gateway Garden**

Gateway Garden, New Pond Allotments, Woodhatch Road, Reigate, RH2 7QH

Free.

This Surrey Care Trust community garden offers a range of nature therapy and wellbeing activities for local families and adults.

[The Gateway Garden - Surrey Care Trust](#)

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**Stanwell Community Allotment**

Stanwell Community Allotment, Town Lane, Staines, TW19 7PS.

Free.

This Surrey Care Trust community gardens offers a range of outdoor and gardening activities for children, families and adults.

[Stanwell Activities: Community Allotments - Surrey Care Trust](#)



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## Animals and Farms

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### West Surrey

#### Merrist Wood Farm Open Mornings

Merrist Wood College, Guildford, GU3 3PE.

26 April and 17 May, 10am to 12pm.

£6.50.

A chance to meet the wonderful farm animals at Merrist Wood; piglets, goat kids, sheep and lambs, chickens, ducks, a turkey and a donkey.

[Merrist Wood Farm Open Mornings - Surrey Hills National Landscape](#)



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#### Mane Chance Open Days

Mane Chance Sanctuary, Monkshatch Farm, Compton, GU3 1DL.

Monthly on Sundays at 2pm.

£3 for adults, £2 for children.

Have a guided tour of the site, see the horses and learn about what Mane Chance does.

[https://www.manechancesanctuary.org/Open\\_Sunday\\_events.html](https://www.manechancesanctuary.org/Open_Sunday_events.html)



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#### Kilinside Farm Open Sunday

Kilinside Farm, Runfold, Nr Farnham, GU10 1NS.

7 June, 10am to 4pm.

Free.

Part of the Open Farm Sunday event, visit this small family run farm. Enjoy self guided walks and local produce at the farm shop.

<https://farmsunday.org/visit-a-farm/search?location=&region=South+East&farmName=>



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#### Bowlhead Green Farm Open Sunday

Bowlhead Green, Godalming, GU8 6NW.

7 June, 10am to 4pm.

Free.

Part of the Open Farm Sunday event, visit this small farm, meet the animals and take a look at the farm machinery display.

<https://farmsunday.org/visit-a-farm/search?location=&region=South+East&farmName=>



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#### RSPB Guildford and District Local Group

Various Locations across West Surrey.

Various dates and times.

Regular organised walks and talks to appreciate the local bird life.

[Guildford & District – Local Group](#)



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### East Surrey

#### Autism Friendly Swift Sundowner

Banstead.

Sunday 5 July, 7.45pm to 9pm.

Free.

Enjoy a talk on swifts followed by a guided walk to witness nest entries and exits and the iconic swift screaming party.

<https://www.facebook.com/profile.php?id=100064563437171>



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### Spring Swift Migration Guided Walk

Meet at Canons Farmhouse, Canons Lane, Banstead, KT20 6DD.

10 May, 12.30pm.

Free (donations welcome).

<https://cfwbirds.blogspot.com/p/guided-walks.html>



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### Wild Youth: Pizza, Poetry and Pipistrels

Nower Wood Educational Nature Reserve, Leatherhead.

1 May, 6.30pm to 8.30pm.

Free.

This is one of the regular free events which are organised by the Youth Action for Nature Programme, this. For 16 to 30 year olds who enjoy nature.

<https://www.surreywildlifetrust.org/take-action/youth-action>



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### Farm for Health (Care Farm) Project

For residents of Merstham, Redhill, Hurst Green and Horley.

Various dates and locations.

Free.

Funded nature based health intervention for young people and adults to connect with nature, other people and improve emotional health and wellbeing. Eligibility criteria applies.

[Farm for Health \(Care Farm\) - Surrey Hills National Landscape](#)



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## Forest Bathing

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### West Surrey

#### Forest Bathing – An Introduction

Devil's Punch Bowl, London Road, Hindhead, GU26 6AG.

Monthly on Saturdays at 9.45am.

£27.80

A public session from The Forest Bathing Institute. 2 blissful hours immersed in beautiful woodland. Your guide will lead you through gentle sensory exercises designed to deepen your connection with nature.

[Events public | The Forest Bathing Institute](#)



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### East Surrey

#### Forest Bathing at Claremont Landscape Garden

Claremont Landscape Garden, Portsmouth Road, Esher, KT10 9JG.

15 May, 5 June, 3 July, 18 September, 9am to 10.30am.

£25.

Soak up the peace and tranquillity on a sensory journey through Claremont Landscape Garden to calm the mind and feed your soul.

[Forest Bathing | National Trust](#)



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## Boat Trips

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### West Surrey

#### National Trust Boat Trips, Dapdune Wharf

Dapdune Wharf, Wharf Road, Guildford, GU1 4RR.

Thursday to Monday, April to October. Various times between 11am and 3.40pm.

£9 adults, £5 children.

Experience the River Wey by water and discover the history of the river navigations on a boat trip from Dapdune Wharf.

[Things to do on the River Wey | Surrey | National Trust](#)



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#### Surrey Care Trust Swingbridge Accessible Days

Guildford.

Various dates from Spring to Autumn.

£7.50.

All ages and abilities are welcome aboard the accessible boat. Enjoy a relaxing boat ride down the River Wey, led by a qualified volunteer crew member.

<https://www.swingbridgeboats.co.uk/booking.html>



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#### Public Trips on Kitty

The Town Wharf, Brewery Road, Woking, GU21 4LJ.

Daily trips between April and October, various times.

£8 adult, £5 child.

Enjoy a peaceful pace of life with a boat trip on the Basingstoke Canal.

[Kitty public trips](#)



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#### Public Trips on the Basingstoke Canal

Basingstoke Canal Visitor Centre, Mytchett Place Road, Mytchett, GU16 6DD.

Weekends from April to September, 12pm, 1.30pm and 3pm.

£6.50 adult, £4 child.

Explore the Basingstoke Canal on our 23 foot long narrow boat; Rosebud. 55 minute long return trips from Mytchett to Great Bottom Flash.

[Basingstoke Canal Visitor Centre information - Surrey County Council](#)



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## Orienteering and Geocaching

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### West Surrey

#### Southern Navigators Orienteering Club

Various locations including Bordon and Deepcut.

Various dates and times.

Club membership: £10 adults, £3 juniors.

Regular non competitive local club events, suitable for beginners.

[Events - Southern Navigators](#)



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#### Guildford Orienteers

Various locations around West Surrey.

Various dates and times.

Club membership: £16 adults, £5 juniors.

Orienteering activities for all ages and abilities. Regular orienteering fun for all the family.

[Home - Guildford Orienteers](#)

[Orienteering Programme for Juniors in Guildford and West Surrey - Guildford Orienteers](#)



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### **Xplorer Family Orienteering**

Various locations including Guildford, Godalming, Woking and Cranleigh.

Various dates during school holidays.

Free.

Family friendly fun navigation challenges organised by the Local Authority – explore the park to find the markers.

[Xplorer](#)



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### **Surrey Cachers Geocaching**

Various locations around Surrey.

Fourth Thursday of the month.

All are welcome at this friendly monthly meet up. Meet fellow cachers and share some tips.

[GCBKZNP Surrey Mid Week Event #170: Little Bookham \(Event Cache\) in South East England, created by Surrey Cachers](#)

<https://www.facebook.com/groups/218428544838056/>



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## **East Surrey**

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### **Mole Valley Orienteering Club**

Various locations around East Surrey.

Various dates and times.

Club membership: £18 adults, £4 juniors.

Regular non competitive local club events, suitable for beginners.

<https://mvoc.org/>



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### **Xplorer Family Orienteering**

Various locations around East Surrey.

Various dates during school holidays.

Free.

Family friendly fun navigation challenges organised by the Local Authority – explore the park to find the markers.

[Xplorer](#)



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### **Surrey Cachers Geocaching events**

Various locations around Surrey.

Fourth Thursday of the month.

All are welcome at this friendly monthly meet up. Meet fellow cachers and share some tips.

[GCBKZNP Surrey Mid Week Event #170: Little Bookham \(Event Cache\) in South East England, created by Surrey Cachers](#)

<https://www.facebook.com/groups/218428544838056/>



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## Other

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### west Surrey

#### Open Water Swimming at The Quays

The Quays, Coleford Bridge Road, Mytchett, GU16 6DS.

Tuesdays, Thursdays and weekends.

£8 adult, £5 child.

Open water swimming facility offering early morning and evening swimming sessions in a crystal clear spring-fed lake. Wetsuit hire available.

[HOME | QuaySwim](#)



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### East Surrey

#### Surrey Coalition Monthly Meet Up

Various locations around Surrey.

Various dates and times.

Free.

Free meet ups organised by Surrey Coalition of Disabled People. Meet friends and try out new activities such as walking, cycling, sailing and jogging.

[Surrey Coalition Monthly meet up - Surrey Coalition of Disabled People](#)



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#### Open Water Swimming at The SHAC

The SHAC Lagoon, Buckland Park, Lake Drive, Reigate, RH3 7BG.

Various days and times.

£10.50.

Open water sessions and courses available.

[Open Water Swimming - The SHAC](#)



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#### Nower Wood Bluebell Open Day

Nower Wood Educational Nature Reserve, Leatherhead, KT22 8QA.

April 26, 10am to 4pm.

£20 per family.

Enjoy the Nower Wood and its education centre. Enjoy lots of free activities along the adventure trail – minibeast hunting, pond dipping, marshmallow toasting and woodland play.

<https://www.surreywildlifetrust.org/events/2026-04-26-nower-wood-bluebell-open-day-2026>



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## Conservation / Countryside Volunteering

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Share your expertise, learn new skills and make new friends while helping to preserve local countryside.

### West Surrey

#### Greenspaces volunteering in Guildford

[Countryside volunteering - Guildford Borough Council](#)

#### Greenspaces volunteering in Waverley

[Countryside Volunteering | Waverley Borough Council](#)

#### Greenspaces volunteering in Runnymede

[Egham and Staines conservation volunteers – Runnymede Borough Council](#)

#### Greenspaces volunteering in Spelthorne

[Community environmental groups | Spelthorne Borough Council](#)

**Greenspaces volunteering in Surrey Heath**

[Volunteering opportunities | Surrey Heath Borough Council](#)

**Greenspaces volunteering in Woking**

[Surrey Heathland Partnership – volunteering opportunities - Surrey County Council](#)

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**East Surrey****Greenspaces volunteering in Elmbridge**

[Join our countryside volunteer teams and help protect the local environment | Elmbridge Borough Council](#)

**Greenspaces volunteering in Mole Valley**

[Lower Mole Partnership - volunteering opportunities - Surrey County Council](#)

**Greenspaces volunteering in Reigate and Banstead**

[Greenspaces volunteering | Greenspaces volunteering | Reigate and Banstead](#)

**Gatwick Greenspace Partnership volunteering**

[Gatwick Greenspace Partnership Volunteering | Sussex Wildlife Trust](#)

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**Surrey Wide****Surrey Hills Conservation Volunteers**

[Volunteer - Surrey Hills National Landscape](#)

**National Trust Volunteers**

[Volunteering in Surrey | National Trust](#)

**Surrey Hills Conservation Volunteers Programme**

[Conservation | Surrey Hills Society](#)

**Surrey Countryside Partnerships Team**

<https://www.surreycc.gov.uk/culture-and-leisure/countryside/what-can-you-do/opportunities>

**Surrey Countryside Access Team**

<https://www.surreycc.gov.uk/culture-and-leisure/countryside/management/footpaths-byways-and-bridleways/rights-of-way/get-involved>

**Surrey Wildlife Trust**

<https://www.surreywildlifetrust.org/take-action/volunteer-wildlife>

**Tree Wardens**

<https://surreytreewardens.org.uk/>

**Surrey Outdoor Learning and Development estate management volunteers**

<https://www.surreyoutdoorlearning.uk/about/volunteering/estates-management-volunteer>