

# What is the Westborough Trim Trail?

This walk is based on the easy to follow Westborough Trim Trail. The trail has been created by Guildford Borough Council for people of all ages so that you can walk, jog or run through parts of Westborough's open spaces.

For those who are really keen on their fitness there are items of equipment along the trail for you to use.

You don't have to use the whole trail in one go – you can use as much or as little of it as you like.

It gets you out into the fresh air and to open spaces right on your doorstep.

You may even spot some of the wildlife that inhabits the area. Many people may also not realise that this part of Guildford is steeped in history going back more than 800 years.

This leaflet gives you some information on the subject as you make your way along the route.

And look out for the information boards as they contain even more facts and details.



**Top tip:** Consider taking a drink with you as you follow the trail. Remember the term 'eight to hydrate' – which means the average person is advised to drink eight 8-ounce cups of fluid a day.

**Why not invite some friends or family and try the walk together?**

**Look out for further self-guided walk leaflets covering other parts of this area. . .**

## Joining In! self-guided walks

This walk has been devised by the **Joining In!** project that supports community involvement in Westborough and Park Barn. It is managed by **Voluntary Action South West Surrey**. More details about **Joining In!** (that also operates in Bellfields and Slyfield and Ash and Tongham) at [www.joiningin.org.uk](http://www.joiningin.org.uk)  
Tel: 07825 419408

**How can I benefit from Joining In! ?**



Joining In! helps local people by promoting things that they can get involved with in their community – from simply attending an event or joining a group, to volunteering their time to help others. In Westborough and Park Barn Joining In! successfully works with up to 70 local groups and organisations helping them to promote what they offer and helping them, if need be, to find volunteers. Joining In! also helps to organise local events such as fun days, community clear ups, swap shops, and now self-guided and guided walks. See website for details.



Did you know? Voluntary Action South West Surrey is a charity that supports voluntary, community and faith groups in Guildford and Waverley. We help find volunteers for hundreds of different local and national organisations. So whether you want to volunteer a few hours a month or for a day or two a week we will have something that is right for you. We also give advice to groups on funding and writing constitutions and policies and provide training and networking events. Our service Welcome to Volunteering supports anyone facing challenges getting into voluntary work. The Guildford Advice Centre is at 39 Castle Street, Guildford GU1 3UQ. For opening times or to make an appointment call 01483 565456 or visit our website [www.voluntaryactionsws.org.uk](http://www.voluntaryactionsws.org.uk)

# Joining In! self-guided walks No.1 Westborough Trim Trail



Use this leaflet to guide you on an enjoyable circular walk of discovery!



Joining In! walks are funded by TRAVEL SMART

This guide also tells you more about Westborough and Park Barn's history

**Distance: 1 mile**

The walk described here starts near Foxburrows Avenue, but you can join it anywhere along the route



[www.joiningin.org.uk](http://www.joiningin.org.uk)