

Hertfordshire Health Walks

East Herts



Timetable of WEEKDAY walks SEPTEMBER – DECEMBER 2024

Enjoy the countryside and local green spaces with FREE Hertfordshire Health Walks led by friendly volunteers

Hertford and Area Walks and meeting point	Day/time	Date	Information
Sele Farm and Panshanger Park Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ. Toilets are available at the Sele Community Hub at Fleming Crescent shops <u>before</u> the walk. (Join us for cuppa afterwards from 11am at The Golden Griffin Pub. Last Monday of the month.)	Mondays 10:00 am	Every	GRADE 2
			GRADE 3 - 4
Bengeo and Waterford Marsh Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU. (Join us for a cuppa afterwards in the Secret Garden Café.)	Tuesdays 10am	Every (Excluding 24th and 31st December)	GRADE 3 - 4
Hertford and Hartham Common Meet at the fountain outside Café Nero/The White Hart pub on Salisbury Square, Hertford, SG14 1BE. Note: This walk is often at a slow pace and may take up to 1 hour to complete. (Join us for a cuppa afterwards at Mudlark's Café.)	Wednesdays 10:15 am	Every (Excluding Bank Holidays)	GRADE 1
Sele Farm Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ. (Join us for a cuppa afterwards at the Sele Community Hub at Fleming Crescent shops, where toilets are available, or outside Simmons in good weather.)	Thursdays 10am	Every (Excluding Bank Holidays)	FIRST STEPS (Suitable for wheel chair and buggy users)
Ware Meet at Southern Maltings, Kibes Ln, Ware SG12 7BS (Join us for a free cuppa afterwards in Local Social's Café.)	Fridays 10:00 am	Every	FIRST STEPS (Suitable for wheel chair and buggy users)
Stanstead Abbots Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA (Join us for a cuppa afterwards in the pub.)	Fridays 10:00 am	Every	GRADE 3 - 4
Hartham Common Meet by the bench near Hartham Leisure Centre, Hertford, SG14 1QR. (Join us for a cuppa afterwards at the leisure centre where toilets are available.)	Sundays 2 pm	Every	GRADE 3 - 4
Grade 4+ Progression Walk			
Wadesmill, near Ware Meet at The Feathers Pub, 49 Cambridge Road, SG12 0TN. (Join us for a cuppa afterwards in the pub.)	Monthly 10:00am (3rd Thursday)	Sep 19 Oct 17 Nov 21 Dec 19	GRADE 4 +

All walks are FREE, no booking required. All walkers need to register with us first. You can do this online or arrive 15 mins early to fill in a form. Walks range from a gentle First Steps (20-30 minutes) and increase in length and time up to Grade 4+. The walking times are for guidance but may be longer depending on the fitness of walkers and the weather. Contact us: E: healthwalks.cms@hertfordshire.gov.uk T: 01992 555888 or visit www.hertfordshire.gov.uk/healthwalks

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Bishop's Stortford and Area Walks and meeting point	Day/time	Date	Information
Thorley Health Walk Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford CM23 4BE	Mondays 10 am	Every (including Bank Holidays)	GRADE 3
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL. Toilets are available nearby at the Terrace Park Café and Kitchen.	Fridays 10:15 am	Every	FIRST STEPS (Suitable for wheel chair and buggy users)
	Fridays 11:00 am		GRADE 1
	Fridays 12:00 noon		GRADE 2

All walks are FREE, no booking required. All walkers need to register with us first. You can do this online or arrive 15 mins early to fill in a form. Walks range from a gentle First Steps (20-30 minutes) and increase in length and time from Grade 1 (30 mins) up to Grade 3 (60 mins). The walking times are for guidance but may be longer depending on the fitness of walkers and the weather. **Contact us: E: healthwalks.cms@hertfordshire.gov.uk T: 01992 555888 or visit www.hertfordshire.gov.uk/healthwalks**