

Enjoy the countryside and local green spaces with FREE Hertfordshire Health Walks led by qualified volunteer leaders

Walks and meeting point	Day/time	Date	Walk Grade/Information
Digswell Park Welwyn Garden City Bowls Club, 288 Knightsfield, Welwyn Garden City, AL8 7NQ	Monday 10am excluding Dec 25	Weekly	Grade 3
Hatfield First Steps Centre of Market Place (near the Town Inn), Hatfield, AL10 0LJ	Wednesday 2pm	Weekly	First Steps Wheel Chair & Buggy Friendly
Sherrardspark Wood Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX	Thursday 10am	Weekly	Grade 2
Sherrardspark Wood Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX	Thursday 10am	Weekly	Grade 3
Brookmans Park The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW	Thursday 10.30am	Weekly	** NEW WALK ** Grade 1-2
Brookmans Park The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW	Thursday 10.30am	Weekly	Grade 3 *Extended Grade 3-4 walks (1.5 hrs) sometimes available
Beehive Lane Behind The Pavilion, King George V Playing Fields, Beehive Lane, Welwyn Garden City, AL7 4BP	Friday 10am including Dec 29	Weekly	Grade 3

All walks are FREE with no booking required. Turn up 10 mins before the walk, or 15 minutes before your first walk to register as a new walker. Or you can register and pre-book online if you prefer.

Walks range from a gentle First Steps (20-30 minutes) and increase in length and time from grade 1 (30 mins) up to grade 4 (90 mins).

Healthwalks.cms@hertfordshire.gov.uk or visit www.hertfordshire.gov.uk/healthwalks

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