

Hertfordshire Health Walks
Welwyn Hatfield Timetable of walks
01 May to 31 August 2024



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, AL8 7NQ	Monday 10am	Weekly Including bank holidays	Grade 3 60 minutes, approx. 3 miles
Digswell Park Welwyn Garden City Bowls Club, 288 Knightsfield, Welwyn, AL8 7NQ	Wednesday 10am	Special one-off walks for Mass Health Walk Day Everyone welcome May 01 ONLY	Grade 3 60 minutes, approx. 3 miles
Sherrardspark Wood Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX	Wednesday 10am		Grade 2 & 3 45-60 minutes, 2-3 miles
Digswell Viaduct Meet in the car park, Digswell Park Road, Digswell, Welwyn, AL6 0BB	Wednesday 2pm		Grade 3 60 minutes, approx. 3 miles
Hatfield First Steps Centre of Market Place (near the White Hart), Hatfield, AL10 0LJ	Wednesday 2pm	Weekly Wheelchair & buggy friendly	First Steps 20-30 minutes, flat, even surface, gentle pace
Sherrardspark Wood Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX	Thursday 10am	Weekly	Grade 2 45 minutes, approx. 2 miles
Sherrardspark Wood Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX	Thursday 10am	Weekly	Grade 3 60 minutes, approx. 3 miles
Brookmans Park The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW	Thursday 10.30am	Weekly	Grade 1-2 Up to 45 minutes, approx. 1.5-2 miles
Brookmans Park The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW	Thursday 10.30am	Weekly	Grade 3 60 minutes, approx. 3 miles
Beehive Lane Behind The Pavilion, King George V Playing Fields, Beehive Lane, Welwyn Garden City, AL7 4BP	Friday 10am	Weekly	Grade 3 60 minutes, approx. 3 miles

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). Visit www.hertfordshire.gov.uk/healthwalks, email Healthwalks.cms@hertfordshire.gov.uk or call 01992 555 888