

East Herts - Timetable of walks from SEPTEMBER TO DECEMBER 2022

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

Walks and meeting point	Day/time	Date	Information
Sele Farm & Panshanger Park Meet on large, grassed area outside the shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Monday 10:00 am	Every. Excludes Bank Holidays Cancelled 19 September 2022	Grade 2
Sele Farm & Panshanger Park Meet on large, grassed area outside the shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Monday 10:00 am	Every. Excludes Bank Holidays Cancelled 19 September 2022	Grade 3-4
Bengeo & Waterford Marsh Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU	Tuesday 10am	Every Includes Dec 27	Grade 3-4
Hertford and Hartham Common Meet at the fountain outside Café Nero/The White Hart pub on Salisbury Square, Hertford, SG14 1BE	Wednesday 10:15 am	Every	Grade 1
Stanstead Abbots Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA	Friday 10am	Every	Grade 3-4
Hartham Common Meet by the bench near Hartham Leisure Centre, Hartham Common, Hertford, SG14 1QR	Sunday 2pm	Every Excludes Christmas Day	Grade 3-4
Bishop's Stortford Health Walks			
Thorley Health Walk Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford, Hertfordshire, CM23 4BE	Mondays 10am	Sept 12,26 Oct 10, 24 Nov 7, 21 Dec 5, 19	Grade 3
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 10:15am	Sept 9, 23 Oct 7, 21 Nov 4, 18 Dec 2,16,30	First Steps (suitable for wheelchair and buggy users)
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 11:00am	Sept 9, 23 Oct 7, 21 Nov 4, 18 Dec 2,16,30	Grade 1 (suitable for wheelchair and buggy users)
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 12:00 noon	Sept 9, 23 Oct 7, 21 Nov 4, 18 Dec 2,16,30	Grade 2

All walks are FREE with no booking required - just turn up 10 mins before the walk or 15 minutes before your first walk to complete a new walker form. Walks are graded between 20-30 minutes (First Steps) and up to 90 minutes (Grade 4) unless otherwise stated. Whilst Grade 4+ progression walks can last up to 2 hours. For more information - call 01992 555888 Monday to Friday 09:00 – 11:30 and 14:00 – 15:00, email healthwalks.cms@hertfordshire.gov.uk or visit www.hertfordshire.gov.uk/healthwalks