

### Timetable of walks from SEPTEMBER - 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
<b>Three Magnets PH</b> Leys Avenue, Letchworth, SG6 1EW	Mondays 10:30am	Every (Including bank holidays) <b>26 December cancelled</b>	<b>Grade 2/3</b>
<b>The Orange Tree PH</b> Stevenage Road, Hitchin, SG4 9DR Meet in the back car park	Alternate Mondays 10:30am	Sept 12, 26 Oct 10, 24 Nov 7, 21 Dec 5, 19	<b>Grade 4</b>
<b>Knebworth Sports Pavilion</b> Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road)	Alternate Tuesdays 10.30am	Sept 6, 20 Oct 4, 18 Nov 1, 15, 29 Dec 13, 27* * including bank holidays	<b>First Steps</b>  Wheelchair and buggy friendly
<b>Knebworth Sports Pavilion</b> Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road)	Alternate Tuesdays 10.30am	Sept 6, 20 Oct 4, 18 Nov 1, 15, 29 Dec 13, 27* * including bank holidays	<b>Grade 1</b>
<b>Three Horseshoes PH</b> Norton, SG6 1AG	Monthly 1 <sup>st</sup> Tuesday 10.30am	Sept 6 Oct 4 Nov 1 Dec 6	<b>Grade 3</b>
<b>Standalone Farm</b> Wilbury Road, Letchworth, SG6 1DD Meet in the first car park	Monthly 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 10:30am	Sept 13, 27 Oct 11, 25 Nov 8, 22 Dec 13 <b>27 December cancelled</b>	<b>Grade 3</b>
<b>Millstream PH</b> Cambridge Road, Hitchin, SG4 0JH	Alternating Tuesdays 11:00am	Sept 6, 20 Oct 4, 18 Nov 1, 15, 29 Dec 6, 20	<b>First Steps</b>
<b>Three Moorhens PH</b> Hitchin Hill, Hitchin, SG4 9AJ Meet in top car park	Tuesdays 2pm	Every * including bank holidays	<b>Grade 3</b>
<b>Three Horseshoes PH</b> Norton, SG6 1AG	Monthly 3 <sup>rd</sup> Wednesday 10.30am	Sept 21 Oct 19 Nov 16 Dec 21	<b>Grade 3-4</b>

<b>Oughtonhead Common</b> Junction of Redhill Road and Moss Way, Hitchin, SG5 2NY	Fridays 10.30am	Every	<b>Grade 3-4</b>
<b>The Plume of Feathers PH</b> Chambers Lane, Ickleford SG5 3YD	Monthly 3 <sup>rd</sup> Saturday 10am	Sept 17 Oct 15 Nov 19 Dec 17	<b>Grade 4</b>
<b>The Fox PH</b> Willian, SG6 2AE <b>Note – please do not park in pub car park</b>	Monthly 4th Saturday 10am	Sept 24 Oct 22 Nov 26 Dec 24* * including Christmas Eve	<b>Grade 3-4</b>

#### Grade 4+ Progression Health Walks

<b>Charlton</b> Site of the former Windmill PH, Charlton, SG5 2AE	Alternate Mondays 10am	Sept 5 <b>September 19 cancelled</b> Oct 3, 17, 31 Nov 14, 28 Dec 12	<b>Grade 4+</b>
<b>Weston Hills</b> Meet at the junction of Chalk Hills and London Road at the southern end of Baldock (near SG7 6LZ)	Monthly 1 <sup>st</sup> Saturday 10am	Sept 3 Oct 1 Nov 5 Dec 3	<b>Grade 4+</b> At least 2 hours 6+ miles includes hills

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](mailto:healthwalks.cms@hertfordshire.gov.uk) or visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)