

Walks and meeting point	Day/time	Date	Walk Grade/Information
Highfield Park YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Monday 9.30am	Every (Excluding Sep 19 and Dec 26)	Grade 3 (approx. 1 hour)
Wheathampstead Meet at the East Lane public car park behind The Bull, East Lane, AL4 8BL	Tuesday 10.30am	Every (Excluding Dec 27)	Grade 3
Highfield Park YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Tuesday 1.30pm	Every (Excluding Dec 27)	Grade 3 (approx. 1 hour)
Highfield Park YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Tuesday 1.30pm	Every (Excluding Dec 27)	First Steps
Verulamium Park Meet outside the New Westminster Lodge Leisure Centre, Holywell Hill, AL1 2DJ	Wednesday 7pm	Sep 7, 14, 21, 28 Oct 5, 12, 19, 26	Grade 3
Harpenden Meet at the Conference Centre car park, Rothamsted Centre for Research and Enterprise, West Common, AL5 2JQ	Thursday 10.30am	Every (Excluding Dec 29)	Grade 4
Greenwood Park Meet outside Greenwood Pk Community Centre, Tippendell Lane, Chiswell Green AL2 3HW	Friday 2pm	Every (Excluding bank holidays) No walk Dec 30	Grade 3
Redbourn Meet at Cricket Club car park, Redbourn AL3 7DB	Saturday 2pm	Sep 3 Nov 5	Grade 4
Batford & the River Lea Meet at Marquis Lane car park, Marquis Lane, AL5 5AA	Saturday 2pm	Oct 1 Dec 3	Grade 4
Batchwood Hall Batchwood Hall car park, off Batchwood Drive, St Albans, AL3 5XA	Sunday 10.30am	Sep 18 Nov 20	Grade 4
Bricket Wood Riverside Way car park, Drop Lane, Bricket Wood, AL2 3TX	Sunday 10:30 am	Oct 16 Dec 18	Grade 4

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