

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

Walks and meeting point	Day/time	Date	Walk Grade/Booking Information
South Oxhey Meet in the large car park All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Mondays 10am	Every (excluding bank holidays)	FIRST STEPS / GRADE 1
South Oxhey Meet in the large car park All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Mondays 10am	Every (excluding bank holidays)	GRADE 2 - 3
Cassiobury Park, Watford Meet at entrance to main Car Park, Gade Avenue, off Cassiobury Park Ave, on the grass, to the left of the height restriction barrier WD18 7LG NOTE: Change of meeting point	Alternate Tuesdays 10am	Sept 13, 27 Oct 11, 25 Nov 8, 22 Dec 6, 20	GRADE 1- 2 New Walk Duration 45 minutes
	Alternate Tuesdays 10am	Sept 13, 27 Oct 11, 25 Nov 8, 22 Dec 6, 20	GRADE 3 - 4 New Walk Duration around 75 minutes
South Oxhey Meet in the large car park All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Wednesdays 10am	Every	GRADE 3
South Oxhey Meet in the large car park All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Wednesdays 10am	Every	GRADE 4 +
Mill End Meet at Mill End Community Centre, Church Lane WD3 8HD	Wednesdays 11am	Every No walk 28th Dec	FIRST STEPS * / GRADE 1 * New Walk appx 30 mins
Abbots Langley Meet in the public car park – entrance at the side of Abbots Langley Pharmacy, 78 High Street, WD5 0AW (in parade of shops opposite Methodist Church)	Thursdays 10am	Every	GRADE 2 Duration 45 – 60 minutes
Abbots Langley Meet in the public car park – entrance at the side of Abbots Langley Pharmacy, 78 High Street, WD5 0AW (in parade of shops opposite Methodist Church)	Thursdays 10am	Every	GRADE 3
Maple Cross Tea Shack Woodoaks Farm, Denham Way, Maple Cross, Rickmansworth WD3 9XQ FREE PARKING on site along the track to the left by Dutch Barn - please park with care	Monthly Fridays 9.30am	Sept 2 Oct 14 Nov 11 Dec 2 * NB: change date	GRADE 4 +
Croxley Green Coach and Horses The Coach and Horses: meet at the public house car park, The Green, Croxley Green, WD3 3HX	Monthly Fridays (meet 9.50am for 10am start)	Sept 16 Oct 28 Nov 25 Dec 23	GRADE 3
Croxley Green Morrisons Supermarket Ascot Road, Watford, WD18 8AA Please Note: meet at green space adjacent to supermarket café	Fridays as specified (meet 9.50am for 10am start)	Sept 9, 23 Oct 7, 21 Nov 4, 18 Dec 2, 16, 30	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