

Hertfordshire Health Walks

Welwyn Hatfield



Timetable of walks from SEPTEMBER TO DECEMBER 2022

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	Information
Digswell Park Welwyn Garden City Bowls Club, 288 Knightsfield, Welwyn Garden City, AL8 7NQ	Monday 10am	Every No walk - Dec 26 Back on Jan 2	Grade 3
Stanborough Park Activity Centre, South Lake, Stanborough Park, Welwyn Garden City, AL8 6DQ	Tuesday 10am	Nov 8, 15, 22, 29 Dec 6, 13, 20 No walk - Dec 27	Grade 1-2 FREE parking on the day for Health Walkers. For exemption, please provide car registration to Health Walk leader on arrival
Hatfield First Steps Centre of Market Place (near the Town Inn), Hatfield, AL10 0LJ	Wednesday 2pm	Every	First Steps Wheel Chair & Buggy Friendly
Sherrardspark Wood Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX	Thursday 10am	Every	Grade 2
Sherrardspark Wood Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX	Thursday 10am	Every	Grade 3
Brookmans Park The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW	Thursday 10.30am	Every	Grade 3 *Extended Grade 3-4 walks (1.5 hrs) sometimes available
Beehive Lane Behind The Pavilion, King George V Playing Fields, Beehive Lane, Welwyn Garden City, AL7 4BP	Friday 10am	Every No walks - Dec 23 & Dec 30	Grade 3

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