

Join the Mass Health Walk on May 13th 2019

Be part of the largest countywide walking group!

Visit www.hertfordshire.gov.uk/healthwalks to register as a new walker or arrive 15 minutes before the walk to complete a sign up form. **Walks last between 30 and 90 minutes and are all FREE!** First Steps walks are suitable for wheelchairs and buggies.

Time	Location	Grade
9.30am	St Albans – Highfield Park – YMCA Highfield Park centre, 59 Russett Drive, St Albans, AL4 0DB	Grade 2-3
9.30am	Hoddesdon - Barclay Park – Your Town Café, 12A Fawkon Walk, Hoddesdon, EN11 8TJ	Grade 2
10am	WGC - Digswell Park – Welwyn Garden City Bowls Club, 288 Knightsfield, WGC, AL8 7NQ	Grade 3
10am	South Oxhey – All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	First Steps, Grade 1 & 2-3
10am	Hertford - Sele Farm & Panshanger Park – Meet by bench near shops, corner of Fleming Crescent/Tudor Way, Hertford, SG14 2DJ	Grade 2 & Grade 3-4
10am	Hemel Hempstead - Gadebridge Park , the White Bridge by the public car park, Leighton Buzzard Road, HP1 1AE	Grade 2 & Grade 3
11.15am	Hemel Hempstead - Gadebridge Park – As above	First Steps
10am	Thorley/Bishop's Stortford – Meet at St James the Great Church, Church Lane, CM23 4BE	Grade 3
10am	Wheathampstead – Meet at East Lane Car Park (behind The Bull PH), AL4 8BL	Grade 3-4
10am	Croxley Green Morrisons – Meet at the green space adjacent to the supermarket café, Ascot Road, Watford, WD18 8AA	Grade 3
10.30am	Bushey – King George Café, King George Rec Ground, King George Avenue, W23 4NT	Grade 3
10.30am	Markyate – The Baptist Church Garden, Buckwood Road, AL3 8JF	Grade 3-4
10.30am	Letchworth – Meet in the car park at Three Magnets public house, Leys Avenue, Letchworth, SG6 1EW	First Steps & Grade 2
10.30am	Letchworth – Meet at The Bird in Hand PH, High Street, Gosmore, SG4 7QG	Grade 4
10.30am	Potters Bar – Meet inside the train station, Darkes Lane, Potters Bar, EN6 1AN	Grade 1 & 3
10.30am	Norton, Nr Letchworth – Meet at the Three Horseshoes PH, Norton, SG6 1AG	Grade 3-4
11am	Bishops Stortford - Castle Park – Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Grade 1

11am	The Callowland Surgery – 141a Leavesden Road, Watford, WD24 5DG	First Steps
11am	Mill End – Meet at the Mill End Community Centre, Church Lane, WD3 8HD	First Steps
11am	Potters Bar – Public car park, Oakmere Park, High Street, EN6 5AU	First Steps
12pm	WGC - Sherrardspark Wood – Meet at Cinema Entrance, Campus West, Welwyn Garden City, AL8 6BX	Grade 2
4pm	Hatfield - Ellenbrook Fields/de Havilland – Meet at Hertfordshire Sports Village Entrance, de Havilland Campus, Hatfield Business Park, Hatfield, AL10 9EU	Grade 3

Visit www.hertfordshire.gov.uk/healthwalks or follow us on Facebook & Twitter @HertfordshireHealthWalks for more information about local walks in your area!
Send us your Mass Health Walk pictures or share using #HertsMassHealthWalk2019