

Hertfordshire Health Walks

Dacorum



Timetable of walks May to August 2017

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
Gadebridge Park Hemel Hempstead. The White Bridge by the public car park, Leighton Buzzard Road HP1 1AE	Mondays 10am	Every (except Bank Holidays)	
	Mondays 11.15am	Every (except Bank Holidays)	 Buggy friendly
Kings Langley Car park by Cricket Pavilion on KL Common, Vicarage Lane, WD4 9HS	Alternate Tuesdays 10am	May 2, 16, 30 Jun 13, 27 Jul 11, 25 Aug 8, 22	
Kings Langley The Nap car park behind library, off A4251, WD4 8ET	Alternate Wednesdays 10am	May 10, 24 Jun 7, 21 Jul 5, 19 Aug 2, 16, 30	
Potten End The Green near the Village Hall, HP4 2QG	Alternate Wednesdays 10am	May 3, 17, 31 Jun 14, 28 Jul 12, 26 Aug 9, 23 Sep 6	
Little Hay Golf Complex, Box Lane, Bovington HP3 0XT	Wednesdays 1.30pm	Every	
Berkhamsted at public car park, Broadwater off Lower Kings Road, HP4 2AL (over canal footbridge opposite Waitrose)	Alternate Thursdays 10am	May 4, 18 Jun 1, 15, 29 Jul 13, 27 Aug 10, 24	
Tring Outside the Zoological Museum, Akeman Street, HP23 6AP	Alternate Thursdays 10am	May 11, 25 Jun 8, 22 Jul 6, 20 Aug 3, 17, 31	
Markyate The Baptist Church garden, Buckwood Road, AL3 8JF	Fridays 10.30am	Every	This is 75 mins
Grovehill Open Spaces Beside Tesco, Henry Wells Square, Aycliffe Drive, HP2 6BJ	Alternate Fridays 10am	May 5, 19 Jun 2, 16, 30 Jul 14, 28 Aug 11, 25	 This is a 1 hour walk
Apsley Hemel Hempstead. Canal side of Sainsburys' entrance, HP3 9QW	Alternate Fridays 10am	May 12, 26 Jun 9, 23 Jul 7, 21 Aug 4, 18	
Evening and weekend walks in various locations. Please see website for details www.hertfordshire.gov.uk/healthwalks	Tuesdays 7pm Sundays 2pm	May to August	 'Some' Public Transport

Walk Key:

Accessible by Public Transport

Refreshments available after walk

Wheelchair friendly

Type of walk - the walks cater for all abilities and are graded from 1st Steps (our easiest) to grade 4 (most challenging). Further explanation is available on our website. You don't need special equipment - just some suitable shoes and waterproofs. We recommend you bring a bottle of water.

Website: www.hertfordshire.gov.uk/healthwalks
Email: healthwalks.cms@hertfordshire.gov.uk



Telephone: 01992 588433
Dates exclude bank holidays