

Hertfordshire Health Walks

May - August 2017



Welcome to the **Dacorum** Health Walks programme, part of a countywide programme of **FREE**, led walks, helping **everyone** get outdoors, get more active and reap the benefits

Why walk?

Health Walks are an ideal way of taking exercise:

- Suitable for all ages and abilities
- Local, short and free
- Sociable - walk in groups and meet new people
- Strengthen your heart, muscles and bones
- Good for your wellbeing – de-stress and increase your confidence



Walk Grading

The walks are graded so you can choose the most suitable walk for you.



Accessible by Public Transport



Wheelchair friendly



Refreshments available nearby



Type of walk – level based on estimated time it takes to walk, hills, stiles - unless otherwise stated

1st STEPS our easiest walk, 20 - 30 minutes, flat and even ground, gentle pace, no stiles, regular stopping places

1 easy walk, 30 minutes, about 1.5 miles, gentle hills, no stiles

2 easy/moderate walk, 45 minutes, about 2 miles, moderate hills, no stiles

3 moderate walk, 1 hour, about 3 miles, moderate hills, faster pace, possible stiles




































4 moderate plus, up to 90 minutes, possible steep inclines and stiles

What you need to know

- Start slowly and always walk at a pace you are comfortable with, you should still be able to chat to the person next to you!
- All walks are led by trained volunteers.
- Brisk walking brings the most benefits (brisk is feeling a little warmer and breathing a little harder).
- Current medical advice suggests adults should aim to take moderate exercise for 150 minutes a week.
- Rarely, leaders may cancel individual walks for safety reasons

































NEW! Find a Health Walk near you using our postcode search online at www.hertfordshire.gov.uk/healthwalks

Timetable of walks May to August 2017

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)	1st STEPS     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	  

SUNDAYS – May to August 2017

these walks are 75 – 90 mins





















Walks and Meeting Point	Day / Time	Date	Information
Long Marston at Queens Head PH Tring Road HP23 4QL	Sunday 2pm	May 7	 
Ashley Green at the Village Hall, Two Dells Lane off Chesham Road A416, HP5 3PP	Sunday 2pm	May 14	 
Wigginton at Recreation Ground, Chesham Road, next to Greyhound PH HP23 6EH	Sunday 2pm	May 21	
Bovingdon at Bovingdon Library, High Street, HP3 0HJ	Sunday 2pm	May 28	 
Cow Roast at Cow Roast PH between Berkhamsted and Tring A4251 HP23 5RF	Sunday 2pm	Jun 4	  
Tring at The Forge public car park off Tring High Street, HP23 5AG (parking fees may be payable)	Sunday 2pm	Jun 11	  
Sarratt at The Green, opposite The Boot PH WD3 6BL	Sunday 2pm	Jun 18	 
Great Gaddesden at The Garden Centre, Pipers Hill A4146 HP1 3BY	Sunday 2pm	Jun 25	 
Markyate at public car park Hicks Road off A5, AL3 8LJ	Sunday 2pm	Jul 2	 
Chipperfield at The Common outside Church WD4 9BS	Sunday 2pm	Jul 9	 
Aston Clinton Park at London Road HP22 5HL (entrance to park near pedestrian crossing)	Sunday 2pm	Jul 16	  
Flauden at Village Hall, Birch Lane HP3 0PP	Sunday 2pm	Jul 23	 
Little Hay Golf Complex, Box Lane, Bovingdon, B4505, HP3 0XT	Sunday 2pm	Jul 30	 
Wilstone at Village Hall, Tring Road off B489, HP23 4PE	Sunday 2pm	Aug 6	 
Little Gaddesden at car park near Village Hall, Church Road HP4 1NX	Sunday 2pm	Aug 13	 

SUNDAYS – May to August 2017 these walks are 75 – 90 mins

Walks and Meeting Point	Day / Time	Date	Information
Hemel Hempstead at Top of the World PH, Warners End Road HP1 3QF	Sunday 2pm	Aug 20	  
Gaddesden Row at Gaddesden Row JMI School, HP2 6HG	Sunday 2pm	Aug 27	 
Apsley at public car park, Durrants Hill off A4251 HP3 9RW (parking fees may be payable)	Sunday 2pm	Sep 3	  

Out and About TUESDAY evenings – May to August 2017

these walks last about 1 hour

Walks and Meeting Point	Day / Time	Date	Information
Apsley at public car park, Durrants Hill off A4251, HP3 9RW	Tuesday 7pm	May 9	  
Leverstock Green at Village Centre car park off A4147 HP3 8QQ	Tuesday 7pm	May 23	  
Potten End at the Green opposite Village Hall, HP4 2QG	Tuesday 7pm	Jun 6	 
Little Gaddesden at car park near Village Hall, Church Road HP4 1NX	Tuesday 7pm	Jun 20	 
Berkhamsted at public car park, Broadwater off Lower Kings Road, HP4 2AL	Tuesday 7pm	Jul 4	 
Hemel Hempstead at Gadebridge Park by The White Bridge the public car park Leighton Buzzard Road HP1 1AE	Tuesday 7pm	Jul 18	 
Bovingdon at Bovingdon Library, High Street, HP3 0HJ	Tuesday 7pm	Aug 1	 
Hemel Hempstead at Woodhall Farm shops, Shenley Road HP2 7QH	Tuesday 7pm	Aug 15	 
Kings Langley at The Nap public car park, behind library off A4251, WD4 8ET	Tuesday 7pm	Aug 29	 

Volunteer Health Walk leaders wanted! We're looking for new leaders to join our teams in Dacorum and across Hertfordshire.

- It's flexible
- We provide free training and all resources
- It's fun and rewarding

Interested? Join a Health Walk to find out more, or contact the team on **01992 588433**

Getting started

- Are you ready to walk? Before you join your first walk, please fill in our simple online form on our website and then bring your reference number with you. Or just turn up 10 minutes early for your first walk and fill in a copy from your leader.
- You don't need special equipment – just some suitable shoes and waterproofs. We also recommend bringing a bottle of water.
- If you are in any doubt about joining a Health Walk contact your doctor.

For information on getting to the walks via public transport call Traveline on **0300 123 4050** (open 8am to 8pm) or log on to **www.intalink.org.uk**

Ready for the next step?

For self-guided walking maps or details of themed and longer walks visit the Countryside Management Service website **www.hertfordshire.gov.uk/cms**
For details of guided walks visit **hertfordshire.gov.uk/walksandmore**.

Get involved

We have lots of opportunities for volunteering with Hertfordshire Health Walks whether you are interested in leading, promoting or developing the walks. Get in touch or visit the website to find out more.

Other Walks

For more Health Walks including Watford and Abbots Langley please see the Watford and Three Rivers Programme.



For more information about Health Walks contact us at

w: www.hertfordshire.gov.uk/healthwalks

e: healthwalks.cms@hertfordshire.gov.uk

t: 01992 588433

facebook.com/hertfordshirehealthwalks

twitter.com/hertshealthwalk

This information can be made available on request in other formats including large print, Braille, audio and in other languages. Please contact **01992 588433**.

Hertfordshire Health Walks are supported by Hertfordshire County Council through its sponsorship of the Countryside Management Service.

