

Hertfordshire Health Walks

May - August 2017



Hertfordshire



Health Walks

Welcome to the **East Herts** 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
Sele Farm & Panshanger Park Meet by bench near shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Mondays 10am	Every (except bank holidays)	
Sele Farm Meet by bench near shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Mondays 11.15am	Every (except bank holidays)	
Bengeo & Waterford Marsh Meet outside the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU	Tuesdays 10am	Every	
Hertford Bircherley Green Meet outside Bircherley Green and Bircherley Court (opposite bus station), off Railway Street, Hertford, SG14 1RL	Wednesday 10am	Every	
Hartham Common Meet at the bench near, Hartham Leisure Centre, Hartham Common, Hertford, SG14 1QR	Alternate Sundays 11am	May 14, 28 Jun 11, 25 Jul 9, 23 Aug 6, 20	
	Alternate Sundays 2pm	May 7, 21 June 4, 18 July 2, 16, 30 August 13, 27	
	Wednesdays 7pm	Every	
Ware Meet outside the front entrance of Wodson Park Leisure Centre, Wadesmill Road, Ware, SG12 0UQ	Alternate Fridays 10am	May 12, 26 June 9, 23 July 7, 21 August 4, 18	
Stanstead Abbots Meet at the Red Lion pub car park, 1 High Street, Stanstead Abbots, Hertfordshire, SG12 8AA	Alternate Fridays 10am	May 5, 19 June 2, 16, 30 July 14, 28 August 11, 25	 Pub facilities open at 12pm
Bishop's Stortford Southern Country Park Meet at the car park off Thorley Lane East, Bishop's Stortford, Grid ref TL476 193	Mondays 10am (includes bank holidays)	May 1, 8, 22, 29 June 5, 19 July 3, 17, 31 August 14, 28	

Dates exclude bank holidays except in Bishop's Stortford

Volunteer Health Walk leaders wanted! We're looking for new leaders to join our teams in East Herts 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.



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.

