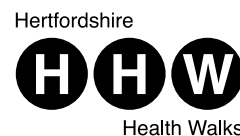


# Hertfordshire Health Walks

## Dacorum



### Timetable of walks January to April 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
<b>Gadebridge Park</b> Hemel Hempstead The White Bridge by the public car park, Leighton Buzzard Road, HP1 1AE	Mondays 10am	Every	
	Mondays 11.15am	Every	
<b>Kings Langley</b> Car park by Cricket Pavilion on KL Common, Vicarage Lane, WD4 9HS	Alternate Tuesdays 10am	Jan 10, 24 Feb 7, 21 Mar 7, 21 Apr 4, 18	
<b>Kings Langley</b> The Nap car park behind library, off A4251, WD4 8ET	Alternate Wednesdays 10am	Jan 4, 18 Feb 1, 15 Mar 1, 15, 29 Apr 12, 26	
<b>Potten End</b> The Green near the Village Hall, HP4 2QG	Alternate Wednesdays 10am	Jan 11, 25 Feb 8, 22 Mar 8, 22 Apr 5, 19	
<b>Little Hay</b> Golf Complex, Bovingdon Box Lane, HP3 0DT	Wednesdays 1.30pm	Every	
<b>Berkhamsted</b> at public car park, Broadwater off Lower Kings Road, HP4 2AL (over canal footbridge opposite Waitrose)	Alternate Thursdays 10am	Jan 12, 26 Feb 9, 23 Mar 9, 23 Apr 6, 20	
<b>Tring</b> Outside the Zoological Museum, Akeman Street, HP23 6AP	Alternate Thursdays 10am	Jan 5, 19 Feb 2, 16 Mar 2, 16, 30 Apr 13, 27	
<b>Markyate</b> The Baptist Church garden, Buckwood Road, AL3 8JF	Fridays 10.30am	Every	This is 75 mins
<b>Grovehill Open Spaces</b> Beside Tesco, Henry Wells Square, Aycliffe Drive, HP2 6BJ	Alternate Fridays 10am	Jan 13, 27 Feb 10, 24 Mar 10, 24 Apr 7, 21	This is a 1 hour walk
<b>Apsley</b> Hemel Hempstead. Canal side of Sainsburys' entrance, HP3 9QW	Alternate Fridays 10am	Jan 6, 20 Feb 3, 17 Mar 3, 17, 31 Apr 28	
<b>Weekend walks</b> in various locations Please see website for details.	Sundays 2pm	Jan to Apr (Every including bank holidays)	

Dates exclude bank holidays unless otherwise stated

#### 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.hertfordshirehealthwalks.org](http://www.hertfordshirehealthwalks.org)  
Email: [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk)

Telephone: 01992 588433  
Dates exclude bank holidays