

Hertfordshire Health Walks

January - April 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



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



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



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



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













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

Timetable of walks January to April 2017

Walks and meeting point	Day/time	Date	Information
Hemel Hempstead Gadebridge Park, The White Bridge by the public car park, Leighton Buzzard Road, HP1 1AE	Mondays 10am	Every (except bank holidays)	
	Mondays 11.15am	Every	
Kings Langley 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	
Kings Langley 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	
Potten End The Green near the Village Hall, HP4 2QG	Alternate Wednesdays 10am	Jan 11, 25 Feb 8, 22 Mar 8, 22 Apr 5, 19	
Little Hay Golf Complex, Bovington Box Lane, HP3 0DT	Wednesdays 1.30pm	Every	
Berkhamsted 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	
Tring Outside the Zoological Museum, Akeman Street, HP23 6AP	Alternate Thursdays 10am	Jan 5, 19 Feb 2, 16 Mar 2, 16, 30 Apr 13, 27	
Markyate The Baptist Church garden, Buckwood Road, AL3 8JF	Fridays 10.30am	Every (except bank holidays)	 This is 75 mins
Grovehill Open Spaces 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

Dates exclude Bank Holidays









Timetable of walks January to April 2017

Walks and meeting point	Day/time	Date	Information
Apsley Hemel Hempstead. Canal side of Sainsburys' entrance, HP3 9QW	Alternate Fridays 10am	Jan 6, 20 Feb 3, 17 Mar 3, 17, 31 Apr 28	












Dates exclude Bank Holidays

Sundays – January to April 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	Jan 1	
Hemel Hempstead fields and open spaces at Henry Wells Square, Aycliffe Drive, Grove Hill, HP2 6BJ	Sunday 2pm	Jan 8	
Leverstock Green at Village Centre car park off A4147, HP3 8QQ	Sunday 2pm	Jan 15	
Tring at The Forge public car park off Tring High Street, HP23 5AG (parking fees may be payable)	Sunday 2pm	Jan 22	
Piccotts End at Hilliers Garden Centre, Leighton Buzzard Road A4146, HP1 3BA	Sunday 2pm	Jan 29	
Apsley at public car park, Durrants Hill off A4251, HP3 9RW (parking fees may be payable)	Sunday 2pm	Feb 5	
Berkhamsted at public car park, Broadwater off Lower Kings Road, HP4 2AL (over canal footbridge opposite Waitrose)	Sunday 2pm	Feb 12	
Hemel Hempstead at Woodhall Farm shops, Shenley Road HP2 7QH	Sunday 2pm	Feb 19	

Sundays – January to April 2017 these walks are 75 – 90 mins

Walks and meeting point	Day/time	Date	Information
Boxmoor at public car park, Park Road, by Sports Centre, HP1 1JS (parking fees may be payable)	Sunday 2pm	Feb 26	
Ashridge Estate meet at the Bridgewater Monument, Ashridge Park, Ringshall, Berkhamsted, off B4506, HP4 1LX	Sunday 2pm	Mar 5	
Markyate at public car park Hicks Road off A5, AL3 8LJ	Sunday 2pm	Mar 12	
Wigginton at Recreation Ground, Chesham Road, next to Greyhound Pub, HP23 6EH	Sunday 2pm	Mar 19	
Abbots Langley at public car park, off High Street behind the parade of shops opposite Methodist Church, WD5 0AY	Sunday 2pm	Mar 26	
Hemel Hempstead Gadebridge Park by The White Bridge by the public car park, Leighton Buzzard Road, HP1 1AE	Sunday 2pm	Apr 2	
Chipperfield at The Common outside Church, WD4 9BS	Sunday 2pm	Apr 9	
Kings Langley at The Nap public car park, behind library off A4251, WD4 8ET	Sunday 2pm	Apr 16	
Flauden at Village Hall, Birch Lane, HP3 0PP	Sunday 2pm	Apr 23	
Potten End at the Green opposite Village Hall, HP4 2QG	Sunday 2pm	Apr 30	
Long Marston at Queens Head Pub, Tring Road, HP23 4QL	Sunday 2pm	May 7	

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**

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 guided walks visit **hertfordshire.gov.uk/walksandmore**



For more information about Health Walks contact us at

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t: 01992 588433

[facebook.com/hertfordshirehealthwalks](https://www.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.

