

# Hertfordshire Health Walks

January - April 2017



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



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
<b>Sele Farm &amp; Panshanger Park</b> Meet by bench near shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Mondays 10am	Every (except Jan 2 and April 17)	
<b>Sele Farm</b> Meet by bench near shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Mondays 11.15am	Every (except Jan 2 and April 17)	
<b>Bengeo &amp; Waterford Marsh</b> Meet outside the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU	Tuesdays 10am	Every	
<b>Hertford Bircherley Green</b> Meet outside Bircherley Court (opposite bus station), off Railway Street, Hertford, SG14 1RL	Wednesday 10am	Every	
<b>Hartham Common</b> Meet at the bench near, Hartham Leisure Centre, Hartham Common, Hertford, SG14 1QR	Alternate Sundays 11am	Jan 8, 22 Feb 5, 19 Mar 5, 19 Apr 2, 30 (no walk on Easter Sunday)	
	Alternate Sundays 2pm	Jan 15, 29 Feb 12, 26 Mar 12, 26 Apr 9, 23 (no walk on New Year's Day)	
<b>Ware</b> Meet outside the front entrance of Wodson Park Leisure Centre, Wadesmill Road, Ware, SG12 0UQ	Alternate Fridays 10am	Jan 6, 20 Feb 3, 17 Mar 3, 17, 31 Apr 28 (no walk on Good Friday)	
<b>Stanstead Abbotts</b> Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbotts, Hertfordshire, SG12 8AA	Alternate Fridays 10am	Jan 13, 27 Feb 10, 24 Mar 10, 24 Apr 7, 21	 Pub facilities open at 12pm
<b>Bishop's Stortford</b> Southern Country Park Meet at the car park off Thorley Lane East, Bishop's Stortford, Grid ref TL476 193	Alternate Mondays 10am	Jan 2, 16, 30 Feb 13, 27 March 13, 27 April 10, 17, 24 (includes bank holidays)	

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](http://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](http://www.hertfordshire.gov.uk/cms)**

For details of guided walks visit **[hertfordshire.gov.uk/walksandmore](http://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.hertfordshirehealthwalks.org](http://www.hertfordshirehealthwalks.org)

**e:** [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk)

**t:** 01992 588433

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

[twitter.com/hertshealthwalk](https://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.

