North Herts

Hertfordshire Health Walks

January - April 2017

Countryside Management Service

Hertfordshire HHW Health Walks

Welcome to the **North 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

4+ — longer than 90 minutes; classified as a progression walk; see walk information for more details

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
Three Magnets PH Leys Avenue, Letchworth, SG6 1EW	Mondays 10.30am	Every	1st STEPS 2
The Orange Tree PH Stevenage Road, Hitchin, SG4 9DR Meet in the back car park	Alternate Mondays 10.30am	Jan 9, 23 Feb 6, 20 Mar 6, 20 Apr 3, 17	4
Knebworth Sports Pavillion, Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, or on foot via Stevenage Road)	Alternate Tuesdays 10.30am	Jan 3, 17, 31 Feb 14, 28 Mar 14, 28 April 11, 25	1st STEPS 1
Three Horseshoes PH Norton, SG6 1AG	First and third Tuesday 10.30am	Jan 3, 17 Feb 7, 21 Mar 7, 21 Apr 4, 18	3 - 4
Millstream PH Cambridge Road, Hitchin, SG4 0JH	First and third Tuesday 11am	Jan 3, 17 Feb 7, 21 Mar 7, 21 Apr 4, 18	1st STEPS
Standalone Farm Wilbury Road, Letchworth, SG6 4JN Meet in the first car park	Second and fourth Tuesday10.30am	Jan 10, 24 Feb 14, 28 Mar 14, 28 Apr 11, 25	3 - 4
Three Moorhens PH Hitchin Hill, Hitchin, SG4 9AJ Meet in the top car park	Tuesdays 2.00pm	Every	3
St George's Church Hall Common View, Letchworth, SG6 1DD Meet in car park	Wednesdays 10am	Every	1st STEPS 1 - 2
Three Moorhens PH Hitchin Hill, Hitchin, SG4 9AJ Meet in the top car park	Alternate Thursdays 11am	Jan 12, 26 Feb 9, 23 Mar 9, 23 Apr 6, 20	2 - 3
Highlander PH Upper Tilehouse Street, Hitchin, SG5 2EF	Fridays 10.30am	Every	3 - 4
The Plume of Feathers PH Chambers Lane, Ickleford SG5 3YD	Monthly Saturday 10am	Jan 21 Feb 18 Mar 18 Apr 15	4
The Fox PH Willian, SG6 2AE	Monthly Saturday 10am	Jan 28 Feb 25 Mar 25 Apr 22	3 - 4

Volunteer Health Walk leaders wanted! We're looking for new leaders to join our teams in North 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**

The following walks are categorised as Grade 4+, as they are longer than 90 minutes

Walks and meeting point	Day/time	Date	Information
Site of the former Windmill PH Charlton, SG5 2AE	Mondays 10.30am	Jan 2, 16, 30 Feb 13, 27 Mar 13, 27 Apr 10, 24	4+ At least 2 hours, 5+ miles
Weston Hills Meet at the junction of Chalk Hills and London Road at the southern end of Baldock. Near SG7 6LZ	10am Monthly Saturdays	Jan 7 Feb 4 Mar 4 Apr 1	4+ At least 2 hours, 5.5 miles and includes hills

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 and themed walks visit **www.hertfordshire.gov.uk/walksandmore**.

Other Walks

Are you passionate about walking and want to help others explore their local environment? To volunteer as a Hertfordshire Health Walk leader visit **www.hertfordshirehealthwalks.org** for more information.

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**

For more information about Health Walks contact us at
w: www.hertfordshirehealthwalks.org
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.

INVESTING IN VOLUNTEERS

walking for health

Hertfordshire

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