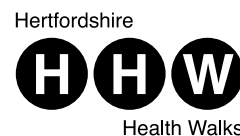


Hertfordshire Health Walks

St Albans City & District



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
Highfield Park Charters Health Club car park, Hill End Lane, Opposite Spar, AL4 0DB	Mondays 9.30am	Every	
Wheathampstead Meet at the public car park behind The Bull, East Lane, AL4 8BL	Tuesdays 10.30am	Every	
Highfield Park Charters Health Club car park, Hill End Lane, Opposite Spar, AL4 0DB	Tuesdays 1.30pm	Every	
Verulamium Park Meet outside the New Westminster Lodge Leisure Centre, Holywell Hill, AL1 2DJ	Wednesdays 7.00pm	Apr 5, 12, 19, 26	
Hatching Green Redbourn Lane, Harpenden, AL5 2JP – on road parking only	Thursdays 10.30am	Every	
Greenwood Park Meet outside Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW	Fridays 2.00pm	Every	
Wheathampstead Meet at the public car park behind The Bull, East Lane, AL4 8BL	Saturdays 10.30am	Jan 7, Feb 4, Mar 4, Apr 1	
Bricket Wood Moor Mill Pub car park, off Smug Oak Lane, Bricket Wood, AL2 3TX	Sundays 10.30am	Jan 15 Mar 19	
Heartwood Forest in Heartwood Forest car park, High Street, Sandridge, AL3 6JB	Sundays 10.30am	Feb 19 Apr 23	
NEW! London Colney Health Walks Explore your local community and get fit at the same time	Visit www.hertfordshirehealthwalks.org for more information, and see local advertising.		

Dates include bank holidays unless stated. Note programme for Harpenden changes slightly every 4 months. Please check programmes and website for the latest information.

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
Email: healthwalks.cms@hertfordshire.gov.uk



Telephone: 01992 588433