

Hertfordshire Health Walks

January - April 2017



Welcome to the **St Albans City & District** 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
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 Meet 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.co.uk 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.

Volunteer Health Walk leaders wanted! We're looking for new leaders to join our teams in St Albans City & District 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**

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 walks visit **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

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.

