

Hertfordshire Health Walks

Watford and Three Rivers



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
Rickmansworth Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB	Tuesday 2 pm	Jan 3, 17, 31 Feb 14, 28 Mar 14, 28 Apr 11, 25	
Cassiobury Park, Watford Meet at The Cha café by tennis courts, nr Shepherds Road, WD18 7HY	Wednesdays 10.30am	Every	
	Wednesdays 11am	Every	
South Oxhey Meet at Bridlington Road end of the Precinct, WD19 7AG	Wednesdays 10.30am	Every	
Abbots Langley Public car park off High Street behind the parade of shops opposite the Methodist Church, WD5 0AY	Thursdays 10am	Every	
	Thursdays 11.15am		
Bushey Meet at café building, King George Recreation Ground, King George Avenue, WD23 4NT	Thursdays 10.30am	Every	
Croxley Green Meet at the Artichoke pub on The Green, WD3 3HN	Fridays meet at 9.50am to start at 10am	Jan 13, 27 Feb 10, 24 Mar 10, 24 Apr 7, 21	
Croxley Green Harvester The Two Bridges, Baldwins Lane, WD3 3RX	Alternate Fridays 10am	Jan 6, 20 Feb 3, 17 Mar 3, 17, 31 Apr 14, 28	
Rickmansworth Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB	Saturdays 2.30pm	Jan 7 Feb 4 Mar 11 Apr 8	
Rickmansworth Meet at Scots Hill Playing Fields - far end of public car park, Scots Mill Lane, WD3 1AT	Sundays 2.30pm	Jan 22 Feb 19 Mar 26 Apr 23	
NEW! Taster Health Walks in Maple Cross, Mill End and South Oxhey	Visit the website www.hertfordshirehealthwalks.org and look out for local advertising for more 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
Dates include bank holidays