

# Hertfordshire Health Walks

January - April 2017



Welcome to the **Welwyn Hatfield** 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>Digswell Park</b> Welwyn Garden City Bowls Club, 288 Knightsfield, Welwyn Garden City, AL8 7NQ	Mondays 10.00am	Weekly (except Easter Monday April 17)	
<b>Stanborough Park</b> Finesse Activity Centre, South Lake, Stanborough Park, Welwyn Garden City, AL8 6DQ	Tuesdays 12.30pm	Weekly	buggy friendly
	2nd Saturday of the month 2.00pm	Jan 14 Feb 11 Mar 11 Apr 8	buggy friendly
<b>Hatfield First Steps</b> Hatfield Town Hub, 56 Town Centre, White Lion Square, Hatfield, AL10 0JJ	Wednesdays 2.00pm	Weekly	
<b>Hatfield Stream Woods</b> High View Shops, off Bishops Rise, Hatfield, AL10 8JB	1st Wednesday of the month 10.30am	January 4 February 1 March 1 April 5	
<b>Sherrardspark Wood</b> Cinema Entrance, Campus West, Welwyn Garden City, AL8 6BX	Thursdays 10.00am	Weekly	
<b>Brookmans Park</b> Meet at The Brookmans Pub, Bradmore Green, AL9 7QW	Thursdays 10.30am	Weekly	
<b>Beehive Lane</b> Finesse Centre, King George V Playing Fields, Beehive Lane, Welwyn Garden City, AL7 4BP	Fridays 10.00am	Weekly (except Good Friday April 14)	buggy friendly
<b>Ellenbrook Fields/de Havilland</b> Hertfordshire Sports Village Entrance, de Havilland Campus, Hatfield Business Park, Hatfield, AL10 9EU	Fridays 4.00pm	Weekly (except Good Friday April 14)	

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

## Hertfordshire Year of Walking

Take the Pledge and show your support for free walking schemes in Hertfordshire. In return you'll receive tips and inspiration to motivate you to keep walking, plus information about exciting walking events taking place throughout the year. Visit **[www.hertsdirect.org/walking](http://www.hertsdirect.org/walking)** or call **01992 588433**.

## 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.

## Other walks

For Health Walks in Potters Bar (Hertsmere), Hertford (East Herts) and St. Albans, programmes are available for download from the link below.



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://www.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.

