

# Hertfordshire Health Walks

## Welwyn Hatfield

### Timetable of walks May to August 2019

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
<b>Digswell Park</b> Welwyn Garden City Bowls Club, 288 Knightsfield, Welwyn Garden City, AL8 7NQ	Mondays 10.00am	Weekly	3
<b>Sherrardspark Wood</b> Cinema Entrance, Campus West, Welwyn Garden City, AL8 6BX	Mondays 12noon	Weekly	1-2 Supported by MIND
<b>Stanborough Park</b> Finesse Activity Centre, South Lake, Stanborough Park, Welwyn Garden City, AL8 6DQ	Tuesdays 12.30pm	Weekly	1-2 Buggy friendly
	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays of the month 6pm	May 1, 15 June 5, 19 July 3, 17 August 7, 21	
	Thursdays 8am	Weekly	
	2 <sup>nd</sup> Saturday of the month 2pm	May 11 June 8 July 13 August 10	
<b>Old Hatfield/Stream Woods</b> Hatfield Station Entrance, 79 Great North Rd, Hatfield, AL9 5AB	1 <sup>st</sup> Tuesday of the month 2pm	May 7 June 4 July 2 August 6	1-2
<b>Hatfield First Steps</b> Erol's Cafe, 60 Town Centre, White Lion Square, Hatfield, AL10 0JJ	Wednesdays 2pm	Weekly	1st STEPS Buggy friendly
<b>Sherrardspark Wood</b> Cinema Entrance, Campus West, Welwyn Garden City, AL8 6BX	Thursdays 10am	Weekly	2 3
<b>Brookmans Park</b> The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW	Thursdays 10.30am	Weekly	3-4
<b>Beehive Lane</b> The Pavilion, King George V Playing Fields, Beehive Lane, Welwyn Garden City, AL7 4BP	Fridays 10am	Weekly	3 Grade 2 walkers can be accommodated
<b>Ellenbrook Fields/de Havilland</b> Hertfordshire Sports Village Entrance, de Havilland Campus, Hatfield Business Park, Hatfield, AL10 9EU	Fridays 4pm	Weekly	3

All walks are FREE and there's no need to book – just turn up!

Walks are graded between 20-30 minutes (First Steps) and 90 minutes (Grade 4), unless otherwise stated.

**If you'd like to get in touch call 01992 588433 email: [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk)**

**For more details visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)**