

Hertfordshire Health Walks

May - August 2017



Hertfordshire



Health Walks

Welcome to the **North Herts** 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

1

easy walk, 30 minutes, about 1.5 miles, gentle hills, no stiles

2

easy/moderate walk, 45 minutes, about 2 miles, moderate hills, no stiles

3

moderate walk, 1 hour, about 3 miles, moderate hills, faster pace, possible stiles

4

moderate plus, up to 90 minutes, possible steep inclines and stiles

4+




























longer than 90 minutes; classified as a progression walk

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

NEW! Find a Health Walk near you using our postcode search online at www.hertfordshire.gov.uk/healthwalks

Timetable of walks May to August 2017

Walks and meeting point	Day/time	Date	Information
Three Magnets PH Leys Avenue, Letchworth, SG6 1EW	Mondays 10:30am	Every	1st STEPS 2    buggy friendly
The Orange Tree PH Stevenage Road, Hitchin, SG4 9DR Meet in the back car park	Alternate Mondays 10.30am	May 1, 15, 29 Jun 12, 26 Jul 10, 24 Aug 7, 21	4  
Knebworth Sports Pavillion, Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, or on foot via Stevenage Road)	Alternate Tuesdays 10:30am	May 9, 23 Jun 6, 20 Jul 4, 18 Aug 1, 15	1st STEPS 1    buggy friendly
Three Horseshoes PH Norton, SG6 1AG	1st & 3rd Tuesday 10.30am	May 2, 16 Jun 6, 20 Jul 4, 18 Aug 1, 15	4 Grade 3 also available on first Tuesday of the month
Millstream PH Cambridge Road, Hitchin, SG4 0JH	1st & 3rd Tuesday 11am	May 2, 16 Jun 6, 20 Jul 4, 18 Aug 2, 15	1st STEPS    buggy friendly
Standalone Farm Wilbury Road, Letchworth, SG6 1DD Meet in the first car park	2nd & 4th Tuesday 10:30am	May 9, 23 Jun 13, 27 Jul 11, 25 Aug 8, 22	3 
Three Moorhens PH Hitchin Hill, Hitchin, SG4 9AJ Meet in top car park	Tuesdays 2.00pm	Every	3  
St George's Church Hall Common View, Letchworth, SG6 1DD Meet in car park	Wednesdays 10am	Every	1st STEPS 2    buggy friendly
Oughtonhead Common & Nature Reserve The top of Grays Lane - the turning opposite The Highlander - Hitchin, SG5 2EF	Monthly Wednesdays 7pm	May 17 Jun 21 Jul 19 Aug 16	3-4 
The Plume of Feathers PH Chambers Lane, Ickleford, SG5 3YD	Monthly Thursday 7pm	May 18 Jun 15 Jul 20 Aug 17	4  
Three Moorhens PH Hitchin Hill, Hitchin, SG4 9AJ Meet in the top car park	Alternate Thursdays 11am	May 4, 18 Jun 1, 15, 29 Jul 13, 27 Aug 10, 24	2-3  
Highlander PH Upper Tilehouse Street, Hitchin, SG5 2EF	Fridays 10.30am	Every	3-4  
The Plume of Feathers PH Chambers Lane, Ickleford SG5 3YD	Monthly Saturday 10am	May 20 Jun 17 Jul 22 Aug 19	4  
The Fox PH Willian, SG6 2AE	Monthly Saturday 10am	May 27 Jun 24 Jul 29 Aug 26	3-4 

The following walks are categorised as Grade 4+, as they are longer than 90 minutes

Site of the former Windmill PH Charlton, SG5 2AE	Alternate Mondays 10.30am	May 8, 22 Jun 5, 19 Jul 3, 17, 31 Aug 14, 28	 At least 2 hours, 5+miles
Weston Hills Meet at the junction of Chalk Hills and London Road at the southern end of Baldock. Near SG7 6LZ	Monthly Saturday 10am	May 6 Jun 3 Jul 1 Aug 5	 At least 2 hours, 5.5+ miles and includes hills

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 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



For more information about Health Walks contact us at

w: www.hertfordshire.gov.uk/healthwalks

e: healthwalks.cms@hertfordshire.gov.uk

t: 01992 588433

[facebook.com/hertfordshirehealthwalks](https://www.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.

