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Watford and Three Rivers

Timetable of walks SEPTEMBER to DECEMBER 2018

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 | Walk Grade/Information |
|---|--|---|--|
| South Oxhey The Centre, Gosforth Lane, WD19 7AX | Mondays 10am | Every |      |
| Rickmansworth Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB | Tuesdays 2pm | Every (no walk Dec 25 or Jan 1) |     |
| Cassiobury Park, Watford Meet at The Cha Cafe by tennis courts, nr Shepherds Road, WD18 7HY | Wednesdays 10.30am | Every (no walk Dec 26) |    Fast pace walk |
| | Wednesdays 11am for a 11.10am start | Every (no walk Dec 26) |     Duration 1 hour |
| South Oxhey Meet at Bridlington Road end of the Precinct WD19 7AG | Wednesdays 10.30am | Every (no walk Dec 26) |    Grade 4 walk also available |
| Mill End Meet at Mill End Community Centre, Church Lane WD3 8HD | Wednesdays 11am | Every (no walk Dec 26) |     Grade 1 walk also available |
| Abbots Langley Public car park off High Street behind the parade of shops opposite the Methodist Church, WD5 0AY | Thursdays 10am | Every |  Duration 1 hour     |
| Cassiobury Park Evening Walk Meet at car park, Cassiobury Park Ave, Watford WD18 7LB | Monthly Thursday 7pm | Sep 6 |   |
| Maple Cross Woodoaks Farm Tea Shack, Denham Way, Maple Cross, Rickmansworth WD3 9XQ | Monthly Fridays 9.30am | Sep 7 Oct 5 Nov 2 Dec 7 |    |
| Croxley Green Meet at the Artichoke pub on The Green, WD3 3HN | Alternate Fridays meet at 9.50am to start at 10am | Sep 7, 21 Oct 5, 19 Nov 2, 16, 30 Dec 14, 28 |     |
| Croxley Green Morrisons Supermarket, Ascot Road, Watford, WD18 8AA. Meet at the green space adjacent to the supermarket café. | Alternate Fridays 10am | Sep 14, 28 Oct 12, 26 Nov 9, 23 Dec 7, 21 |    |
| Garston Woodside Leisure Centre, Horseshoe Lane WD25 7HH | Fridays 11am | Every |    |
| West Watford Holywell Community Centre, Chaffinch Lane, off Tolpits Lane, WD18 9QD | Sundays 2pm | Sep 9 |   |

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

There's no need to book – just turn up, all walks are FREE. If you'd like to get in touch call 01992 588433, email healthwalks.cms@hertfordshire.gov.uk, or visit www.hertfordshire.gov.uk/healthwalks for more information.