

# Hertfordshire Health Walks

May - August 2017



Hertfordshire



Health Walks

Welcome to the **St Albans City & District** 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

**NEW!** Find a Health Walk near you using our postcode search online at [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)

# Timetable of walks May to August 2017

Walks and Meeting Point	Day / Time	Date	Information
<b>Highfield Park</b> Charters Health Club car park, Hill End Lane, Opposite Spar, AL4 0DB	Mondays 9.30am	Every (Except bank holidays)	  
<b>Hatching Green</b> Hatching Green, Redbourn Lane, Harpenden, AL5 2JP – on road parking only	Tuesdays 10.30am	Every	  
<b>Redbourn</b> Meet at Cricket Club car park, Redbourn AL3 7DB	Tuesdays 10.30am	Every	
<b>London Colney</b> Meet at the Caledon Road Community Centre, AL2 1PU	First Tuesday of the month 11.30am	May 2 June 6 July 4 August 1	  
<b>Highfield Park</b> Charters Health Club car park, Hill End Lane, Opposite Spar, AL4 0DB	Tuesdays 1.30pm	Every	   
<b>Verulamium Park</b> Meet outside the New Westminster Lodge Leisure Centre, Holywell Hill, AL1 2DJ	Wednesdays 7pm	May 3, 17, 31 June 14, 28 July 12, 26 August 9, 23	 
<b>Batchwood</b> Batchwood Hall car park, off Batchwood Drive, St Albans, AL3 5XA	Wednesdays 7pm	May 10, 24 June 7, 21 July 5, 19 August 2, 16, 30	
<b>Nomansland Common &amp; Heartwood Forest</b> Ferrers Lane Car Park, nr Wheathampstead, Grid reference: TL172124 Nearest postcode: AL4 8EJ	Thursdays 10.30am	Every	  
<b>London Colney</b> Meet at the Caledon Road Community Centre, AL2 1PU	Thursdays 10.30am	Every	  
	Fortnightly Thursdays 10.30am	May 4, 18 June 1, 15, 29 July 6, 20 August 3, 17, 31	  
<b>Greenwood Park</b> Meet outside Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW	Fridays 2.00pm	Every	 
<b>Wheathampstead</b> Meet at the public car park behind The Bull, East Lane, AL4 8BL	Saturdays 2.00pm	May 6 June 3 July 1 August 5	 
<b>Bricket Wood</b> Moor Mill Pub car park, off Smug Oak Lane, Bricket Wood, AL2 3TX	Sundays 10.30am	May 21 July 16	 
<b>Heartwood Forest</b> Meet in Heartwood Forest car park, High Street, Sandridge, AL3 6JB	Sundays 10.30am	June 18 August 20	  

## 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)**

## 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](http://www.hertfordshire.gov.uk/cms)**  
For details of guided walks visit **[hertfordshire.gov.uk/walksandmore](http://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.

## Other Walks

For Health Walks in neighbouring areas please see the Dacorum, Welwyn Hatfield and Hertsmere programmes.



For more information about Health Walks contact us at

**w:** [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)

**e:** [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk)

**t:** 01992 588433

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

