

# Hertfordshire Health Walks

## Watford and Three Rivers



### Timetable of walks May to August 2017

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>South Oxhey</b> The Centre, Gosforth Lane, WD19 7AX	Monday 10am	Every (except bank holidays)	
<b>Rickmansworth</b> Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB	Tuesday 2pm	Every	 buggy friendly
<b>Cassiobury Park, Watford</b> Meet at The Cha Cafe by tennis courts, nr Shepherds Road, WD18 7HY	Wednesdays 10.30am	Every	 fast pace walk
<b>Cassiobury Park, Watford</b> Meet at The Cha Cafe by tennis courts, nr Shepherds Road, WD18 7HY	Wednesdays 11am	Every	 buggy friendly duration 1 hour
<b>South Oxhey</b> Meet at Bridlington Road end of the Precinct, WD19 7AG	Wednesdays 10.30am	Every	 a grade 4 walk also available
<b>Rickmansworth</b> Meet at public car park adjacent to Marks & Spencer's, High St. Rickmansworth, WD3 1AY	Wednesdays 7pm	May 3, 17, 31 Jun 14, 28 Jul 5, 19 Aug 2, 16, 30	
<b>Abbots Langley</b> Public car park off High Street behind the parade of shops opposite the Methodist Church, WD5 0AY	Thursdays 10am	Every	duration 1 hour 
	Thursdays 11.15am		
<b>Croxley Green</b> Meet at the Artichoke pub on The Green, WD3 3HN	Fridays meet at 9.50am to start at 10am	May 5, 19 Jun 2, 16, 30 Jul 14, 28 Aug 11, 25	
<b>Croxley Green Harvester</b> (The Two Bridges) Baldwins Lane, WD3 3RX	Alternate Fridays 10am	May 12, 26 Jun 9, 23 Jul 7, 21 Aug 4, 18	
<b>Meriden, North Watford</b> Meet at the Meriden Community Centre, Garsmouth Way, Watford WD25 9ET	Fridays 11am	Every	
<b>Mill End</b> William Penn Leisure Centre, Shepherds Lane, Mill End, Rickmansworth WD3 8JN	Sundays 2.30pm	May 7, 21 Jun 4, 18 Jul 2, 16, 30 Aug 13, 27	

#### Walk Key:

Accessible by Public Transport

Refreshments available after walk

Wheelchair friendly

Type of walk - the walks cater for all abilities and are graded from 1st Steps (our easiest) to grade 4 (most challenging). Further explanation is available on our website. You don't need special equipment - just some suitable shoes and waterproofs. We recommend you bring a bottle of water.

Website: [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)  
Email: [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk)



Telephone: 01992 588433  
Dates exclude bank holidays