

Hertfordshire Health Walks

January - April 2018



Welcome to the **Watford and Three Rivers** 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

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).



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



longer than 90 minutes: classified as a progression walk

- 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
- Dogs are welcome at the leaders' discretion. Please ensure your dog is on a short lead, and you walk to the rear of the group if fellow walkers are uncomfortable around dogs.

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

Timetable of walks January to April 2018

Walks and Meeting Point	Day / Time	Date	Information
South Oxhey The Centre, Gosforth Lane, WD19 7AX	Mondays 10am	Every (except bank holidays)	
Rickmansworth Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB	Tuesdays 2 pm	Every (except bank holidays)	
Cassiobury Park , Watford Meet at The Cha café by tennis courts, nr Shepherds Road, WD18 7HY	Wednesdays 10.30am	Every	 Fast pace walk
Cassiobury Park , Watford Meet at The Cha Cafe by tennis courts, nr Shepherds Road, WD18 7HY	Wednesdays 11am for a 11.10am start	Every	
South Oxhey Meet at Bridlington Road end of the Precinct WD19 7AG	Wednesdays 10.30am	Every	 A grade 4 walk also available
Mill End Meet at Mill End Community Centre, Church Lane WD3 8HD	Wednesdays 11am	Every	 Grade 1 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
Maple Cross Duran's Café, 2 Chalfont Rd, Maple Cross, Rickmansworth WD3 9RP	Fridays 9.30am	5 Jan 2 Feb 2 Mar 6 Apr	
Croxley Green Meet at the Artichoke pub on The Green, WD3 3HN	Alternate Fridays meet at 9.50am to start at 10am	12, 26 Jan 9, 23 Feb 9, 23 Mar 6, 20 Apr	
Croxley Green Harvester (The Two Bridges), Baldwins Lane, WD3 3RX	Alternate Fridays 10am	5, 19 Jan 2, 16 Feb 2, 16, 30 Mar 13, 27 Apr	
Rickmansworth Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB	Sundays 2.30pm	Jan 7 Feb 4 Mar 4 Apr 8	
Mill End William Penn Leisure Centre, Shepherds Lane, Mill End, Rickmansworth WD3 8JN	Sundays 2.30pm	Jan 21 Feb 18 Mar 18 Apr 22	

Dates exclude Bank Holidays

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**

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.

Other Walks

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



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

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.

