



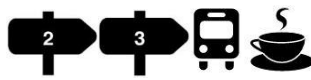





Timetable of walks JANUARY to APRIL 2019

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
Digswell Park Welwyn Garden City Bowls Club, 288 Knightsfield, Welwyn Garden City, AL8 7NQ	Mondays 10am	Weekly (Includes Easter Monday)	
Sherrardspark Wood Cinema Entrance, Campus West, Welwyn Garden City, AL8 6BX	Mondays 12 noon	Weekly (no walk Easter Monday)	 Supported by MIND
Stanborough Park Activity Centre, South Lake, Stanborough Road, Welwyn Garden City, AL8 6DF	Tuesdays 12.30pm	Weekly (no walk on Jan 1)	 Buggy friendly
	1 st & 3 rd Wednesdays of the month 6pm	April only April 3, 17	
	Thursdays 8am	April only April 4, 11, 18, 25	
	2 nd Saturday of the month 2pm	Jan 12 Feb 9 March 9 April 13	
Hatfield First Steps Erol's Cafe, 60 Town Centre, White Lion Square, Hatfield, AL10 0JJ	Wednesdays 2pm	Weekly	 Buggy friendly
Sherrardspark Wood Cinema Entrance, Campus West, Welwyn Garden City, AL8 6BX	Thursdays 10am	Weekly	
Brookmans Park The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW	Thursdays 10.30am	Weekly	
Beehive Lane Finesse Centre, King George V Playing Fields, Beehive Lane, Welwyn Garden City, AL7 4BP	Fridays 10am	Weekly (no walk on Good Friday)	
Ellenbrook Fields/de Havilland Hertfordshire Sports Village Entrance, de Havilland Campus, Hatfield Business Park, Hatfield, AL10 9EU	Fridays 4pm	Weekly (no walk on Good Friday)	

All walks are FREE and there's no need to book – just turn up!

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

If you'd like to get in touch call 01992 588433 email: healthwalks.cms@hertfordshire.gov.uk

For more details visit www.hertfordshire.gov.uk/healthwalks