

Hertfordshire Health Walks

FREE

Walk with us to make new friends, get fit and explore your local area. Hertfordshire Health Walks take place across the county and are varied to suit all abilities



Join one of our free and friendly walks today

Find your nearest walk and sign up online
at www.hertfordshire.gov.uk/healthwalks
Or contact us at
healthwalks.cms@hertfordshire.gov.uk
or 01992 588433

*'Come with a
friend or by yourself
- a walk leader in a
yellow jacket, like
me, will give you a
warm welcome!'*

Anne, Walk Leader