

Hertfordshire Health Walks

East Herts - Timetable of walks from May to August 2022

Enjoy the countryside and local green spaces with FREE Hertfordshire Health Walks led by qualified volunteer leaders

Walks and meeting point	Day/time	Date	Information
Sele Farm & Panshanger Park Meet on large, grassed area outside the shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Monday 10:00 am	Every	Grade 3-4
Sele Farm & Panshanger Park Meet on large, grassed area outside the shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Monday 10:00 am	Every	Grade 2
Bengeo & Waterford Marsh Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU	Tuesday 10am	Every	Grade 3-4
Hertford and Hartham Common Meet at the fountain outside Café Nero/The White Hart pub on Salisbury Square, Hertford, SG14 1BE	Wednesday 10:15 am	Every	Grade 1
Stanstead Abbots Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA	Friday 10am	Every Excludes Jubilee Holiday (3 June)	Grade 3-4
Hartham Common Meet by the bench near Hartham Leisure Centre, Hartham Common, Hertford, SG14 1QR	Sunday 2pm	Every Excludes 29 May	Grade 3-4
Summer evening walks			
Bengeo Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU	Wednesday evenings 7pm	May 4, 11, 18, 25	Grade 3
Ware Meet at the Library car park (next to the footbridge over the River Lea), Burgage Lane, SG12 9XF	Wednesday evenings 7pm	Jun 1, 8, 15, 22, 29	Grade 3 Free parking after 6.30pm
Panshanger Park Meet at Thieves Lane car park, off A414, nearest postcode SG14 2WN	Wednesday evenings 7pm	Jul 6, 13, 20, 27	Grade 3 Free parking after 5:30pm
Hartham Common Meet by bench near Hartham Leisure Centre, Hertford, SG14 1QR	Wednesday evenings 7pm	Aug 3, 10, 17, 24, 31	Grade 3 Free parking after 6.30pm
Bishop's Stortford Health Walks			
Thorley Health Walk Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford, Hertfordshire, CM23 4BE	Mondays 10am	May 9, 23 June 6, 20 July 4, 18 Aug 1, 15, 29	Grade 3
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 10:15am	May 6, 20 June 3, 17 July 1, 15, 29 Aug 12, 26	First Steps (suitable for wheelchair and buggy users)
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 11:00am	May 6, 20 June 3, 17 July 1, 15, 29 Aug 12, 26	Grade 1 (suitable for wheelchair and buggy users)
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 12:00 noon	May 6, 20 June 3, 17 July 1, 15, 29 Aug 12, 26	Grade 2

All walks are FREE with no booking required - just turn up 10-15 mins before your first walk to complete a new walker form. Walks are graded between 20-30 minutes (First Steps) and up to 90 minutes (Grade 4) unless otherwise stated. Whilst Grade 4+ progression walks can last up to 2 hours. For more information - call 01992 555888 Monday to Friday 09:00 – 11:30 and 14:00 – 15:00, email healthwalks.cms@hertfordshire.gov.uk or visit www.hertfordshire.gov.uk/healthwalks

