

Timetable of walks MAY – AUGUST 2022

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
Potters Bar Potters Bar Railway Station memorial garden, beside the station entrance (EN6 1AJ)	Mondays 10.30am	Every (Excluding bank holidays)	Grade 2/3
Bushey First Steps Meet at King George Café, King George Recreation Ground, King George Avenue WD23 4NT	Tuesdays 10.30am	Every	First steps Buggy friendly
Potters Bar Potters Bar Railway Station memorial garden, beside the station entrance (EN6 1AJ)	Wednesdays 10.30am	Every	Grade 2
Potters Bar Potters Bar Railway Station memorial garden, beside the station entrance (EN6 1AJ)	Wednesdays 10.30am	Every	Grade 3
Bushey Meet at King George Café, King George Recreation Ground, King George Avenue WD23 4NT	Thursdays 10.30am	Every	Grade 2/3
Brookmans Park The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW	Thursdays 10.30am	Every	Grade 3 *Extended Grade 3-4 walks (1.5 hrs) sometimes available
Radlett/Aldenham Meet on the Green, Church Lane Aldenham (opposite St John the Baptist Church) WD25 8BF	Fridays 10.30am	Every (Including bank holidays)	Grade 3

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