

Timetable of walks from MAY – 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
Three Magnets PH Leys Avenue, Letchworth, SG6 1EW	Mondays 10:30am	Every (Excluding 29 th August)	Grade 2/3
The Orange Tree PH Stevenage Road, Hitchin, SG4 9DR Meet in the back car park	Alternate Mondays 10:30am	May 9, 23 June 6, 20 July 4, 18 Aug 1, 15, 29 (Including bank holidays)	Grade 4
Knebworth Sports Pavilion Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road)	Alternate Tuesdays 10.30am	May 3, 17, 31 June 14, 28 July 12, 26 Aug 9, 23	First Steps Wheelchair and buggy friendly
Knebworth Sports Pavilion Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road)	Alternate Tuesdays 10.30am	May 3, 17, 31 June 14, 28 July 12, 26 Aug 9, 23	Grade 1
Three Horseshoes PH Norton, SG6 1AG	Monthly 1 st Tuesday 10.30am	May 3 June 7 July 5 Aug 2	Grade 3
Standalone Farm Wilbury Road, Letchworth, SG6 1DD Meet in the first car park	Monthly 2 nd and 4 th Tuesday 10:30am	May 10, 24 June 14, 28 July 12, 26 Aug 9, 23	Grade 3
Millstream PH Cambridge Road, Hitchin, SG4 0JH	Alternating Tuesdays 11:00am	May 10, 24 June 7, 21 July 5, 19 August 2, 16	First Steps
Three Moorhens PH Hitchin Hill, Hitchin, SG4 9AJ Meet in top car park	Tuesdays 2pm	Every	Grade 3
Three Horseshoes PH Norton, SG6 1AG	Monthly 3 rd Wednesday 10.30am	May 18 June 22 July 20 Aug 17	Grade 3-4

The Plume of Feathers PH Chambers Lane, Ickleford SG5 3YD	Monthly 3 rd Thursday 7pm	May 19 June 16 July 21 Aug 18	Grade 4
Oughtonhead Common Junction of Redhill Road and Moss Way, Hitchin, SG5 2NY	Fridays 10.30am	Every (Including bank holidays)	Grade 3-4
The Plume of Feathers PH Chambers Lane, Ickleford SG5 3YD	Monthly 3 rd Saturday 10am	May 21 June 18 July 16 Aug 20	Grade 4
The Fox PH Willian, SG6 2AE Note – please do not park in pub car park	Monthly 4th Saturday 10am	May 28 June 25 July 23 Aug 27	Grade 3-4

Grade 4+ Progression Health Walks

Charlton Site of the former Windmill PH, Charlton, SG5 2AE	Alternate Mondays 10am	May 2, 16, 30 June 13, 27 July 11, 25 Aug 8, 22 (Including bank holidays)	Grade 4+
Weston Hills Meet at the junction of Chalk Hills and London Road at the southern end of Baldock (near SG7 6LZ)	Monthly 1 st Saturday 10am	May 7 June 4 July 2 Aug 6	Grade 4+ At least 2 hours 6+ miles includes hills

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