

**Hertfordshire Health Walks**  
**St Albans City & District**  
**Timetable of walks MAY – AUGUST 2022**



<b>Walks and meeting point</b>	<b>Day/time</b>	<b>Date</b>	<b>Walk Grade/Information</b>
<b>Highfield Park</b> YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Mondays 9.30am	Every (Including bank holidays)	<b>Grade 3</b> (approx. 1 hour)
<b>Harpenden</b> Meet at the Conference Centre car park, Rothamsted Centre for Research and Enterprise, West Common, AL5 2JQ	Tuesdays 10.30am	Every	<b>Grade 3</b>
<b>Nomansland Common</b> Meet at the Ferrers Lane public car park, Ferrers Lane AL4 8EJ	Thursdays 10:30am	Every	<b>Grade 4</b>
<b>Highfield Park</b> YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Tuesdays 1.30pm	Every	<b>Grade 3</b> (approx. 1 hour)
<b>Highfield Park</b> YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Tuesdays 1.30pm	Every	<b>First Steps</b>
<b>Verulamium Park</b> Meet outside the New Westminster Lodge Leisure Centre, Holywell Hill, AL1 2DJ	Alternate Wednesdays 7pm	May 4, 18 June 1, 15, 29 July 13, 27 Aug 10, 24	<b>Grade 3</b>
<b>Batchwood Park</b> Batchwood Hall car park, off Batchwood Drive, St Albans, AL3 5XA	Alternate Wednesdays 7pm	May 11, 25 June 8, 22 July 6, 20 Aug 3, 17, 31	<b>Grade 3</b>
<b>Greenwood Park</b> Meet outside Greenwood Pk Community Centre, Tippendell Lane, Chiswell Green AL2 3HW	Fridays 2pm	Every (Excluding bank holidays)	<b>Grade 3</b>
<b>Redbourn</b> Meet at Cricket Club car park, Redbourn AL3 7DB	Saturdays 2pm	May 7 July 2	<b>Grade 4</b>
<b>Wheathampstead</b> Meet at the East Lane public car park <u>behind</u> The Bull, East Lane, AL4 8BL	Saturdays 2pm	June 11 Aug 6	<b>Grade 4</b>
<b>Batchwood Hall</b> Batchwood Hall car park, off Batchwood Drive, St Albans, AL3 5XA	Sunday 10.30am	May 15 July 17	<b>Grade 4</b>
<b>Bricket Wood</b> Riverside Way car park, Drop Lane, Bricket Wood, AL2 3TX	Sunday 10:30 am	June 19 Aug 21	<b>Grade 4</b>

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](mailto:healthwalks.cms@hertfordshire.gov.uk) or visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)