

Hertfordshire Health Walks

Watford and Three Rivers

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	Walk Grade/Booking Information
NEW WALK South Oxhey Meet in the large car park All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Mondays 10am	Every (except bank holidays)	FIRST STEPS / GRADE 1 New walk Starting from Monday 13 th June
South Oxhey Meet in the large car park All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Mondays 10am	Every (except bank holidays)	GRADE 2 - 3
NEW TASTER WALKS Cassiobury Park, Watford Meet at entrance to main Car Park, Gade Avenue, off Cassiobury Park Ave, on the grass, to the left of the height restriction barrier WD18 7LG NOTE: Change of meeting point	4th Tuesday Monthly 10am	June 28 July 26	GRADE 2 New Walk Duration 1 hour
	4th Tuesday Monthly 11:30 am	June 28 July 26	GRADE 3 New Walk
South Oxhey Meet in the large car park All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Wednesdays 10am	Every	GRADE 3
South Oxhey Meet in the large car park All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Wednesdays 10am	Every	GRADE 4 +
Mill End Meet at Mill End Community Centre, Church Lane WD3 8HD	Wednesdays 11am	Every	FIRST STEPS Slow pace up to 40 minutes Buggy friendly
Abbots Langley Meet in the public car park – entrance at the side of Abbots Langley Pharmacy, 78 High Street, WD5 0AW, in the parade of shops opposite the Methodist Church	Thursdays 10am	Every Including 2nd June	GRADE 2 Duration 45 – 60 minutes
Abbots Langley Meet in the public car park – entrance at the side of Abbots Langley Pharmacy, 78 High Street, WD5 0AW, in the parade of shops opposite the Methodist Church	Thursdays 10am	Every	GRADE 3
Maple Cross Tea Shack Woodoaks Farm, Denham Way, Maple Cross, Rickmansworth WD3 9XQ FREE PARKING on site along the track to the left by Dutch Barn - please park with care	Monthly Fridays 9.30am	May 20 June 17 July 1 Aug 5	GRADE 4 +
Croxley Green Coach and Horses The Coach and Horses: meet at the public house car park, The Green, Croxley Green, WD3 3HX	Monthly Fridays (meet 9.50am for 10am start)	May 6 July 15 Aug 19 (No walk in June)	GRADE 3 New Walk
Croxley Green Morrisons Supermarket Ascot Road, Watford, WD18 8AA Please Note: meet at green space adjacent to supermarket café	Fridays as specified (meet 9.50am for 10am start)	May 13, 27 June 10, 24 July 8, 22 Aug 12, 26	GRADE 4

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