

# Hertfordshire Health Walks

## Welwyn Hatfield



### Timetable of walks from MAY TO 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   |
|---|----------------------|--|---|
| <b>Digswell Park</b><br>Welwyn Garden City Bowls Club, 288 Knightsfield, Welwyn Garden City, AL8 7NQ  | Mondays<br>10am      | Every<br>(includes Bank Holidays)                                    | <b>Grade 3</b>  |
| <b>Stanborough Park</b><br>Activity Centre, South Lake, Stanborough Park, Welwyn Garden City, AL8 6DQ   | Mondays<br>6pm       | May 9, 23<br>June 6, 27<br>July 4, 11, 18, 25<br>August 1, 8, 15, 22 | <b>Grade 1-2</b>  |
| <b>Hatfield First Steps</b><br>*please note new meeting point<br>Centre of Market Place (near the Town Inn), Hatfield, AL10 0LJ                 | Wednesdays<br>2pm    | Every  | <b>First Steps</b><br>Wheel Chair Friendly<br>Buggy friendly              |
| <b>Sherrardspark Wood</b><br>Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX  | Thursdays<br>10am    | Every<br>Includes 2 June   | <b>Grade 2</b>  |
| <b>Sherrardspark Wood</b><br>Campus West, Cinema Entrance, The Campus, Welwyn Garden City, AL8 6BX  | Thursday<br>10am     | Every<br>Includes 2 June   | <b>Grade 3</b>  |
| <b>Brookmans Park</b><br>The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW   | Thursdays<br>10.30am | Every  | <b>Grade 3</b><br>*Extended Grade 3-4 walks (1.5 hrs) sometimes available |
| <b>Beehive Lane</b><br>Behind The Pavilion, King George V Playing Fields, Beehive Lane, Welwyn Garden City, AL7 4BP                             | Fridays<br>10am      | Every<br>excludes 3 June   | <b>Grade 3</b>  |
| <b>Ellenbrook Fields/de Havilland</b><br>Hertfordshire Sports Village Entrance, de Havilland Campus, Hatfield Business Park, Hatfield, AL10 9EU | Fridays<br>3:30 pm   | Every<br>excludes 27 May   | <b>Grade 2-3</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)