

Timetable of WEEKDAY walks **25th OCTOBER to DECEMBER 2021**

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/Information
Gadebridge Park, Hemel Hempstead, HP1 1AE The White Bridge by the public car park, Leighton Buzzard Road	Mondays 11.15am	Every (except 27 Dec)	FIRST STEPS Grade 1 No limit restrictions, pre-booking optional
Gadebridge Park, Hemel Hempstead, HP1 1AE The White Bridge by the public car park, Leighton Buzzard Road	Mondays 10am	Every (except 27 Dec)	GRADE 3 Restricted to 30, pre-booking required
Kings Langley, WD48ET Playing Field by KL Bowls Club. Use Public Footpath (Dronken Lane) from High Street, A4251 (at side of KL Tandoori) or from Blackwell Road & Waterside OR from The Nap, walk beyond the surgery and telephone exchange	Alternate Wednesdays 10am	Nov 3, 17 Dec 1, 15, 29	GRADE 2 – 3 No limit restrictions, pre-booking optional
Potten End, HP4 2QG The Green near the Village Hall	Alternate Wednesdays 10am	Oct 27 Nov 10, 24 Dec 8, 22	GRADE 3 Duration approx. 60 minutes No limit restrictions, pre-booking optional
Little Hay, HP3 0DT Golf Complex, Box Lane, Bovingdon	Wednesdays 1.30pm	Every	GRADE 3 - 4 No limit restrictions, pre-booking optional
Berkhamsted, HP4 2AL meet on grassed area opposite Millennium Garden, Canal Fields car park, Broadwater, off Lower Kings Road HP4 2AL	Alternate Thursdays 10am	Nov 4, 18 Dec 2, 16	GRADE 3 - 4 No limit restrictions, pre-booking optional
Berkhamsted, HP4 2AL meet on grassed area opposite Millennium Garden, Canal Fields car park, Broadwater, off Lower Kings Road	Alternate Thursdays 10am	Oct 28 Nov 11, 25 Dec 9, 23	GRADE 1 Duration approx. 30 minutes No limit restrictions, pre-booking optional
Apsley, Hemel Hempstead, HP3 9QW Canal side of Sainsburys' entrance	Alternate Fridays 10am	Nov 5, 19 Dec 3, 17, (no walk Dec 31)	GRADE 3 No limit restrictions, pre-booking optional

All walks are FREE and are graded between 20-30 minutes (First Steps) and 90 minutes (Grade 4) unless otherwise stated. Grade 4+ progression walks can last up to 2 hours. We ask that you arrive 10 – 15 minutes before your first walk. To pre-book you can ring our **Telephone Booking Line 01992 555888** Monday to Friday 09:00 – 11:30 and 14:00 – 15:00. To find out more about all our walks please visit www.hertfordshire.gov.uk/healthwalks

Timetable of DACORUM Sunday afternoon walks

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Walks and meeting point	Day/time	Date	Information
Flamstead: Meet at Village Hall, Church Road AL3 8BN (turning off A5183 close to M1 junction 9)	Sunday 2pm	Oct 31	Grade 3 – 4 No limit restrictions, pre-booking optional
Boxmoor: Meet at public car park, Park Road, by Sports Centre, HP1 1JS (parking fees may apply)	Sunday 2pm	Nov 7	Grade 3 – 4 No limit restrictions, pre-booking optional
Tring: Meet at The Forge public car park off Tring High Street HP23 5AG (parking fees may apply)	Sunday 2pm	Nov 14	Grade 3 – 4 No limit restrictions, pre-booking optional
Sarratt: Meet at The Green, opposite The Boot PH WD3 6BL	Sunday 2pm	Nov 21	Grade 3 – 4 No limit restrictions, pre-booking optional
Little Hay Golf Complex: Meet Box Lane, Bovingdon, B4505 HP3 0DT	Sunday 2pm	Nov 28	Grade 3 – 4 No limit restrictions, pre-booking optional
Chipperfield: Meet at The Common outside St Paul's Church WD4 9BS	Sunday 2pm	Dec 5	Grade 3 – 4 No limit restrictions, pre-booking optional
Kings Langley: Meet at public car park, The Nap, Kings Langley WD4 8ET	Sunday 2pm	Dec 12	Grade 3 – 4 No limit restrictions, pre-booking optional
Bovingdon: Meet at Bovingdon Library, High Street HP3 0HJ	Sunday 2pm	Dec 19	Grade 3 – 4 No limit restrictions, pre-booking optional
Apsley: Meet at public car park, Durrants Hill off A4251 HP3 9RW (parking fees may be payable)	Sunday 2pm	Dec 26 Boxing day walk	Grade 3 – 4 No limit restrictions, pre-booking optional
Ashley Green: Meet Village Hall, Two Dells Lane off Chesham Road A416 HP5 3PP	Sunday 2pm	Jan 2	Grade 3 – 4 No limit restrictions, pre-booking optional

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