

Hertfordshire Health Walks

East Herts

Timetable of walks from 25th OCTOBER - DECEMBER 2021

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
Sele Farm & Panshanger Park *please note meeting point Meet on large grassed area outside the shops, corner of Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Monday 09:45 am	Every Excluding Bank Holidays	Grade 2 No limit restrictions pre-booking optional
Sele Farm & Panshanger Park *please note meeting point Meet in Car Park of Golden Griffin PH, Windsor Drive, Hertford, SG14 2DQ	Monday 10:15 am	Every Excluding Bank Holidays	Grade 3-4 No limit restrictions pre-booking optional
Bengeo & Waterford Marsh Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU	Tuesday 10am	Every Excluding Bank Holidays	Grade 3-4 No limit restrictions pre-booking optional
Hartham Common *please note new meeting point Meet by the bench near Hartham Leisure Centre, Hartham Common, Hertford, SG14 1QR	Wednesday 10am	Every	Grade 1 No limit restrictions pre-booking optional
Stanstead Abbots Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA	Friday 10am	29 October 12, 26 November 10 December (Excludes Xmas Eve)	Grade 3-4 No limit restrictions pre-booking optional
Hartham Common Meet by the bench near Hartham Leisure Centre, Hartham Common, Hertford, SG14 1QR	Sunday 2pm	31 October 14, 28 November 12 December	Grade 3-4 No limit restrictions pre-booking optional
Bishop's Stortford Health Walks			
Thorley Health Walk Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford, Hertfordshire, CM23 4BE	Mondays 10am	25 October 8, 22 November 6, 20 December	Grade 3 No limit restrictions pre-booking optional
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 10:15am	5, 19 November 3, 17, 31 December	First Steps (suitable for wheelchair and buggy users) No limit restrictions pre-booking optional
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 11:00am	5, 19 November 3, 17, 31 December	Grade 1 (suitable for wheelchair and buggy users) No limit restrictions pre-booking optional
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Fridays 12:00 noon	5, 19 November 3, 17, 31 December	Grade 2 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