

Timetable of walks 25th OCTOBER-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	Information
Potters Bar Potters Bar Railway Station memorial garden, beside the station entrance (EN6 1AJ)	Mondays 10.30am	Every (except Dec 27)	Grade 2/3 No limit restrictions, pre-booking optional
Bushey First Steps Meet at King George Café, King George Recreation Ground, King George Avenue WD23 4NT	Tuesdays 10.30am	Every	First steps Buggy friendly No limit restrictions, pre-booking optional
Potters Bar Potters Bar Railway Station memorial garden, beside the station entrance (EN6 1AJ)	Wednesdays 10.30am	Every (Except Dec 29)	Grade 2/3 No limit restrictions, pre-booking optional
Bushey Meet at King George Café, King George Recreation Ground, King George Avenue WD23 4NT	Thursdays 10.30am	Every	Grade 2/3 No limit restrictions, pre-booking optional
Radlett/Aldenham Meet on the Green, Church Lane Aldenham (opposite St John the Baptist Church) WD25 8BF	Fridays 10.30am	Oct 29 Nov 5, 12, 19, 26 Dec tbc	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