

Hertfordshire Health Walks

North 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
Charlton Site of the former Windmill PH, Charlton, SG5 2AE	Alternate Mondays 10.30am	Nov 1, 15, 29 Dec 13 (No walk Dec 27)	Grade 4 No limit restrictions, pre-booking optional
Three Magnets PH Leys Avenue, Letchworth, SG6 1EW	Mondays 10:30am	Every	Grade 2 No limit restrictions, pre-booking optional
The Bird in Hand PH High Street, Gosmore, SG4 7QG Car parking available at the pub	Alternate Mondays 10:30am	Oct 25 Nov 8, 22 Dec 6, 20	Grade 4 No limit restrictions, pre-booking optional
Knebworth Sports Pavilion Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road)	Alternate Tuesdays 10.30am	Nov 2, 16, 30 Dec 14, 28	First Steps Wheelchair and buggy friendly No limit restrictions, pre-booking optional
Knebworth Sports Pavilion Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road)	Alternate Tuesdays 10.30am	Nov 2, 16, 30 Dec 14, 28	Grade 1 No limit restrictions, pre-booking optional
Three Horseshoes PH Norton, SG6 1AG	Monthly 1 st Tuesday 10.30am	Nov 2 Dec 7	Grade 3 No limit restrictions, pre-booking optional
Standalone Farm Wilbury Road, Letchworth, SG6 1DD Meet in the first car park	Monthly 2 nd and 4 th Tuesday 10:30am	Oct 26 Nov 9, 23 Dec 14, 28	Grade 3 No limit restrictions, pre-booking optional
Millstream PH Cambridge Road, Hitchin, SG4 0JH	Alternating Tuesdays 11:00am	Oct 26 Nov 9, 23 Dec 7, 21	First Steps No limit restrictions, pre-booking optional
Three Moorhens PH Hitchin Hill, Hitchin, SG4 9AJ Meet in top car park	Tuesdays 2pm	Every (Except Dec 28)	Grade 3 No limit restrictions, pre-booking optional
Three Horseshoes PH Norton, SG6 1AG	Monthly Wednesdays 10.30am	Nov 17 Dec 22	Grade 3-4 No limit restrictions, pre-booking optional
Oughtonhead Common Junction of Redhill Road and Moss Way, Hitchin, SG5 2NY	Fridays 10.30am	Every (Except Dec 24 or 31)	Grade 3-4 No limit restrictions, pre-booking optional

The Plume of Feathers PH Chambers Lane, Ickleford SG5 3YD	Monthly 3 rd Saturday 10am	Nov 20 Dec 18	Grade 4 No limit restrictions, pre-booking optional
The Fox PH Willian, SG6 2AE Note – please do not park in pub car park	Monthly 4 th Saturday 10am	Nov 27 (No walk Dec 25)	Grade 3-4 No limit restrictions, pre-booking optional

Grade 4+ Progression Health Walks

Weston Hills Meet at the junction of Chalk Hills and London Road at the southern end of Baldock. Near SG7 6LZ	Monthly 1 st Saturday 10am	Nov 6 Dec 4	Grade 4+ - At least 2 hours, 5.5+ miles and includes hills No limit restrictions, pre-booking optional
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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