

Hertfordshire Health Walks

St Albans City & District



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	Walk Grade/Information
Highfield Park YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Mondays 9.30am	Every (Except Dec 27)	Grade 2-3 (approx. 1 hour) No limit restrictions, pre-booking optional
Wheathampstead Meet at the East Lane public car park <u>behind</u> The Bull, East Lane, AL4 8BL	Alternating Tuesdays 10.30am	Oct 26 Nov 9, 23 Dec 7, 21	Grade 3 Restricted to 30, booking required
Harpenden Meet at the Conference Centre car park, Rothamsted Centre for Research and Enterprise, West Common, AL5 2JQ	Alternating Tuesdays 10:30am	Nov 2, 16, 30 Dec 14	Grade 3 Restricted to 30, booking required
Highfield Park YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Tuesdays 1.30pm	Every (Except Dec 28)	Grade 2-3 (approx. 1 hour) No limit restrictions, pre-booking optional
Highfield Park YMCA Highfield Park Centre, 59 Russett Drive, St Albans, AL4 0DB	Tuesdays 1.30pm	Every (Except Dec 28)	First Steps No limit restrictions, pre-booking optional
Greenwood Park Meet outside Greenwood Pk Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW	Fridays 2pm	Every (Except 24 & 31 Dec)	Grade 2-3 No limit restrictions, pre-booking optional
Batchwood Park Batchwood Hall car park, off Batchwood Drive, St Albans, AL3 5XA	Sunday 10.30am	Nov 21	Grade 3-4 No limit restrictions, pre-booking optional
Bricket Wood Riverside Way car park, Drop Lane, Bricket Wood, AL2 3TX	Sunday 10:30 am	Dec 19	Grade 3-4 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