

### Timetable of walks **25<sup>th</sup>** 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/Booking Information
<b>South Oxley</b> Meet in the <b>large car park</b> All Saints Church, Gosforth Lane, South Oxley, WD19 7AX	Mondays 10am	Every (except 27 Dec)	<b>GRADE 2 - 3</b> No limit restrictions, pre-booking optional
<b>South Oxley</b> Meet in the <b>large car park</b> All Saints Church, Gosforth Lane, South Oxley, WD19 7AX	Wednesdays 10am	Every	<b>GRADE 3</b> No limit restrictions, pre-booking optional
<b>South Oxley</b> Meet in the <b>small car park</b> All Saints Church, Gosforth Lane, South Oxley, WD19 7AX	Wednesdays 10am	Every	<b>GRADE 4 +</b> No limit restrictions, pre-booking optional
<b>Mill End</b> Meet at Mill End Community Centre, Church Lane WD3 8HD	Wednesdays 11am	Every	<b>FIRST STEPS</b> Slow pace up to 40 minutes Buggy friendly No limit restrictions, pre-booking optional
<b>Abbots Langley</b> Meet in the public car park – entrance at the side of Abbots Langley Pharmacy, 78 High Street, WD5 0AW, in the parade of shops opposite the Methodist Church	Thursdays 10am	Every	<b>GRADE 3</b> No limit restrictions, pre-booking optional
<b>Maple Cross</b> Tea Shack Woodoaks Farm, Denham Way, Maple Cross, Rickmansworth WD3 9XQ <b>FREE PARKING</b> on site halfway along the track, in available car park right hand side	Monthly Fridays 9.30am	Nov 5 Dec 3	<b>GRADE 4 +</b> No limit restrictions, pre-booking optional
<b>Croxley Green Morrisons</b> Supermarket, Ascot Road, Watford, WD18 8AA Meet at green space adjacent to supermarket café	Alternate Fridays meet 9.50am to start 10am	Oct 29 Nov 26 Dec 10  (No walk 12 <sup>th</sup> November)	<b>GRADE 4</b> No limit restrictions, pre-booking optional
<b>Rickmansworth Aquadrome</b> Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB	Monthly Sundays 2pm	Nov 21 Dec 19	<b>GRADE 3 - 4</b> 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](http://www.hertfordshire.gov.uk/healthwalks)