

Hertfordshire Health Walks



First Steps/Grade 1

Timetable of Walks September to December 2025

First Steps Walks are perfect for people who haven't been active in a while, as well as people who have been active but are slowing down. Our **free** walks are 20 to 30 minutes long, and often there's a cuppa afterwards too! They are mostly on flat paths and are led by friendly volunteers – one at the front and one at the back. Lots of the walks are suitable for buggy and wheelchair users too. Feel free to contact us if you have any questions about these walks.

Walks and meeting point	Day/time	Date	Walk Grade
Broxbourne			
NEW WALK Cedars Park Meet outside café. Theobalds Lane, Waltham Cross, EN8 8RX <i>Free Parking</i>	Alternate Thursdays 10am	September 18 October 2, 16, 30 November 13, 27 December 11 (Excluding December 25)	First Steps
NEW WALK Barclay Park Meet at the junction of Brocket Road and Park View, Hoddesdon, EN11 8NF <i>Opposite the cricket club</i> <i>Free street parking on Park View</i>	Alternate Thursdays 10am	October 16, 30 November 13, 27 December 11 (Excluding December 25)	First Steps/ Grade 1
Dacorum			
Gadebridge Park Hemel Hempstead, HP1 1AE Meet by the White Bridge by the public car park on Leighton Buzzard Road.	Mondays 11.15am	Weekly	First Steps/ Grade 1
Berkhamsted Meet on grassed area opposite Millennium Garden, Canal Fields Car Park, Broadwater, off Lower Kings Road HP4 2AL	Alternate Thursdays 10am	Sept 11, 25 Oct 9, 23 Nov 6, 20 Dec 4, 18	Grade 1
East Herts			
Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL. Toilets are available nearby at the Terrace Park Café and Kitchen.	Fridays 11:00 am	Weekly	Grade 1

Hertsmere			
Bushey King George Café, King George Recreation Ground, King George Avenue WD23 4NT Refreshments available in cafe before and after walk.	Tuesdays 10.30am	Weekly	First Steps
Oakmere Oakmere Library High St, Potters Bar, EN6 5BZ. Join us afterwards in the library for a free cuppa. Donations welcome.	Fridays 11am	Weekly	First Steps/ Grade 1
North Herts			
Knebworth Sports Pavilion Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road). Join us for a cuppa afterwards in the Bowls Club.	Alternate Tuesdays 10.30am	Sep 2, 16, 30 Oct 14, 28 Nov 11, 25 Dec 9, 23	First Steps
Millstream PH Cambridge Road, Hitchin, SG4 0JH Join us for a cuppa afterwards in the pub.	Tuesdays 11am	Weekly	First Steps/ Grade 1
St Albans			
Harpenden NEW TASTER WALK! Meet at the Conference Centre car park Rothamsted Centre for Research and Enterprise, West Common, AL5 2JQ	Tuesday 10.30am	9 th September 14 th October 11 th November 9 th December	Grade 1
Highfield Park Meet outside AB SALUTE GYM (formerly YMCA), 59 Russett Drive, St Albans, AL4 0DB	Tuesdays 1.30pm	Weekly	First Steps
Stevenage			
Fairlands Gentle Warm Up Walk Meet outside Costello's Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL	Wednesdays 10am	Weekly	Grade 1
Stevenage Library Meet outside the library at Southgate, Town Centre, Stevenage SG1 1HD Stay with us afterwards for a free cuppa – donations welcome.	Thursdays 2pm	Weekly (Excluding Dec 25)	Grade 1
Watford and Three Rivers			
South Oxhey Meet All Saints Church (large car park), Gosforth Lane, South Oxhey, WD19 7AX Please Note: Parking at All Saints is not permitted – but nearby street parking is available	Mondays 10am	Weekly	First Steps
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Leavesden Country Park Meet outside YMCA Woodlands Café, Leavesden Country Park, College Rd, Abbots Langley WD5 0GU	Mondays 10.30 am	Weekly	First Steps / Grade 1
Garston Woodside Leisure Centre New Watford Taster Walks Meet outside Woodside Leisure Centre entrance by bike shelters, Horseshoe Lane, WD25 7HH	Fridays 10:30am	Oct 3, 10, 17, 24, 31 Nov 7, 14, 21, 28	GRADE 1 Duration 30 - 40 mins



Scan the QR code or go to www.hertfordshire.gov.uk/healthwalks to register.
If you prefer, turn up 10 minutes before your first walk to complete a New Walker form.
No special equipment is needed to walk, just suitable shoes, clothing, and we recommend bringing a bottle of water. Contact us at healthwalks.cms@hertfordshire.gov.uk or call 01992 555 888.