

Hertfordshire Health Walks Hertsmere



Timetable of walks September to December 2017

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 |
|--|-----------------------|---------------------------------|------------------------|
| Borehamwood Meet at the main shopping park, outside Halfords and the doctor's surgery, WD6 4PR | Tuesdays 10.30am | Every (Except bank holidays) | |
| Borehamwood Meet outside Mirzan Restaurant 134 Aycliffe Road, Borehamwood, WD6 4DY | Wednesdays 10.30am | Every | buggy friendly |
| Brookmans Park Meet at The Brookmans Pub, Bradmore Green, Brookmans Park, AL9 7QW | Thursdays 10.30am | Every | |
| Bushey Meet at King George Café, King George Recreation Ground, King George Avenue, WD23 4NT | Thursdays 10.30am | Every | |
| Radlett Meet at Aldenham Social Club, Church Lane, WD25 8AY | Fridays 10.30am | Every | |
| Potters Bar Public car park, Oakmere Park, High Street, EN6 5AU | Mondays 11am | Every (Except bank holidays) | buggy friendly |
| Potters Bar Meet inside Potters Bar train station, EN6 1AN | Mondays 10.30am | Every (Except bank holidays) | |
| | Wednesdays 10.30am | Every | |
| | Saturdays 10.30am | Every | |

Walks exclude bank holidays except in Radlett

Walk Key:

Accessible by Public Transport

Refreshments available after walk

Wheelchair/buggy friendly

Type of walk - the walks cater for all abilities and are graded from 1st Steps (our easiest) to grade 4+ (most challenging). Further explanation is available on our website. You don't need special equipment - just some suitable shoes and waterproofs. We recommend you bring a bottle of water.

Website: www.hertfordshire.gov.uk/healthwalks
Email: healthwalks.cms@hertfordshire.gov.uk



Telephone: 01992 588433
Dates exclude bank holidays