

# Hertfordshire Health Walks

## Hertsmere



### Timetable of walks January to April 2018

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

#### Walk Key:

Accessible by Public Transport

Refreshments available after walk

Wheelchair 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](http://www.hertfordshire.gov.uk/healthwalks)  
Email: [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk)



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