











### Timetable of walks SEPTEMBER to DECEMBER 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	Walk Grade/Information
<b>Borehamwood</b> Meet at the main shopping park, outside Halfords and the doctor's surgery WD6 4PR	Tuesdays 10.30am	Every (except Dec 25 and Jan 1)	
<b>Bushey First Steps</b> Meet at King George Café, King George Recreation Ground, King George Avenue WD23 4NT	Tuesdays 10.30am	Every (except Dec 25 and Jan 1)	 Grade 1 extension available
<b>Borehamwood</b> Meet outside Mirzan Restaurant 134 Aycliffe Road, Borehamwood, WD6 4DY	Wednesdays 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 King George Café, King George Recreation Ground, King George Avenue WD23 4NT	Thursdays 10.30am	Every	
<b>Radlett/Aldenham</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	
	Wednesdays 10.30am	Every	
	Saturdays 10.30am	Every	

All walks are FREE. No booking is required – just turn up! Walks are graded between 20-30 minutes (First Steps) and 90 minutes (Grade 4). For more information call 01992 588433, email [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk), or visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks).

#### Volunteer as a Health Walk Leader or Ambassador

If you're passionate about walking and enjoy being in the great outdoors, then you could be an inspiring advocate for the Health Walks initiative. As a volunteer you can give as much or as little time as you like! Free training, support and kit is all provided. To speak to the Health Walks team call 01992 588433 or email [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk).