



Walking in Hertfordshire



How to Pre-Book Health Walks

Due to the pandemic, you will need to pre-book your place on a Health Walk using our booking line **01992 555888** which is open between 10am and 2pm Monday to Friday.

Please read our [Covid-19 Guidelines for Walkers](#) before booking your place and see our [privacy notice](#) concerning NHS Test and Trace, we will ask you to confirm your contact details when you make a booking.

Please note our booking line will be closed between 21 December 2020 and 1 January 2021 so please call us soon if you would like to attend any Health Walks during the festive period.

We cannot take bookings via email, but if you need to cancel your booking please call the booking line or email healthwalks.cms@hertfordshire.gov.uk

Covid-19 Safe Health Walks and What to Expect

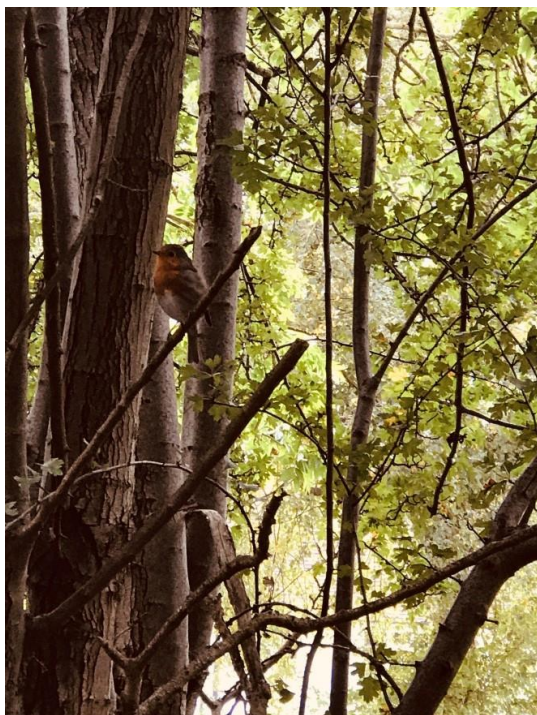
We have made some changes to our Health Walks to keep everyone safe. Here's what to expect on our new Covid-19 Safe Health Walks:

- You will need to pre-book.
- Smaller walking groups: limited to 10 walkers and 2 / 3 Health Walk Leaders.
- You are encouraged to bring along hand sanitiser and the use of face coverings is welcomed.
- Social distancing of 2m (this includes within households or bubbles unless caring needs mean you need to be closer).



- A supportive group of fellow walkers.
- A friendly and warm welcome!

Check out our [Covid-19 Guidelines for Walkers](#) for further information.



Get Ready for Winter Health Walks

You don't need specialist equipment to go on a Health Walk but make sure you are comfortably clothed for the weather conditions.

- Wear comfortable clothes and sturdy shoes or trainers.
- On some of our longer walks on rougher muddy terrain you may need walking shoes or boots, particularly if it has been raining.
- Several thin layers of clothing are better than one thick layer. You can take off layers as you warm up, or add them if you get cold.
- Take a good jacket
- Wear a hat
- Wear gloves if it's cold – it's difficult to walk briskly with hands in pockets.

If you haven't been exercising as much as normal recently why not select a more gentle walk to start with and you can gradually build up your distance over time.

The Wonderful Benefits of Walking

As the days get shorter and we spend more time inside, getting wrapped up warm and walking outdoors is so beneficial to our health.

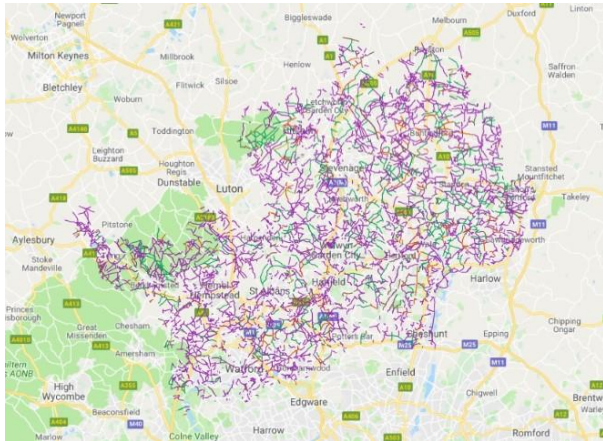
Even a brisk 10-minute daily walk has lots of health benefits and counts towards your recommended [150 minutes of weekly exercise](#)

To get the most from your walks remember that brisk walking is best. You can tell you're walking briskly if you can still talk but cannot sing the words to a song.



reducing the risk of stress, depression, dementia and Alzheimer's disease.

Taking part in physical activity has so many [benefits to our physical and mental health](#). It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer significantly. Furthermore, research shows that exercise can also boost self-esteem, mood, sleep quality and energy as well as



Explore the Outdoors this Winter

Why not explore the [Hertfordshire Rights of Way network](#) this winter.

Always follow the latest [government guidance](#) for accessing green spaces and follow the [Countryside Code](#)