

# Hertfordshire Health Walks

## East Herts - Timetable of walks from MAY TO AUG 2023

Enjoy the countryside and local green spaces with FREE Hertfordshire Health Walks led by qualified volunteer leaders

Walks and meeting point	Day/time	Date	Information
<b>Sele Farm and Panshanger Park</b> Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ <b>Please Note:</b> Refreshments available from 11am at The Golden Griffin on the last Monday of the month	Monday 10:00 am	Every Excludes Bank Holidays	Grade 2
<b>Sele Farm and Panshanger Park</b> Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ <b>Please Note:</b> Refreshments available from 11am at The Golden Griffin on the last Monday of the month	Monday 10:00 am	Every Excludes Bank Holidays	Grade 3-4
<b>Bengeo and Waterford Marsh</b> Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU <b>Please Note:</b> Refreshments available in Secret Garden Café after walk	Tuesday 10am	Every	Grade 3-4
<b>Hertford and Hartham Common</b> Meet at the fountain outside Café Nero/The White Hart pub on Salisbury Square, Hertford, SG14 1BE	Wednesday 10:15 am	Every	Grade 1
<b>New</b> <b>Sele Farm</b> Meet outside Network Home's Calton Court, Windsor Drive, Hertford, SG14 2EG <b>Please Note:</b> Free refreshments available in the Sele Community Hub after walk	Thursday 10am	Every	First Steps (Suitable for wheel chair and buggy users)
<b>New</b> <b>Wadesmill, near Ware</b> Meet at The Feathers Pub, 49 Cambridge Road SG12 0TN <b>Please Note:</b> Refreshments available in Feathers after walk	Thursday 10:00am	May 18 June 15 July 20 Aug 17	Grade 4+ Taster Walk
<b>Stanstead Abbots</b> Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA <b>Please Note:</b> Refreshments available in Red Lion after walk	Friday 10:00 am	Every	Grade 3-4
<b>Hartham Common</b> Meet by the bench near Hartham Leisure Centre, Hartham Common, Hertford, SG14 1QR	Sunday 2 pm	Every	Grade 3-4
Summer evening walks			
<b>Bengeo</b> Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU	Wednesday evenings 7pm	May 3, 10, 17, 24, 31	Grade 3
<b>Ware</b> Meet at the Library car park (next to the footbridge over the River Lea), Burgage Lane, SG12 9XF	Wednesday evenings 7pm	Jun 7, 14, 21, 28	Grade 3
<b>Panshanger Park</b> Meet at Thieves Lane car park, off A414, nearest postcode SG14 2WN	Wednesday evenings 7pm	Jul 5, 12, 19, 26	Grade 3
<b>Hartham Common</b> Meet by bench near Hartham Leisure Centre, Hertford, SG14 1QR	Wednesday evenings 7pm	Aug 2, 9, 16, 23, 30	Grade 3

**Bishop's Stortford Health Walks**

<b>Thorley Health Walk</b> Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford, Hertfordshire, CM23 4BE	Alternate Mondays 10 am	May 8, 22 Jun 5, 19, Jul 3, 17, 31 Aug 14, 28	Grade 3
<b>Castle Park</b> Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Alternate Fridays 10:15 am	May 5, 19, Jun 2, 16, 30 Jul 14, 28 Aug 11, 25	First Steps (Suitable for wheel chair and buggy users)
<b>Castle Park</b> Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Alternate Fridays 11:00 am	May 5, 19, Jun 2, 16, 30 Jul 14, 28 Aug 11, 25	Grade 1
<b>Castle Park</b> Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL	Alternate Fridays 12:00 noon	May 5, 19, Jun 2, 16, 30 Jul 14, 28 Aug 11, 25	Grade 2

All walks are FREE with no booking is required. Just turn up 10 minutes before a walk or 15 minutes before your first walk to register as a new walker or you can register and pre-book online if you prefer. Walks range from a gentle First Steps (20-30 minutes) and increase in length and time from Grade 1 (30 mins) up to Grade 4 (90 mins) unless otherwise stated. Contact us: T: 01992 555888 E: [Healthwalks.cms@hertfordshire.gov.uk](mailto:Healthwalks.cms@hertfordshire.gov.uk) or visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)