

East Herts - Timetable of walks from SEPTEMBER TO DECEMBER 2023

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

| Hertford and Area Walks and meeting point | Day/time | Date | Information |
|--|--|-------------------------------------|---|
| Sele Farm and Panshanger Park Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ (Refreshments available from 11am at The Golden Griffin on the last Monday of the month) | Mondays 10:00 am | Every (Excludes Bank Holidays) | GRADE 2 |
| Sele Farm and Panshanger Park Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ (Refreshments available from 11am at The Golden Griffin on the last Monday of the month) | Mondays 10:00 am | Every (Excludes Bank Holidays) | GRADE 3-4 Approx. 75 mins |
| Bengeo and Waterford Marsh Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU (Refreshments available in the Secret Garden Cafe after walk) | Tuesdays 10am | Every (Excludes Bank Holidays) | GRADE 3-4 Approx. 75 mins |
| Hertford and Hartham Common Meet at the fountain outside Café Nero/The White Hart pub on Salisbury Square, Hertford, SG14 1BE | Wednesdays 10:15 am | Every | GRADE 1 |
| Sele Farm New Start Location Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ (Refreshments available in the Hertford Community Hub after walk) | Thursdays 10am | Every | First Steps (Suitable for wheel chair and buggy users) |
| Stanstead Abbots Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA (Refreshments available in Red Lion after walk) | Fridays 10:00 am | Every | GRADE 3 - 4 Approx. 75 mins |
| Hartham Common Meet by the bench near Hartham Leisure Centre, Hartham Common, Hertford, SG14 1QR | Sundays 2 pm | Every (Except 24, 31 Dec) | GRADE 3 - 4 Approx. 75 mins |
| Grade 4+ Progression Walk | | | |
| Wadesmill, near Ware Meet at The Feathers Pub, 49 Cambridge Road SG12 0TN Refreshments available in Feathers after walk | Monthly 3 rd Thursday 10:00am | Sept 21 & Oct 19 Nov 16 & Dec 21 | GRADE 4 + Longer than 90 minutes |

All walks are FREE, no booking is required. Just turn up 10 mins before the walk or 15 minutes before your first walk to complete a New Walker Form. You can register and pre-book on-line if you prefer. Walks range from a gentle First Steps (20-30 mins) and increase in length and time from Grade 1 (30 mins) up to Grade 4 (90 mins) and Grade 4+
 T: 01992 555888 or www.hertfordshire.gov.uk/healthwalks

| Bishop's Stortford and Area Walks and meeting point | Day/time | Date | Information |
|---|--|---|---|
| Thorley Health Walk Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford, CM23 4BE | Alternate Mondays 10 am | Sept 11, 25 Oct 9, 23 Nov 6, 20 Dec 4, 18 | GRADE 3 |
| Stanstead Abbots Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA (Refreshments available in Red Lion after walk) | Fridays 10:00 am | Every | GRADE 3 - 4 Duration 60 - 75 mins |
| Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL | Alternate Fridays 10:15 am | Sept 8, 22 Oct 6, 20 Nov 3, 17 Dec 1, 15, 29 | First Steps (Suitable for wheel chair and buggy users) |
| Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL | Alternate Fridays 11:00 am | Sept 8, 22 Oct 6, 20 Nov 3, 17 Dec 1, 15, 29 | GRADE 1 |
| Castle Park Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL | Alternate Fridays 12:00 noon | Sept 8, 22 Oct 6, 20 Nov 3, 17 Dec 1, 15, 29 | GRADE 2 Duration 45 – 60 mins |
| Grade 4+ Progression Walk | | | |
| Wadesmill, near Ware Meet at The Feathers Pub, 49 Cambridge Road SG12 0TN Refreshments available in Feathers after walk | Monthly 3 rd Thursday 10:00am | Sept 21 Oct 19 Nov 16 Dec 21 | GRADE 4 + Longer than 90 minutes |

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