

### 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

Walks and meeting point	Day/time	Date	Information
<b>Three Magnets PH</b> Leys Avenue, Letchworth, SG6 1EW  <b>Meeting point for 4<sup>th</sup> Sept ONLY is The Wilbury Pub, Wilbury Hills Road, SG6 4LG</b>	Mondays 10.30am	Every (Including bank holidays)	<b>GRADE 2-3</b> Between 45 and 60 minutes
<b>The Orange Tree PH</b> Stevenage Road, Hitchin, SG4 9DR Meet in the back car park	Alternate Mondays 10.30am	Sept 11, 25 Oct 9, 23 Nov 6, 20 Dec 4, 18	<b>GRADE 4</b>
<b>Knebworth Sports Pavilion</b> Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road) Refreshments available afterwards in the Bowls Club	Alternate Tuesdays 10.30am	Sept 5, 19 Oct 3, 17, 31 Nov 14, 28 Dec 12	<b>First Steps</b> (Suitable for wheelchair and buggy users)
<b>Knebworth Sports Pavilion</b> Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road) Refreshments available afterwards in the Bowls Club	Alternate Tuesdays 10.30am	Sept 5, 19 Oct 3, 17, 31 Nov 14, 28 Dec 12	<b>GRADE 1</b>
<b>Three Horseshoes PH</b> Norton, SG6 1AG Meet in the further car park	Alternate Tuesdays 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday 10.30am	Sept 5 Oct 3, 17 Nov 7, 21 Dec 5, 19	<b>GRADE 3-4</b> Approx. 75 mins
<b>Standalone Farm</b> Wilbury Road, Letchworth SG6 1DD Meet in the large car park to the left as you go up the drive	Monthly 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 10.30am	Sept 12, 26 Oct 10, 24 Nov 14, 28 Dec 12	<b>GRADE 3</b> (This walk may be wet and muddy if it's been raining)
<b>Millstream PH</b> Cambridge Road, Hitchin, SG4 0JH Refreshments after in the pub	Tuesdays 11.00am	Every (excluding 26 Dec)	<b>First Steps</b> (Gentle walk suitable for people recovering from illness or injury)

<b>Three Moorhens PH</b> Hitchin Hill, Hitchin, SG4 9AJ Meet in top car park	Tuesdays 2.00pm	Every (Including bank holidays)	<b>GRADE 3</b>
<b>New Taster walk - Jackman's Community Centre</b> Ivel Court, Letchworth SG6 2NL Meet at the entrance to the community centre near the shops. Refreshments after in the community café	Alternate Wednesdays 10:30am	Sept 6, 20 Oct 4, 18 Nov 1, 15, 29 Dec 13, 27	<b>First Steps</b> (Suitable for buggy and wheel chair users and people recovering from illness)
<b>New Taster walk</b> – Create Communities Hub 19-29 Station Road Letchworth, SG6 3BB <b>Free</b> refreshments after in the Hub.	Monthly Last Thursday 10am	Sept 28 Oct 26 Nov 30 Dec 28	<b>First Steps</b> (Suitable for buggy and wheel chair users and people recovering from illness)
<b>Oughtonhead Common</b> Junction of Redhill Road and Moss Way, Hitchin, SG5 2NY	Fridays 10.30am	Every (Including bank holidays)	<b>GRADE 3-4</b> Approx. 75 mins
<b>Three Horseshoes PH</b> Norton, SG6 1AG Meet in the further car park	Monthly 1 <sup>st</sup> Saturday 10.00am	Sept 2 Oct 7 Nov 4 Dec 2	<b>GRADE 4</b>
<b>The Plume of Feathers PH</b> Chambers Lane, Ickleford SG5 3YD	Monthly 3 <sup>rd</sup> Saturday 10.00am	Sept 16 Oct 21 Nov 18 Dec 16	<b>GRADE 3-4</b> Approx. 75 mins
<b>The Fox PH</b> Willian, SG6 2AE <b>Note – please do not park in pub car park</b>	Monthly 4 <sup>th</sup> Saturday 10.00am	Sept 23 Oct 28 Nov 25 Dec 23	<b>GRADE 3-4</b> Approx. 75 mins
<b>Grade 4+ Progression Health Walks</b>			
<b>The Windmill PH</b> Charlton near Hitchin, SG5 2AE	Alternate Mondays 10am	Sept 4, 18 Oct 2, 16, 30 Nov 13, 27 Dec 11	<b>GRADE 4+</b> (Approx. up to 120 minutes. Some steep inclines)

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 mins) and increase in length and time from Grade 1 (30 mins) up to Grade 4 (90 mins) and Grade 4+ (2hrs) 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)