

Timetable of walks from JANUARY TO APRIL 2024

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
Three Magnets PH Leys Avenue, Letchworth, SG6 1EW.	Mondays 10.30am	Every (Including Easter Monday, but not New Year's Day)	GRADE 2
The Orange Tree PH Stevenage Road, Hitchin, SG4 9DR Meet in the back car park.	Alternate Mondays 10.30am	Jan 1, 15 & 29 Feb 12 & 26 Mar 11 & 25 Apr 8 & 22	GRADE 4
Westmill Community Centre – NEW TASTER WALK John Barker Place, Hitchin SG5 2PG. Join us for a free cuppa afterwards in the community centre.	Mondays 1:30pm	Jan 8, 15, 22 & 29 Feb 5 and 12	First Steps (Suitable for wheelchair and buggy users)
Knebworth Sports Pavilion Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road). Join us for a cuppa in the Bowls Club after the walk	Alternate Tuesdays 10.30am	Jan 9, 23 Feb 6 & 20 Mar 5 & 19 Apr 2, 16 & 30	First Steps (Suitable for wheelchair and buggy users)
Knebworth Sports Pavilion Knebworth Recreation Ground, SG3 6AH (access by vehicle via Watton Road, on foot via Stevenage Road). Join us for a cuppa in the Bowls Club after the walk	Alternate Tuesdays 10.30am	Jan 9, 23 Feb 6 & 20 Mar 5 & 19 Apr 2, 16 & 30	GRADE 1
Three Horseshoes PH Norton, SG6 1AG Meet in the further car park.	Alternate Tuesdays 1 st and 3 rd Tuesday 10.30am	Jan 2 & 16 Feb 6 & 20 Mar 5 & 19 Apr 2 & 16	GRADE 3
Standalone Farm Wilbury Road, Letchworth SG6 1DD Meet in the large car park to the left as you go up the drive.	Monthly 2 nd and 4 th Tuesday 10.30am	Jan 9 & 23 Feb 13 & 27 Mar 12 & 26 Apr 9 & 23	GRADE 3 (This walk may be wet and muddy if it's been raining)
Millstream PH Cambridge Road, Hitchin, SG4 0JH Join us for a cuppa after in the pub.	Tuesdays 11.00am	Every (excluding 26 Dec)	First Steps (Gentle walk suitable for people recovering from illness or injury)
Three Moorhens PH Hitchin Hill, Hitchin, SG4 9AJ Meet in top car park.	Tuesdays 2.00pm	Every	GRADE 3

Jackman's Community Centre Ivel Court, Letchworth SG6 2NL Meet at the entrance to the community centre near the shops. Join us for a cuppa after the walk in the café.	Alternate Wednesdays 10:30am	Jan 10 & 24 Feb 7 & 21 Mar 6 & 20 Apr 3 & 17	First Steps (Suitable for buggy and wheel chair users and people recovering from illness)
Oughtonhead Common NEW STARTING POINT Overflow Car Park at The Angels Pub Bedford Rd, Hitchin SG5 2NG.	Fridays 10.30am	Every (Including Bank Holidays)	GRADE 3-4
Three Horseshoes PH Norton, SG6 1AG Meet in the further car park	Monthly 1 st Saturday 10.00am	Jan 6 Feb 3 Mar 2 Apr 6	GRADE 4
The Plume of Feathers PH Chambers Lane, Ickleford SG5 3YD.	Monthly 3 rd Saturday 10.00am	Jan 20 Feb 17 Mar 16 Apr 20	GRADE 3-4
The Fox PH Willian, SG6 2AE Note – please do not park in pub car park	Monthly 4th Saturday 10.00am	Jan 27 Feb 24 Mar 23 Apr 27	GRADE 3-4
Grade 4+ Progression Health Walks			
The Windmill PH Charlton near Hitchin, SG5 2AE	Alternate Mondays 10am	Jan 8, 22 Feb 5, 19 Mar 4, 18 Apr 1, 15, 29	GRADE 4+ (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 or visit www.hertfordshire.gov.uk/healthwalks