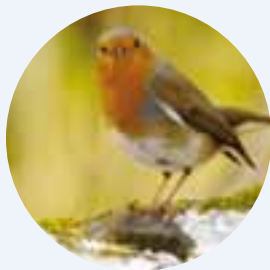


Walk in
Hertfordshire

January
– April
2009

Dacorum
Health Walks



Working with Dacorum Borough Council
and
Hertfordshire County Council

Dacorum Health Walks

Welcome to the Dacorum Health Walks programme, part of a countywide programme of free, led walks, which aims to help people get outdoors, get more active and reap the benefits.

Why walk?


Health walks are an ideal way of taking exercise:

- Suitable for all ages and abilities
- Local, short and free
- Sociable - walk in groups and meet new people
- Strengthen your heart, muscles and bones
- Good for your wellbeing – de-stress and increase your confidence


Walk Grading


The walks cater for all abilities and are graded to give you an idea of what to expect so you can choose the most suitable walk for you.


 = Accessible by Public Transport


 = Wheelchair/buggy friendly


 = Refreshments available after walk

 Type of walk – level based on estimated time it takes to walk, hills, stiles

 1 easy walk, 30 minutes, about 1.5 miles, gentle hills, no stiles









 2 easy/moderate walk, 45 minutes, about 2 miles, moderate hills, no stiles

 3 moderate walk, 1 hour, about 3 miles, moderate hills, faster pace, possible stiles

 4 moderate plus, up to 2 hours, possible steep inclines and stiles













Timetable of walks January – April 2009

Walks	Day/time	Date	Information
Gadebridge Park Hemel Hempstead. The white bridge by Park and Ride	Mondays 10am		
Chipperfield Outside Blackwell's Café, The Common opposite Church	Tuesdays 9.30am		 Informal walk led at a faster pace
Kings Langley Car park by Cricket Pavilion on The Common	Alternate Tuesdays 10am	6, 20 Jan 3, 17 Feb 3, 17, 31 Mar 14, 28 April	 A grade 2 walk can be provided on request
Kings Langley The Nap car park behind library	Alternate Wednesdays 10am	14, 28 Jan 11, 25 Feb 11, 25 Mar 8, 22 April	 A grade 2 walk can be provided on request
Potten End The Green near the Village Hall	Alternate Wednesdays 10am	7, 21 Jan 4, 18 Feb 4, 18 Mar 1, 15, 29 April	
Little Hay Golf Complex, Bovingdon Box Lane. Coffee Shop	Wednesdays 1.30pm		
Chipperfield Outside Blackwell's Café, The Common opposite Church	Thursdays 9.30am		 Informal walk led at a faster pace
Berkhamsted canal side of Waitrose entrance, off Lower King's Road	Alternate Thursdays 10am	15, 29 Jan 12, 26 Feb 12, 26 Mar 9, 23 April	 This is a 1 hour walk













Dates exclude Bank Holidays

Timetable of walks January – April 2009

Walks	Day/time	Date	Information
Tring Outside the Zoological Museum, Akeman Street	Alternate Thursdays 10am	8, 22 Jan 5, 19 Feb 5, 19 Mar 2, 16, 30 April	  
Markyate Outside Markyate Fire Station, Pickford Road	Fridays 10.30am		  
Grovehill Open Spaces Beside Tesco, Henry Wells Square, Aycliffe Drive	Alternate Fridays 10am	9, 23 Jan 6, 20 Feb 6, 20 Mar 3, 17 April	  This is a 1 hour walk
Apsley Basin Hemel Hempstead. Canal side of Sainsburys' entrance	Alternate Fridays 10am	16, 30 Jan 13, 27 Feb 13, 27 Mar 10, 24 April	 
















Dates exclude Bank Holidays

Out and About Sundays – these walks are 75–90 mins

Walks	Day/time	Date	Information
Hemel Hempstead at Top of the World PH Warners End Road (HP1 3QF)	Sunday 2pm	Jan 4	  
Aston Clinton Park London Road (HP22 5HP) turning opposite The Duck Inn	Sunday 2pm	Jan 11	  
Hemel Hempstead Nickey Line at Midland Hotel, Midland Road, Hemel Hempstead (HP2 5BH)	Sunday 2pm	Jan 18	  
Canals and fields at Cowroast PH between Berkhamsted and Tring A4251 (HP23 5RF)	Sunday 2pm	Jan 25	  







Dates exclude Bank Holidays

Out and About Sundays — these walks are 75–90 mins

Walks	Day/time	Date	Information
Kings Langley meet at the Nap public car park, behind library off A4251 (WD4 8ET)	Sunday 2pm	Feb 1	 
Canals and fields Wilstone at Village Hall, Tring Road off B489 (HP23 4PE)	Sunday 2pm	Feb 8	 
Hemel Hempstead meet at Village Centre car park, Leverstock Green off A4147 (HP3 8QQ)	Sunday 2pm	Feb 15	 
Great Gaddesdon Meet at Wyvale Garden Centre, Pipers Hill A4146 (HP1 3BW)	Sunday 2pm	Feb 22	 
Grovehill Open Spaces Meet at Henry Wells Square car park, Aycliffe Drive, Hemel Hempstead (HP2 6BJ)	Sunday 2pm	Mar 1	
Ashridge Park at the Bridgewater Monument, Ringshall, Berkhamsted B4506 (HP4 1LX)	Sunday 2pm	Mar 8	  This is a 2 hour walk
Flauden at Village Hall car park (HP3 0PW)	Sunday 2pm	Mar 15	 
Sarratt at The Green opposite The Boot PH (WD3 6BL)	Sunday 2pm	Mar 22	 

Dates exclude Bank Holidays

Out and About Sundays – these walks are 75–90 mins

Walks	Day/time	Mar 22	Information
Canal & Reservoirs Tring at Wyevale Garden Centre Bulbourne Road B488 (HP23 5HF)	Sunday 2pm	Mar 29	
Potten End Meet at the Green opposite Village Hall (HP4 2QG)	Sunday 2pm	April 5	
Apsley Meet at car park, Durrants Hill off A4251 (HP3 9SD)	Sunday 2pm	April 12	 This is a 2 hour walk
Bovingdon Meet at the Royal Oak PH, Bovingdon Green (HP3 OLZ)	Sunday 2pm	April 19	
Ashridge Park (Bluebells woodland) Meet at the Bridgewater Monument, Ringshall, Berkhamsted, B4506 (HP4 1LX)	Sunday 2pm	April 26	
Ashley Green at Village Hall, Dells Lane, off Chesham Road A416 (HP5 3PP)	Sunday 2pm	May 3	

Dates exclude Bank Holidays

Hertfordshire Health Walks are supported by Dacorum Borough Council and Hertfordshire County Council through their sponsorship of the Countryside Management Service. Additional programme funding is by Herts Sports Partnership.

Getting started

- Are you ready to walk? Before you come, please fill in our simple online form and then bring it along with you. Or, just turn up 10 minutes early for your first walk and fill in a copy from your leader.
- You don't need special equipment – just some comfortable shoes and waterproofs. We also recommend bringing a bottle of water.
- If you are in any doubt about joining a health walk contact your doctor.

What you need to know

- Start slowly and always walk at a pace you are comfortable with – you should still be able to chat to the person next to you!
- All walks are led by volunteers who are trained in leading and basic first aid.
- Brisk walking brings the most benefits (brisk is feeling a little warmer and breathing a little harder).
- Current medical advice suggests you should aim to take moderate exercise for 30 minutes at least 5 times a week.

For information on getting to the walks via public transport call Traveline on **0871 200 22 33** or log on to **www.intalink.org.uk**

Ready for the next step?

Contact us or visit our website to get copies of self-guided walking maps and find details of local walking groups and longer walks.

Get involved

We have lots of opportunities for volunteering with Hertfordshire Health Walks whether you are interested in leading, promoting or developing the walks. Get in touch or visit the website to find out more.

Find out more

If you don't have a walk in your area and want to start your own let us know – we're happy to come and talk to you and your community group or organisation about the benefits of walking and how to get started.



For more information about Dacorum Health Walks contact us at
w: www.hertsdirect.org/healthwalks
e: Healthwalks.cms@hertsc.gov.uk
t: 01727 848168

This information can be made available on request in other formats including large print, Braille, audio and in other languages.

Please contact 01438 737 321 or 01923 471 321