

# Hertfordshire Health Walks

January - April 2015



Welcome to the **Hertsmere** Health Walks programme, part of a countywide initiative of **free**, led walks, helping **everyone** 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 are graded so you can choose the most suitable walk for you.



Accessible by Public Transport



Wheelchair friendly



Refreshments available after walk



Type of walk – level based on estimated time it takes to walk, hills, stiles - unless otherwise stated



our easiest walk, 20 - 30 minutes, flat and even ground, gentle pace, no stiles, regular stopping places



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



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



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



moderate plus, up to 90 minutes, possible steep inclines and stiles

## 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 adults should aim to take moderate exercise for 150 minutes a week.

# Timetable of walks January to April 2015

Walks and meeting point	Day/time	Date	Information
<b>Borehamwood</b> Meet at the main shopping park, outside Halfords and the doctor's surgery (WD6 4PR)	Tuesdays 10:30am	Every	
<b>Borehamwood</b> Meet outside Mirzan Restaurant 134 Aycliffe Road, Borehamwood, (WD6 4DY)	Wednesdays 10:30am	Every	
<b>Bushey</b> Meet at La Dolce Vita café, King George Recreation Ground, King George Avenue (WD23 4NT)	Thursdays 10:30am	Every Excludes Jan 1	
<b>Radlett</b> Meet at Battlers Green Farm, Common Lane (WD7 8PH)	Fridays 10:30am	Every Excludes Apr 3	
<b>Potters Bar</b> Public car park, Oakmere Park, High Street (EN6 5AU)	Mondays 11am	Every Excludes Apr 6	
<b>Potters Bar</b> Meet inside Potters Bar train station (EN6 1AN)	Mondays 10:30am	Every Excludes Apr 6	
	Wednesdays 10:30am	Every	
	Saturdays 10:30am	Every	

## Dates exclude bank holidays

Volunteer Health Walk leaders wanted! We're looking for new leaders to join our teams in Hertsmere and across Hertfordshire.

- It's flexible
- We provide free training and all resources
- It's fun and rewarding

Interested? Join a Health Walk to find out more, or contact the team on **01992 588433**



## Getting started

- Are you ready to walk? Before you join your first walk, please fill in our simple online form on our website and then bring your reference number 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 suitable 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.

For information on getting to the walks via public transport call Traveline on **0300 123 4050** (open 8am to 8pm) or log on to **[www.intalink.org.uk](http://www.intalink.org.uk)**

## Ready for the next step?

For self-guided walking maps or details of other walking groups offering longer walks visit our website or **[www.walk4life.info](http://www.walk4life.info)**, which also has a range of free walking maps.

For details of guided walks visit **[hertsdirect.org/walksandmore](http://hertsdirect.org/walksandmore)**.

## 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.

## Other Walks

For walks in South Oxhey and other areas in Three Rivers please see the Watford & Three Rivers programme



For more information about Health Walks contact us at

**w:** [www.hertfordshirehealthwalks.org](http://www.hertfordshirehealthwalks.org)

**e:** [Healthwalks.cms@hertfordshire.gov.uk](mailto:Healthwalks.cms@hertfordshire.gov.uk)

**t:** 01992 588433

[facebook.com/hertfordshirehealthwalks](https://www.facebook.com/hertfordshirehealthwalks)

[twitter.com/hertshealthwalk](https://twitter.com/hertshealthwalk)

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

Please contact **01992 588433**

Hertfordshire Health Walks are supported by Hertfordshire County Council through its sponsorship of the Countryside Management Service.

