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[Parks and Leisure](#)

[Parks and open spaces](#)

[Healthy parks](#)

[Health Walks](#)

## Health Walks



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UNFORTUNATELY DUE TO COVID-19 ALL HEALTH WALKS ARE CURRENTLY SUSPENDED.

The [Hertfordshire Health Walks scheme](#) is a countywide programme of **free**, led walks, aimed to promote walking and encourage more people of all ages, backgrounds and abilities to get outdoors, get more active and enjoy the benefits.

### About Hertfordshire Health Walks

The walks are graded so you can choose the most suitable for you, from a gentle 20 minute walk to a 90 minute brisk walk. The walks run from the same place and time every week, with meeting points in Borehamwood, Bushey, Potters Bar and Aldenham. These popular walks, led by friendly volunteer walk leaders, offer many different routes through towns, parks and countryside and the opportunity for a coffee afterwards. Best of all it's free!



#### Health walks

To find details of the walks near you:

- visit [Hertfordshire Health Walks](#)
- call 01992 588433

#### Please note:

**All events are subject to weather conditions on the day. If in doubt, please call beforehand. Entry to all events is free unless otherwise stated.**

[↑ Back to top](#)



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