

# Hertfordshire Health Walks

## East Herts



### Timetable of Walks September to December 2025

Enjoy the countryside and local green spaces with FREE Hertfordshire Health Walks led by friendly volunteers

Hertford and Area Walks and meeting point	Day/time	Date	Information
<b>Sele Farm and Panshanger Park</b> Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ. Toilets are available at the Sele Community Hub at Fleming Crescent shops <u>before</u> the walk.	<b>Mondays</b> <b>10:00 am</b>	<b>Every</b>	<b>Grade 2</b>
			<b>Grade 3 - 4</b>
<b>Bengeo First Steps – NEW TASTER WALK!</b> Meet in the car park at the Bengeo Club Bengeo St, Bengeo Hertford, SG14 3ES. Toilets are available in the Club. (Join us for a cuppa afterwards).	<b>Tuesdays</b> <b>10:15am</b>	<b>Sep 16, 23 &amp; 30 Oct 7, 14, 21, 28 &amp; Nov 4</b>	<b>First Steps</b>
<b>Bengeo and Waterford Marsh</b> Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU. (Join us for a cuppa afterwards in the Secret Garden Café.)	<b>Tuesdays</b> <b>10am</b>	<b>Every</b>	<b>Grade 3 - 4</b>
<b>Hertford and Hartham Common</b> Meet at the fountain outside Café Nero/The White Hart pub on Salisbury Square, Hertford, SG14 1BE. (Join us for a cuppa afterwards at Mudlark's Café.)	<b>Wednesdays</b> <b>10:15 am</b>	<b>Every</b> <b>Not Bank</b> <b>Holidays Dec 24 or 31</b>	<b>Grade 1</b>
<b>Sele Farm</b> Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ. (Join us for a cuppa afterwards at the Sele Community Hub at Fleming Crescent shops, where toilets are available, or outside Simmons in good weather.)	<b>Thursdays</b> <b>10am</b>	<b>Every</b> <b>Not Bank</b> <b>Holiday Dec 25</b>	<b>First Steps</b> (Suitable for wheelchair and buggy users)
<b>Ware</b> Meet at Leaside Church, High St, Ware SG12 9BT (Join us for a free cuppa afterwards in Local Social's Café.)	<b>Fridays</b> <b>10:00 am</b>	<b>Every</b> <b>Not Bank</b> <b>Holiday Dec 26</b>	<b>First Steps</b> (Suitable for wheelchair and buggy users)
<b>Stanstead Abbots</b> Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA (Join us for a cuppa afterwards in the pub.)	<b>Fridays</b> <b>10:00 am</b>	<b>Every</b> <b>Not Bank</b> <b>Holiday Dec 26</b>	<b>Grade 3 - 4</b>
<b>Hartham Common</b> Meet by the bench near Hartham Leisure Centre, Hertford, SG14 1QR. Toilets and refreshments in the leisure centre.	<b>Sundays</b> <b>2 pm</b>	<b>Every</b>	<b>Grade 3 - 4</b>
<b>Grade 4+ Progression Walk</b>			
<b>Wadesmill, near Ware</b> Meet at The Feathers Pub, 49 Cambridge Road, SG12 0TN. (Join us for a cuppa afterwards in the pub.)	<b>Monthly</b> <b>10:00am</b> <b>(3<sup>rd</sup> Thursday)</b>	<b>Sep 18</b> <b>Oct 16 Nov 20 Dec 18</b>	<b>Grade 4 +</b>

All walks are FREE, no booking required. All walkers need to register with us first. You can do this online, or arrive 15 mins early to fill in a form. Walks range from a gentle First Steps (20-30 minutes) and increase in length and time up to Grade 4+ (120 mins). The walking times are for guidance but may be longer depending on the fitness of walkers and the weather. 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)

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### Timetable of WEEKDAY walks September to December 2025

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Bishop's Stortford and Area Walks and meeting point	Day/time	Date	Information
<b>Thorley Health Walk</b> Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford CM23 4BE	<b>Mondays</b> <b>10 am</b>	<b>Every</b> <b>(Including Bank Holidays)</b>	<b>Grade 3</b>
<b>Herts and Essex Hospital <span style="color: red;">TASTER WALK CONTINUING NEW TIME!</span></b> Meet outside hospitals reception area. Cavell Drive, CM23 5JH. Toilets are available in the hospital. Join Social Prescribers and others for a cuppa afterwards in the café.	<b>Wednesdays</b> <b>12 noon</b>	<b>Every</b>	<b>First Steps</b>
<b>Castle Park</b> Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL. Toilets are available nearby at the Terrace Park Café and Kitchen.	<b>Fridays</b> <b>11:00 am</b>	<b>Every</b>	<b>Grade 1</b>
	<b>Fridays</b> <b>12:00 noon</b>		<b>Grade 2</b>

All walks are FREE, no booking required. All walkers need to register with us first. You can do this online or arrive 15 mins early to fill in a form. Walks range from a gentle Grade 1 (up to 40 minutes) up to as faster-paced Grade 3 (60 mins). The walking times are for guidance but may be longer depending on the fitness of walkers and the weather. **Contact us: E: [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk) T: 01992 555888 or visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)**