

Hertfordshire Health Walks

East Herts



Timetable of walks May to August 2026

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

Hertford and Area Walks and meeting point	Day/time	Date	Information
Sele Farm and Panshanger Park 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.	Mondays 10:00 am	Every (excl Bank Holidays)	Grade 2
			Grade 3 - 4
Bengeo First Steps Meet in the Bengeo Club, Bengeo St, Bengeo Hertford, SG14 3ES. Toilets are available in the Club. (Join us for a cuppa afterwards).	Tuesdays 10:15am	Every	First Steps
Bengeo and Waterford Marsh 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 Bengeo Club, SG14 3ES.)	Tuesdays 10am	Every	Grade 3 - 4
Hertford and Hartham Common 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.)	Wednesdays 10:15 am	Every	Grade 1
Sele Farm 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.)	Thursdays 10am	Every	First Steps (Suitable for wheelchair and buggy users)
Ware Meet at Leaside Church, High St, Ware SG12 9BT (Join us for a free cuppa afterwards in Local Social's Café in the church.)	Fridays 10:00 am	Every	First Steps (Suitable for wheelchair and buggy users)
Stanstead Abbots Meet in the Red Lion pub car park, 1 High Street, Stanstead Abbots, SG12 8AA (Join us for a cuppa afterwards in the pub.)	Fridays 10:00 am	Every	Grade 3 - 4
Hartham Common Meet by the bench near Hartham Leisure Centre, Hertford, SG14 1QR. Toilets and refreshments in the leisure centre.	Sundays 2 pm	Every	Grade 3 - 4

Grade 4+ Progression Walk

Bengeo NEW! 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 Bengeo Club, SG14 3ES.)	Monthly 10:00am (1st Thursday)	May 7, June 4 July 2 and Aug 6	Grade 4 +
Wadesmill, near Ware Meet at The Feathers Pub car park, 49 Cambridge Road, SG12 0TN. (Join us for a cuppa afterwards in the pub.)	Monthly 10:00am (3rd Thursday)	May 21 June 18 July 16 and Aug 20	Grade 4 +

Summer evening walks

Bengeo Meet on the grassed area opposite the shops on The Avenue, near the junction with Cowper Crescent, SG14 3DU	Wednesday evenings 7pm	May 6, 13, 20 and 27	Grade 3
Ware Meet at the car park (next to the footbridge over the River Lea), Burgage Lane, SG12 9XF	Wednesday evenings 7pm	June 3, 10, 17 and 24	Grade 3
Panshanger Park Meet Thieves Lane car park, off A414. nearest postcode SG14 2WN. Parking charges apply. Alternatively, use nearby street parking.	Wednesday evenings 7pm	July 1, 8, 15, 22 and 29	Grade 3
Hartham Common Meet by bench near Hartham Leisure Centre, Hertford, SG14 1QR	Wednesday evenings 7pm	August 5, 12, 19 and 26	Grade 3

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 to 30 minutes) up to a 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 T: 01992 555888 or visit www.hertfordshire.gov.uk/healthwalks**

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Bishop's Stortford and area

Thorley Health Walk Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford CM23 4BE	Mondays 10 am	Every (Incl Bank Holidays)	Grade 3
Herts and Essex Hospital Meet outside in the hospital's reception area, Cavell Drive, CM23 5JH. Toilets are available in the hospital. Join Social Prescribers and others for a cuppa afterwards in the café.	Wednesdays 12 noon	Every	First Steps (Suitable for wheelchair and buggy users)
Castle Park 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.	Fridays 11:00 am	Every (Incl Bank Holidays)	Grade 1 (Suitable for wheelchair and buggy users)
	Fridays 12 noon		Grade 2

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