

Walk in
Hertfordshire

January
– April
2011

Harpenden
& Villages
Health Walks



*Countryside
Management
Service* 

Working with St Albans City & District Council
and
Hertfordshire County Council

Harpenden & Villages Health Walks

Welcome to the Harpenden & Villages Health Walks programme, part of a countywide programme of free, led walks, which aims to help **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 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



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 2 hours, possible steep inclines and stiles

What you need to know

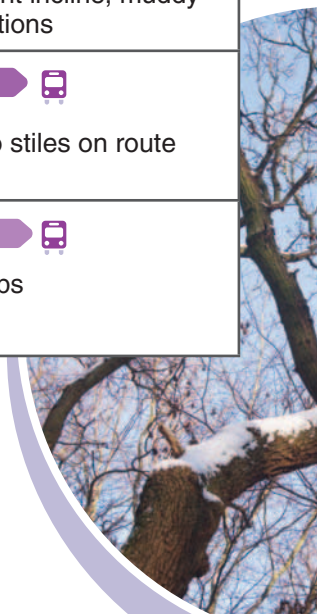
- Start slowly and always walk at a pace you are comfortable with – you should still be able to chat to the person next to you!
- All walks are led by volunteers who are trained in leading and basic first aid.
- Brisk walking brings the most benefits (brisk is feeling a little warmer and breathing a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



Timetable of walks January to April 2011

Walks	Day/time	Date	Information
Car park at junction of Marquis Lane/Station Road, Harpenden, AL5 4UJ	Alternate Mondays 2.30pm	Jan 17, 31 Feb 14, 28 Mar 14, 28 Apr 11	 Incline, steps, muddy sections
Football pitch car park, Cravells Road, Harpenden, AL5 1DH	Alternate Tuesdays 10.30am	Jan 11, 25 Feb.8, 22 Mar 8, 22 Apr 5, 19	 Incline, muddy sections
St Peters Church car park, off Lamer Lane, Gustard Wood, AL4 8RT	Alternate Thursdays 2.00pm	Jan 13, 27 Feb 10, 24 Mar 10, 24 Apr 7, 21	 Muddy sections, some inclines
Memorial Hall car park, Marford Road, Wheathampstead, AL4 8AY	Alternate Fridays 10.30am	Jan 7, 21 Feb 4, 18 Mar 4, 18 Apr 1, 15, 29	 Muddy sections
Car park at junction of Marquis Lane/Station Road, Harpenden, AL5 4UJ	Saturday 2.00pm	Jan 1	 Incline
Nomansland, car park next to the Wicked Lady Pub on the B651, AL4 8EL	Saturday 2.00pm	Feb 5	 Slight incline, muddy sections
Kinsbourne Green car park at corner of The Common and Luton Road, Harpenden, AL5 3QE	Saturday 2.00pm	Mar 5	 Two stiles on route
Car park by cricket ground, Redbourn Common, Hemel Hempstead Road, Redbourn, AL3 7NG	Saturday 2.00pm	Apr 2	 Steps

Dates exclude bank holidays



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.

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 Harpenden Health Walks contact us at
w: www.hertslink.org/cms/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 0300 1234040.

Hertfordshire Health Walks are supported by St Albans City & District Council and Hertfordshire County Council through their sponsorship of the Countryside Management Service.

