

Walk in  
Hertfordshire

January  
– April  
2011

St Albans  
Health Walks



*Countryside  
Management  
Service* 

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

# St Albans Health Walks

Welcome to the St Albans 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

1st STEPS

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

1

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

2

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

3

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

4










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
<b>Highfield Park</b> , Charters Health Club car park, Hill End Lane, Opposite Spar, AL4 0DB	Mondays 9.30am	Every	
<b>Highfield Park</b> , Charters Health Club car park, Hill End Lane, Opposite Spar, AL4 0DB	Mondays 10.45am	Every	
<b>Highfield Park</b> , Charters Health Club car park, Hill End Lane, Opposite Spar, AL4 0DB	Tuesdays 1.30pm	Every	
<b>Verulamium Park</b> , Meet outside Westminster Lodge Leisure Centre, Holywell Hill, AL1 2DJ	Wednesdays 7.00pm	6, 20 Apr	 45 mins
<b>Batchwood</b> , Batchwood Hall car park, off Batchwood Drive, St Albans, AL3 5XA	Wednesdays 7.00pm	13, 27 Apr	
<b>Verulamium Park</b> , Meet outside Westminster Lodge Leisure Centre, Holywell Hill, AL1 2DJ	Saturdays 2pm	29 Jan 26 Feb 26 Mar	 45 mins
<b>Bricket Wood</b> , Riverside Way car park, Drop Lane, Bricket Wood, AL2 3TX	Sundays 10.30am	16 Jan 20 Mar	
<b>Heartwood Forest</b> , Meet in Village Hall car park, St Albans Road, Sandridge, AL4 9DA	Sundays 10.30am	20 Feb 17 Apr	
<b>Greenwood Park</b> , Meet outside Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW	Fridays 2.00pm	Every Friday from Mar 4th	

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](http://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 St Albans Health Walks contact us at  
w: [www.hertslink.org/cms/healthwalks](http://www.hertslink.org/cms/healthwalks)  
e: [Healthwalks.cms@hertsc.gov.uk](mailto: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.

