

Hertfordshire Health Walks

Watford and Three Rivers



Timetable of walks May to August 2018

Enjoy the countryside and local green spaces with the FREE Hertfordshire Health Walks led by qualified volunteer leaders

Walks and meeting point	Day/time	Date	Information
South Oxhey The Centre, Gosforth Lane, WD19 7AX	Mondays 10am	Every (except bank holidays)	1st STEPS 1 2-3
Rickmansworth Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB	Tuesdays 2pm	Every	1st STEPS 1-2
Cassiobury Park, Watford Meet at The Cha Cafe by tennis courts, nr Shepherds Road, WD18 7HY	Wednesdays 10.30am	Every	3 Fast pace walk
	Wednesdays 11am for a 11.10am start	Every	1st STEPS 1-2 duration 1 hour
South Oxhey Meet at Bridlington Road end of the Precinct WD19 7AG	Wednesdays 10.30am	Every	3 A grade 4 walk also available
Mill End Meet at Mill End Community Centre, Church Lane WD3 8HD	Wednesdays 11am	Every	1st STEPS Grade 1 also available
Abbots Langley Public car park off High Street behind the parade of shops opposite the Methodist Church, WD5 0AY	Thursdays 10am	Every	2 duration 1 hour 3 4+
Holywell, West Watford Holywell Community Centre, Chaffinch Lane, off Tolpits Lane, WD18 9QD	Thursdays 1pm	Every	1
Cassiobury Park, Watford Meet at car park, Cassiobury Park Ave, Watford WD18 7LB	Monthly Thursday 7pm	10 May 14 Jun 12 Jul 9 Aug	2
Maple Cross Woodoaks Farm Tea Shack, Denham Way, Maple Cross, Rickmansworth WD3 9XQ	Monthly Fridays 9.30am	4 May 1 Jun 6 July 3 Aug	4+
Croxley Green Meet at the Artichoke pub on The Green, WD3 3HN	Alternate Fridays meet at 9.50am to start at 10am	4, 18 May 1, 15, 29 Jun 13, 27 Jul 10, 24 Aug	2 3
Croxley Green Harvester (The Two Bridges), Baldwins Lane, WD3 3RX	Alternate Fridays 10am	11, 25 May 8, 22 Jun 6, 20 Jul 3, 17, 31 Aug	4
NEW TASTER WALKS Garston Woodside Leisure Centre, Horseshoe Lane WD25 7HH	Fridays 11am	18, 25 May 1, 8 Jun	1st STEPS
NEW TASTER WALKS West Watford Holywell Community Centre, Chaffinch Lane, off Tolpits Lane, WD18 9QD	Sundays 2pm	17, 24 Jun 1, 8 Jul	3