

Hertfordshire Health Walks



NEW TASTER Health Walks Coming to Bennetts End

FREE, friendly, local led walks
Alternate Fridays at 10am

The first walk of 2024 will take place on 5th January

Everyone is welcome...come along!

Walks and meeting point	Day/time	Date	Grade Walk
Bennetts End Community Centre, Gatecroft, Hemel Hempstead HP3 9LZ	Alternate Fridays 10am	Jan 5, 19 Feb 2, 16 Mar 1, 15 Apr 12, 26	FIRST STEPS

You don't need special equipment - just some suitable shoes and clothing and we recommend you bring a bottle of water.

The short walk is an easy, gentle pace, 20 - 30 minute walk on flat ground and all walks are led by trained volunteer walk leaders and in future we are planning of making these new Health Walks a weekly event.

Hertfordshire Health Walks are **FREE**, led by volunteers, and encourage people of all ages and abilities to get outdoors, explore their community, socialise and reap the health and wellbeing benefits that walking brings.

To find out more: email healthwalks.cms@hertfordshire.gov.uk or call **01992 555888**