

# Hertfordshire Health Walks

## Watford and Three Rivers

### Timetable of walks JANUARY – APRIL 2023

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	Walk Grade/Booking Information
<b>South Oxhey</b> Meet in the <b>large car park</b> All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Mondays 10am	Every (except bank holidays)	<b>FIRST STEPS / GRADE 1</b>
<b>South Oxhey</b> Meet in the <b>large car park</b> All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Mondays 10am	Every (except bank holidays)	<b>GRADE 2 - 3</b>
<b>Rickmansworth Aquadrome</b> Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB <b>* Walk goes WEEKLY in April</b>	Alternate Tuesdays 2pm	Jan 10, 24 Feb 7, 21 Mar 7, 21 <b>* April 4, 11, 18, 25</b>	<b>GRADE 1- 2</b> Duration 45 minutes <b>New Walk</b>
<b>Cassiobury Park, Watford</b> Meet at entrance to main Car Park, Gade Avenue, off Cassiobury Park Ave, on the grass, to the left of the height restriction barrier WD18 7LG	Alternate Tuesdays 10am	Jan 3, 17, 31 Feb 14, 28 Mar 14, 28 April 11, 25	<b>GRADE 1- 2</b> Duration 45 minutes
			<b>GRADE 3 - 4</b> Duration around 75 minutes
<b>South Oxhey:</b> Meet in the <b>large car park</b> All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Wednesdays 10am	Every	<b>GRADE 3</b>
<b>South Oxhey:</b> Meet in the <b>large car park</b> All Saints Church, Gosforth Lane, South Oxhey, WD19 7AX	Wednesdays 10am	Every	<b>GRADE 4 +</b>
<b>Mill End:</b> Meet at Mill End Community Centre, Church Lane WD3 8HD	Wednesdays 11am	Every (No walk 4 <sup>th</sup> January)	<b>FIRST STEPS * / GRADE 1</b> <b>* New Extra Walk 30 mins</b>
<b>Abbots Langley</b> Meet in the public car park – entrance at the side of Abbots Langley Pharmacy, 78 High Street, WD5 0AW (in parade of shops opposite Methodist Church)	Thursdays 10am	Every	<b>GRADE 2</b> Duration 45 – 60 minutes
<b>Abbots Langley</b> Meet in the public car park – entrance at the side of Abbots Langley Pharmacy, 78 High Street, WD5 0AW (in parade of shops opposite Methodist Church)	Thursdays 10am	Every	<b>GRADE 3 - 4 *</b> Duration 60 - 75 minutes <b>* Re-graded walk</b>
<b>Maple Cross</b> Tea Shack Woodoaks Farm, Denham Way, Maple Cross, Rickmansworth WD3 9XQ (Tea Shack closed for Jan walk). <b>FREE PARKING</b> on site along the track to the left by Dutch Barn- please Park with care	Monthly Fridays 9.30am	Jan 6 Feb 3 Mar 3 April 7 * (* Good Friday walk)	<b>GRADE 4 +</b>
<b>Croxley Green Coach and Horses</b> The Coach and Horses: meet at the public house car park, The Green, Croxley Green, WD3 3HX	Monthly Fridays (meet 9.50am for 10am start)	Jan 27 Feb 24 Mar 24 April 21	<b>GRADE 3 - 4 *</b> Approx. 75 minutes <b>* Re-graded walk</b>
<b>Croxley Green Morrisons Supermarket</b> Ascot Road, Watford, WD18 8AA Please Note: meet at green space adjacent to supermarket café	Fridays as specified (meet 9.50am for 10am start)	Jan 6, 20 Feb 3, 17 Mar 3, 17, 31 April 14, 28	<b>GRADE 4</b>
<b>Rickmansworth Aquadrome</b> Meet outside Café in the Park, Rickmansworth Aquadrome, Frogmore Lane, WD3 1NB	Monthly Sunday 2pm	Jan 29 Feb 26 Mar 26 Apr 23	<b>Grade 3 - 4</b> <b>New Walk</b>

All walks are FREE with no booking required - just turn up 10 mins before the walk or 15 minutes before your first walk to complete a new walker form. Walks are graded between 20-30 minutes (First Steps) and up to 90 minutes (Grade 4) unless otherwise stated. Whilst Grade 4+ progression walks can last up to 2 hours. For more information - call 01992 555888 Monday to Friday 09:00 – 11:30 and 14:00 – 15:00, email [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk) or visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)