

Hertfordshire Health Walks

Stevenage



Timetable of WEEKDAY walks SEPTEMBER – DECEMBER 2024

Enjoy the countryside and local green spaces with the FREE Hertfordshire Health Walks led by friendly trained volunteers.

<p>Bedwell - NEW WALK Meet outside Bedwell Community Centre, Bedwell Crescent, Stevenage SG1 1NA. Join us for a free cuppa after the walk in the Community Café</p>	<p>Tuesdays 10.15am</p>	<p>Weekly (No walks 24th or 31st Dec)</p>	<p>Grade 2 45 minutes Grade 1 (New) 30 minutes available</p>
<p>Fairlands Gentle Warm Up Walk Meet outside Costello's Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL</p>	<p>Wednesdays 10am</p>	<p>Weekly (No walk 25th Dec)</p>	<p>Grade 1 Up to 30 minutes</p>
<p>Fairlands Brisk Step Out Walk Meet outside Costello's Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL</p>	<p>Wednesdays 10.30am</p>	<p>Weekly (No walk 25th Dec)</p>	<p>Grade 3 Up to 60 minutes</p>
<p>NEW TASTER WALK FROM 10TH OCTOBER Stevenage Library Meet outside the library at Southgate, Town Centre, Stevenage SG1 1HD and stay with us afterwards for a free cuppa – donations welcome</p>	<p>Thursdays 2pm (Weekly for 6 weeks)</p>	<p>Oct 10, 17, 24, 31 Nov 7, 14</p>	<p>Grade 1 Up to 30 minutes</p>

All walks are FREE, no booking required. All walkers need to register with us first. You can do this online or arrive 15 mins early to fill in a form. Walks range from a gentle First Steps (20 30 minutes) and increase in length and time from Grade 1 (30 mins) up to Grade 3 (60 mins). The walking times are for guidance but may be longer depending on the fitness of walkers and the weather. Contact us: E: healthwalks.cms@hertfordshire.gov.uk T: 01992 555888 or visit www.hertfordshire.gov.uk/healthwalks

If you have any questions about walks in Stevenage and would like to know about other walking events, please visit:

www.stevenage.gov.uk/leisure-culture-and-wellbeing/health-walks