

Hertfordshire Health Walks



FREE Health Walks in Berkhamsted!

Meet new people and enjoy the many health and well-being benefits walking provides!

Our walks are volunteer-led, friendly and local – everyone is welcome!

Walks and Meeting Point	Day/Time	Date	Walk Grade
Berkhamsted, HP4 2AL meet on grassed area opposite Millennium Garden, Canal Fields car park, Broadwater, off Lower Kings Road HP4 2AL	Alternate Thursdays 10am	May 11, 25 June 8, 22 July 6, 20 Aug 3, 17, 31	GRADE 1 approx. 30 mins
	Alternate Thursdays 10am	May 11, 25 June 8, 22 July 6, 20 Aug 3, 17, 31	GRADE 2 - 3
	Alternate Thursdays 10am	May 4, 18 June 15, 29 July 13, 27 Aug 10, 24	GRADE 3 - 4

Sign up online at www.hertfordshire.gov.uk/healthwalks, or arrive 15 minutes before the start of your first walk. You don't need any special equipment, just suitable shoes, clothing, and we also recommend a bottle of water

There are lots of Health Walks in Watford and Three Rivers and across Hertfordshire, visit our website: www.hertfordshire.gov.uk/healthwalks

For all enquiries email healthwalks.cms@hertfordshire.gov.uk or call 01992 555888