

# Hertfordshire Health Walks



## FREE Health Walks in Tring!

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
<b>Tring</b> Meet outside the Zoological Museum, Akeman Street HP23 6AP	Alternate Thursdays 10am	May 11, 25 June 8, 22 July 6, 20 Aug 3, 17, 31	<b>GRADE 3 - 4</b>

Sign up online at [www.hertfordshire.gov.uk/healthwalks](http://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](http://www.hertfordshire.gov.uk/healthwalks)

For all enquiries email [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk) or call 01992 555888