

# TURNFORD BROOK WELLBEING WALK

## Active Herts

Your first step to a more active lifestyle

Hertfordshire



Health Walks

Looking to get out of the house and stretch those legs? If the answer is yes, then join Gill on a lovely 45 minute walk around the Lee Valley Country Park.

**Fortnightly, every other Friday, 1-1.45pm**

**Meet at: Turnford Brook Car Park (Lee Valley Country Park), Cheshunt Wash, EN8 OLU.**

Terrain: **Level footpath, access to park over railway bridge, no stairs/steps.**

Cost: **FREE**

Walk leader: **Gill**

Car parking: **Free**

Grade: **Grade 1 Walk**

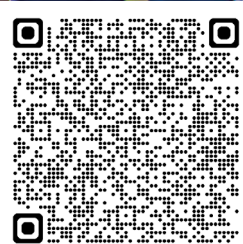
This is a scenic route where you can enjoy the local wildlife like muntjac deer, birds and herons if you are lucky.

The walk terrain is flat and paved so it's ideal for all ages and slower walkers.

Please wear suitable footwear, comfortable trainers or walking boots would be ideal.

Please also bring a bottle of water to keep hydrated.

Scan here



For more information about this walk, please scan the QR code or alternatively contact:

- Gill: **07887 507556**
- Health Walks team: **01992 555888**
- Email: **healthwalks.cms@hertfordshire.gov.uk**



**BOROUGH OF  
BROXBOURNE**  
www.broxbourne.gov.uk