



Points to remember

1. Dress appropriately for the weather and walking.
2. Toilet facilities may not always be available.
3. Bring your own food and drinks.
4. Everyone (including the dog) is welcome .
5. Except where stated, walks are not suitable for pushchairs, unless you are really determined.
6. A small fee of £1 will need to be given to the walk leader at the beginning of each walk. This does not apply to Health Walks.
7. NGR stands for National Grid Reference. Ordnance Survey maps are overlaid with this grid.

For any queries in the event of bad weather, please call the Council's Helpline on 01992 785577 to check if the walk is still going ahead.

Health Walks within the Borough of Broxbourne

If you want to enjoy your local parks and open spaces, meet new people and improve your health and wellbeing, come along to the volunteer-led Health Walks. Health Walks currently take place at weekends and during the week at Cedars Park, Cheshunt Park, Barclay Park, Goffs Oak and at locations along the River Lea and Lee Valley Park. The walks are regular, short and led by trained volunteers. The walks are for everyone, but especially great for people who are trying to build up their daily activity levels, people who are at risk of experiencing poor health and people who feel vulnerable or isolated.

For more information on the times and dates of the Broxbourne Health Walks programme please visit www.broxbourne.gov.uk or call the Council's Community Development team on 01992 785555, extension 1519.

Guided Walks Programme

Borough of Broxbourne and surrounding areas

AUGUST 2024 – JANUARY 2025



Come and enjoy group walks in and around the Borough of Broxbourne.

They are relaxing, sociable and great for your health.

The cost per walk is £1.

This will need to be given to your walk leader at the beginning of the walk. Informative leaders will help you discover and enjoy the attractive countryside in friendly groups.

Walk leaders:

Jackie Cahn	07514 737 399
Frank Sluter	07704 730 421
Naomi Davies	07931 157 897
Steve Kew	07946 976 245
John Catt	07578 700 867
Karen Humeniuk	07743 381 906

COLNEY HEATH

Wednesday 7 August Distance 5 miles

Meet at the recreation car park next to school. AL4 0NP

Start time: 10am Jackie

THE SUN INN NAZEING

Wednesday 21 August Distance 5 miles

Meet outside the Sun Inn (closed down), Nazeing Common Road. EN9 2DE

Start time: 10am Steve

CLAY HILL ENFIELD

Wednesday 4 September Distance 5 miles

Meet in Beggars Hollow car park, up the track by the side of Rose and Crown car park. EN2 9AS

Start time: 10am Ann

BRICKENDON

Wednesday 18 September Distance 4.5 miles

Meet at the Farmers Boy, SG13 8NU

Start time: 10am John

COLEMAN GREEN

Wednesday 2 October Distance 5 miles

Meet at the John Bunyan Pub, Coleman Green Lane. AL4 8ES

Start time: 10am Jackie

TUNWELL

Wednesday 16 October Distance 5.5 miles

Park at the Robin Hood and Little John Pub if eating. SG12 0HN

Start time: 10am Naomi

BRAUGHING

Wednesday 30 October Distance 5 miles

Meet at the Brown Bear Pub, Gatehouse SG11 2QF

Start time: 10am Jackie

WATERFORD HEATH

Wednesday 13 November Distance 5 miles

Meet in car park, Vicarage Road. SG14 3LU (nearest)

Start time: 10am Karen

CHESHUNT PARK

Wednesday 27 November Distance 5.2 miles

Meet at the Golf Centre, Park Lane. EN7 6QD

Start time: 10am TBC

MATCHING TYE

Wednesday 11 December Distance 5 miles

Meet at the Fox Inn. CM17 0QS.

Start time: 10am John

TURNFORD BROOK

Wednesday 8 January Distance 5.6 miles

Meet in Lee Valley car park by the side of St. Clements Church, Turnford. EN8 0XH

Start time: 10am Karen

LITTLE BERKHAMSTED

Wednesday 22 January Distance 5 miles

Meet in Five Horseshoes Pub. SG13 8LY

Start time: 10am John

