

Rosedale Wellbeing Walk

Active Herts

Your first step to a more active lifestyle

**Every Tuesday
10-11am**

Meet at the **Rosedale Community Church,**
Andrew's Lane, Cheshunt, Waltham Cross EN7 6LB

Distance covered: **3km**

Terrain: **Flat**

Cost: **FREE**

Phone: **01992 623835**

Email: **admin@
rosedalechurch.org**

Parking: **FREE**

Toilets on site: **Yes**

Refreshments
afterwards: **Yes**

Do you enjoy walking and meeting new people? If the answer is yes, then why not join Bethany, Adam and Sheila on this fun, friendly walk around Whit Hern Park.

The walk is ideal for all ages and abilities.

Unfortunately, we are unable to cater for dogs on this walk.



For more information about this walk, please scan the QR code or alternatively contact the Health Walks team: 01992 555888, Email: healthwalks.cms@hertfordshire.gov.uk

