

COCKFOSTERS

Wednesday 9 July

Distance 4.8 miles

Meet Trent Park café from Main Entrance in Cockfosters Road.

Start time: 10am

Jackie

SAWBRIDGEWORTH

Wednesday 23 July

Distance 5 miles

Meet in Pishiobury Park car park, off A1184. Car park is four hundred yards south of junction with High Wych Road and A1184. CM21 9HE (nearest)

Start time: 10am

Karen



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.

For any queries in the event of bad weather, please contact your walk leader to check if the walk is still going ahead.

Health Walks within the Borough of Broxbourne

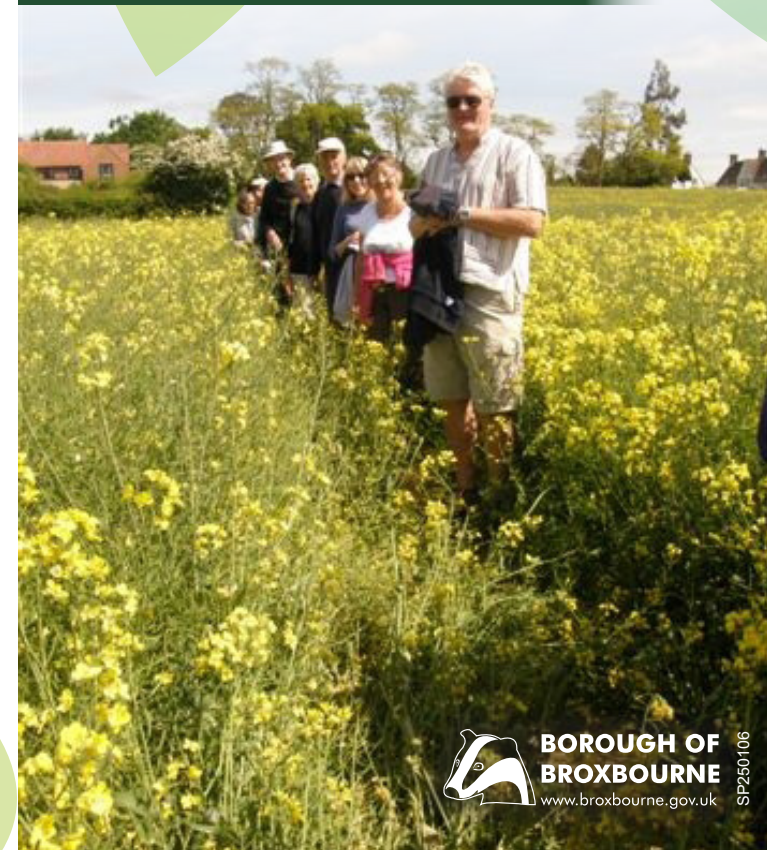
If you want to enjoy your local parks and open spaces, meet new people and improve your health and wellbeing, come along to the volunteer-led Health Walks. Health Walks currently take place at weekends and during the week at Cedars Park, Cheshunt Park, Barclay Park, Goffs Oak and at locations along the 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

FEBRUARY–JULY 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
John Catt	07578 700 867
Steve Kew	07946 976 245
Frank Sluter	07704 730 421
Ann	07941 333 901
Hilary and Peter	07852 672 742
Karen	07743 381 906

WARESIDE

Wednesday 5 February Distance 5.4 miles

Park at Chequers Inn if eating or Village Hall car park. SG12 7QY

Start time: 10am Frank

DATCHWORTH

Wednesday 19 March Distance 5 miles

Park in Turkey Farm open space opposite 43 Brookside Lane. SG3 6SU

Start time: 10am Frank

WESTMILL

Wednesday 5 March Distance 5 miles

Meet at Sword in Hand Pub, Westmill, half a mile South of Buntingford. SG9 9LQ

Start time: 10am Steve

BARLEY

Wednesday 19 March Distance 5.5 miles

Park at Chequers Pub if eating or side road if not. SG8 8SQ

Start time: 10am Frank

ESSENDON

Wednesday 2 April Distance 5 miles

Meet at Candlesticks Pub, Essendon, West End. AL9 6BA

Start time: 10am John

AYOT ST. PETER

Wednesday 16 April Distance 5 miles

Meet at Church in village. AL6 9BG

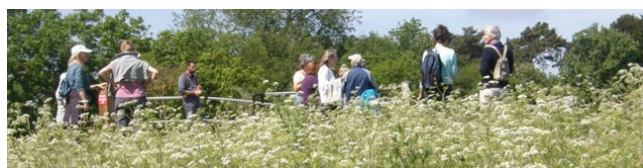
Start time: 10am Hilary and Peter

PRESTON (SOUTH OF HITCHIN)

Wednesday 30 April Distance 5.6 miles

Meet at Red Lion Pub. SG4 7UD

Start time: 10am Frank



MUCH HADHAM

Wednesday 14 May Distance 5 miles

Meet at Bull Pub in the village. SG10 6BU

Start time: 10am Hilary and Peter

HATFIELD

Wednesday 28 May Distance 5 miles

Meet at Woodman Pub, Wildhill Road, AL9 6EA

Start time: 10am John

BURNAM GREEN

Wednesday 11 June Distance 5 miles

Meet at White Horse Pub in village. AL6 OHA

Start time: 10am Ann

STANDON

Wednesday 25 June Distance 5 miles

Park in Star Pub opposite church if eating, or High St. SG11 1LB

Start time: 10am Frank

