

# Hoddesdon Wellbeing Walk

**Taking place on the fourth Wednesday of every month, 9.30-10.15am**

**Meet at the Hoddesdon Clock Tower located on the main High Street.**

**Active Herts**  
Your first step to a more active lifestyle

Distance covered: **3km**

Terrain: **flat and paved**

Cost: **FREE**

Walk leader: **Jim and Breda**

Looking to get back outdoors and enjoy some fresh air whilst meeting new people? If the answer is yes, then why not take part in this lovely circular walk around Barclay Park. Please make sure to wear comfortable footwear and take a bottle of water with you. There will be a number of rest stops along the route for those who would like a small break.

On the fourth Wednesday of the month, walkers can enjoy a refreshing tea or coffee at Peace Cottage which is the old Quaker Meeting House situated on Lord Street. There will be a £2 contribution for refreshments. Toilets are also available on site.

Unfortunately we are unable to allow dogs on this walk.



For more information on the walk, please contact Jim on **07515 148770** or Breda on **07508 354998**

