



POINTS TO REMEMBER

1. Please wear suitable clothing and footwear for walking and weather conditions
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 free volunteer-led Health Walks. Health Walks currently take place at weekends and during the week in Cedars Park, Cheshunt Park, Barclay Park, Goffs Oak and at locations along the River Lea and Lee Valley Park. The walks are regular, short, free and led by trained volunteers. The walks are for everyone, but are 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.**

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LARGE PRINT ON REQUEST.**

EM211220

Guided walks programme

Borough of Broxbourne
and surrounding areas

FEBRUARY 2022 – JULY 2022



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, Frank Sluter, John Catt, Karen Humeniuk, and Ann Nicholls.



BAYFORD

Wednesday 9 February Distance 5 miles

Park in village or Baker Arms if eating, SG13 8PX

10am NGR TL 310 085 Ann 07941 333901

HUNSDON

Wednesday 23 February Distance 5.3 miles

Park in village or Crown Pub if eating, SG12 8NZ

10am NGR TL 417 140 Frank 07704 730421

HAMMOND STREET CHESHUNT

Wednesday 9 March Distance 4.5 miles

Park at recycling centre in Hammond Street Road, EN7 6PE

10am NGR TL 322 044 Karen 07743 381906

GILSTON

Wednesday 23 March Distance 5.5 miles

From A414 Harlow roundabout take B1184, turn right by Dusty Miller pub, Burnt Mill Lane. Park in large car park by Moorhen pub, CM20 2QS

10am NGR TL 445 113 Frank 07704 730421

NEWGATE STREET VILLAGE

Wednesday 6 April Distance 5 miles

Park in second car park in New Park Road, SG13 8RA

10am John Catt 01992 511531

TONWELL

Wednesday 20 April Distance 5.4 miles

Park roadside but not in pub (closed), SG12 0HN

10am Frank 07704 730421

WALKERN

Wednesday 4 May Distance 5 miles

Meet at White Lion Pub, High Street (only parking), SG2 7PA

10am Karen 07743 381906

UPSHIRE

Wednesday 18 May Distance 5.7 miles

Meet in car park opposite Horseshoes Pub, Horseshoe Hill, EN9 3SN

10am Frank 07704 730421

LEMSFORD

Wednesday 1 June Distance 5.3 miles

Meet at Long and Short Arm Pub. Park in Road B653 end, AL8 7TN

10am Jackie 0208 363 8052

ANTSTEY

Wednesday 15 June Distance 6 miles

A10 to Puckeridge, B1308, after Hare Street next right to Antstey. Park in village. Meet by The Blind Fiddler Pub, SG9 0BW

10am NGR TL 406330 Frank 07704 730421



LITTLE BERKHAMSTED

Wednesday 29 June Distance 5 miles

Park in village or Five Horseshoes Pub if eating, SG13 8LY

10am John Catt 01992 511531

STANDON

Wednesday 13 July Distance 5 miles

Park opposite church or Star Pub if eating, SG11 1LB

10am NGR TL 396 224 Frank 07704 730421

ARDELEY

Wednesday 27 July Distance 5.5 miles

Park in Church Farm opposite pub or down Church Lane past school. Best route: A10 to Buntingford, left A507 to Cottered, left B1037 (Hare St) then signposted Ardeley, SG2 7AH

10am NGR TL 309 271 Jackie 0208 363 8052