



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 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.**

EM230736

Guided walks programme

Borough of Broxbourne
and surrounding areas

AUGUST 2023 – JANUARY 2024



**BOROUGH OF
BROXBOURNE**
www.broxbourne.gov.uk

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, Ann Nicholls, John Catt.



DANE END WHITEHILL GOLF CLUB

Wednesday 9 August Distance 5.7 miles

Take the A10 and turn left onto the A1170, continuing through to Wadesmill. After passing High Cross, make a left turn onto Pest House Lane until you reach the T junction. From there, turn left and continue for approximately 1.5 miles until you reach the Golf Club located at SG12 0JS.

10am Frank 07704 730421

KIMPTON

Wednesday 23 August Distance 5 miles

Meet at Boot Pub, Kimpton, north of Wheathampstead, SG4 8PT

10am John 01992 511531

FURNEUX PELHAM

Wednesday 6 September Distance 5.2 miles

Meet by St Mary the Virgin Church. SG9 0LD

10am Frank 07704 730421

LITTLE BERKHAMSTEAD

Wednesday 20 September Distance 5 miles

Meet by Five Hoseshoes Pub. SG13 PLY

10am John 01992 511531

WARESIDE

Wednesday 11 October Distance 4.5 miles

Park in Village Hall car park or Chequers Inn if walking. SG12 7RY

10am Ann 07941 333901

GREAT HORNMEAD

Wednesday 18 October Distance 6 miles

Meet in Three Tuns Pub in the village, SG9 0NT

10am Jackie 07514 737399

RYE HOUSE

Wednesday 1 November Distance 5.5 miles

Meet in Rye House Gate House Car Park. EN11 0EH

10am Frank 07704 730421

SHENLEY

Wednesday 15 November Distance 5.6 miles

Meet in Shenley Car Park, Radlett Lane, WD7 9DW

10am Frank 07704 730421

BROXBOURNE WOODS

Wednesday 29 November Distance 5.1 miles

Park in East car Park, Pembridge Lane, White Stubbs Lane, EN10 7QP

10am Frank 07704 730421

CLAY HILL ENFIELD

Wednesday 13 December Distance 5 miles

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

10am Jackie 07514 737399



HODDESDON

Wednesday 27 December Distance 4 miles

Meet by Clock Tower. Park 3 hours free Morrisons/Sainsburys

10am Frank 07704 730421

COLE GREEN

Wednesday 10 January Distance 5.5 miles

Park in Cowper Arms car park if eating in the pub, or in car park in Old Station Road next to the pub, SG14 2NL

10am Jackie 07514 737399

WORMLEY

Wednesday 24 January Distance 5 miles

Park in Wormley Playing Fields, Church Lane, EN10 7QE (nearest)

10am Frank 07704 730421