



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 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 2024



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
Frank Sluter	07704 730 421
Ann Nicholls	07941 333 901
John Catt	07578 700 867
Karen Humeniuk	07743 381 906

HUNSDON

Wednesday 7 February Distance 5 miles

Park in Main Street or Crown Pub if eating, SG12 8NZ

Start time: 10am Frank

ST ALBANS HIGHFIELD PARK

Wednesday 21 February Distance 5 miles

Park at YMCA Gym, Russett Drive, AL4 0DB

Start time: 10am Karen

ESSENDON

Wednesday 6 March Distance 5 miles

Meet in Candlestick Pub, West End Lane. AL9 6BA

Start time: 10am Ann

BRAMFIELD

Wednesday 20 March Distance 4.5 miles

Park in C.P. past Grandison Pub, Bury Lane. SG14 2QL

Start time: 10am Jackie

SHEERING ESSEX

Wednesday 3 April Distance 5 miles

Meet in Cock Inn Hotel in village. CM22 7LT

Start time: 10am John

CODICOTE

Wednesday 17 April Distance 5.5 miles

Park in B656 North End of village. SG4 8XD

Start time: 10am Frank

HERTFORDSHIRE COUNTRY CLUB

Wednesday 1 May Distance 5 miles

White Stubbs Lane, Broxbourne. Meet in car park EN10 7PY

Start time: 10am Frank

WATER END NORTH MIMMS

Wednesday 15 May Distance 5 miles

Meet at Woodman Inn, Warrengate Road. AL9 7TT

Start time: 10am Jackie

HERTFORD HEATH

Wednesday 29 May Distance 5.2 miles

Park in village or Goat Pub if eating. SG13 7RT

Start time: 10am Frank

NEWGATE VILLAGE

Wednesday 12 June Distance 5 miles

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

Start time: 10am John

AYOT ST. LAWRENCE

Wednesday 26 June Distance 5.6 miles

Park and meet in village by Brocket Arms Pub. AL6 9BT

Start time: 10am Frank

HARLOW

Wednesday 10 July Distance 5 miles

Park in car park behind Tesco in Church Langley. CM17 9TE

Start time: 10am Karen

COTTERED

Wednesday 24 July Distance 5.8 miles

Park in back of Bull Pub if eating or opposite pub in Village Hall car park. SG9 9QP

Start time: 10am Frank

