

Start time: 10am

Hilary and Peter



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 fee of £1 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

AUGUST–NOVEMBER 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
Steve Kew	07946 976 245
Hilary and Peter	07852 672 742
Karen	07743 381 906



OLD KNEBORTH

Wednesday 20 August Distance 5 miles

Meet at Lytton Arms, Old Knebworth. SG3 6QB.

Start time: 10am Jackie

COLNEY HEATH

Wednesday 3 September Distance 5 miles

Meet at the recreation car park next to school

Start time: 10am Karen

WADESMILL

Wednesday 17 September Distance 5 miles

Meet at Feathers Pub, SG12 0TW

Start time: 10am Hilary and Peter



BARKWAY

Wednesday 1 October Distance 5 miles

Park in car park opposite Village Hall on right leaving village, SG8 8BS

Start time: 10am Jackie

WALK 15 October TBC - telephone Frank 07704 730421

WALKERN

Wednesday 29 October Distance 5 miles

Park at Mulberry's Old Rectory Farm, Walkern. SG12 7PD

Start time: 10am Karen

WHEATHAMPSTEAD-NO MANS LAND

Wednesday 12 November Distance 5 miles

Meet at Red Lion Pub. SG4 7UD

