

CEDARS PARK 'FIRST-STEPS WALK'

Active Herts
Your first step to a more active lifestyle

Hertfordshire



Health Walks

Looking to get out of the house and stretch those legs? If the answer is yes, then join Marvin on a lovely 20-30 minute walk around Cedars Park.

**Every other Thursday,
10.30am**

**Meet at: Cedars Park Café, Cedars Park,
Theobalds Lane, Waltham Cross EN8 8RX.**

Terrain: **Level footpath,
no stairs or steps.**

Cost: **Free**

Walk leader: **Marvin**

Car parking: **Free**

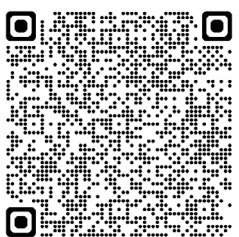
Grade: **First-Steps Walk**

First-Steps Walks are for people who are returning from illness or injury and those who haven't been physically active in a while. The terrain is flat and paved so it's ideal for all ages and slower walkers.

Please wear suitable footwear, comfortable trainers or walking boots would be ideal.

Please also bring a bottle of water to keep hydrated.

Scan here



For more information about this walk, please scan the QR code or contact:

- Health Walks Team: **01992 555888**
- Email: **healthwalks.cms@hertfordshire.gov.uk**



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