



## 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](http://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

**DECEMBER 2025–APRIL 2026**





# 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:

Frank	07704 730421
Karen	07743 381906
Hilary and Peter	07852 672742
Robert	07952 197270
Steve	07946 976245



## LEA VALEY WALTHAM ABBEY

**Wednesday 10 December** Distance 5 miles

Meet at the large car park at Hayes Hill Farm, Stubbings Hall Lane, EN9 2EF. Off B194

**Start time: 10am** Hilary and Peter

## TURNFORD BROOK

**Wednesday 7 January 2026** Distance 5 miles

Meet at LV car park (free) by St. Clements Church

**Start time: 10am** Karen

## WADESMILL

**Wednesday 21 January 2026** Distance 5 miles

Meet at the Feathers Pub, SG12 0TN

**Start time: 10am** Steve

## RYE HOUSE

**Wednesday 4 February 2026** Distance 5 miles

Meet at Rye House Gatehouse car park, EN11 0EH

**Start time: 10am** Frank



## HERTFORD HEATH

**Wednesday 18 February 2026** Distance 5 miles

Park at the village green. Meet by Goat Pub, SG13 7RT.

**Start time: 10am** Steve

## LITTLE BERKHAMSTEAD

**Wednesday 4 March 2026** Distance 5 miles

Park in village or Pub if eating. SG13 8LY

**Start time: 10am** Robert

## HARTWOOD FOREST

**Wednesday 18 March 2026** Distance 5 miles

Signposted going south from Wheathampstead towards St Albans, nearest postcode AL4 9DQ

**Start time: 10am** Karen

## BROXBOURNE

**Wednesday 1 April 2026** Distance 5 miles

From Broxbourne: Station Rd after sharp turn take immediate right, Old Nazeing Road, car park on right. Opposite LV Boat Hire, EN10 6LX

**Start time: 10am** Frank

