



## 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 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 those 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

**APRIL - AUGUST 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 |
| Jackie Cahn      | 07514 737399 |
| Karen            | 07743 381906 |
| Hilary and Peter | 07852 672742 |
| Robert           | 07952 197270 |
| Steve            | 07946 976245 |



### MUCH HADHAM

Wednesday 15 April Distance 5 miles

Park in the High Street or The Bull Inn if eating SG10 6BU

Start time: 10am Steve

### WARE

Wednesday 29 April Distance 5 miles

Park in rear of Van Hage Garden Centre SG12 9RP

Start time: 10am Jackie and Robert

### AYOT GREEN

Wednesday 13 May Distance 5 miles

Park and meet at The Waggoners AL6 9AA

Start time: 10am Hilary and Peter

### NEWGATE STREET VILLAGE

Wednesday 27 May Distance 5 miles

Park in the second car park in New Park Road in the village SG13 8RA

Start time: 10am Karen

### BRICKET WOOD

Wednesday 10 June Distance 4.7 miles

Meet at Riverside Car Park. Drop Lane off Smug Oak Lane, left off A5183 from Radlett AL2 3PN (nearest)

Start time: 10am Frank

### BARKWAY

Wednesday 24 June Distance 5 miles

Park in Village Hall Car Park, North out of Village the on right SG8 8BS

Start time: 10am Jackie and Robert

### WATERFORD HEATH

Wednesday 8 July Distance 5 miles

Meet in car park on Vicarage Road SG14 3LU (nearest)

Start time: 10am Frank

### TEWIN

Wednesday 22 July Distance 5 miles

Park around Village Green AL6 0LE

Start time: 10am Frank

### WADESMILL

Wednesday 5 August Distance 5 miles

Meet in Feathers pub SG12 0TN

Start time: 10am Hilary and Peter

### HERTFORD HEATH

Wednesday 19 August Distance 5 miles

Park around Village Green or The Goat pub if eating.

Start time: 10am Karen