BARCLAY PARK 'FIRST STEPS WALK'

Active Herts
Your first step to a more active lifestyle

Hertfordshire HHW Health Walks

Terrain: **Level footpath with slight gradient.**

Cost: **FREE**

Walk leader: **Gary**

Car parking: **Free**

Grade: **First Steps Walk**

First Steps Walks are for people who are returning from illness and injury and those who haven't been physically active in a while. The walk terrain is paved with slight inclines so it's ideal for all ages and abilities.

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

Please also bring a bottle of water to keep hydrated.

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

Every other Thursday at 10am

Meet at: Barclay Park, at the Junction of Brocket Road and Park View, Hoddesdon, EN11 8NF.



Scan here

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

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

H&B PCN

Ramblers Wellbeing Walks Broxbourne

BOROUGH OF BROXBOURNE
www.broxbourne.gov.uk

EM260906