

Hertfordshire Health Walks



New community walk coming to Westmill in Hitchin

FREE walk led by friendly volunteers
Mondays at 1:30pm

The first Health Walk of 2024 will take place on 8th January

Everyone is welcome...come along!

Walks and meeting point	Day/time	Date	Grade Walk
Westmill Community Centre John Barker PI, Hitchin SG5 2PG Join us for a cuppa after the walk.	Mondays 1:30pm	Jan 8, 15, 22 and 29 Feb 5 and 12*	FIRST STEPS

You don't need special equipment - just some suitable shoes and warm clothing.

The short walk is at a gentle pace, 20 to 30 minutes on flat ground with stopping points. There will be a volunteer at the front and one at the back so everyone will stay together.

Hertfordshire Health Walks encourage people of all ages and abilities to get outdoors, explore their community, socialise and enjoy the health and wellbeing benefits that walking brings.

All walks are **FREE** with no booking required. Turn up 10 mins before your first walk to register as a new walker or if you prefer you can register and pre-book online on our website. To find out more scan QR code or visit website below. You can also call us on 01992 555888 or email healthwalks.cms@hertfordshire.gov.uk



** If there is enough interest, walks will continue into March and April. It is hoped to make this walk a permanent social activity.*