



## Join the Mass Health Walk on May 15<sup>th</sup> 2023

Be part of the largest countywide walking group. Register as a new walker online or arrive 15 minutes before the walk to complete a New Walker Form. **Walks last between 20 and 90 minutes and are FREE.**

First Steps are suitable for wheelchairs and buggies.

Time	Location	Grade
11:15am	<b>Hemel Hempstead, Gadebridge Park, HP1 1AE</b> The White Bridge by the public car park, Leighton Buzzard Road	First Steps / Grade 1
10am	<b>Hemel Hempstead, Gadebridge Park, HP1 1AE</b> The White Bridge by the public car park, Leighton Buzzard Road	Grade 2
10am	<b>Hemel Hempstead, Gadebridge Park, HP1 1AE</b> The White Bridge by the public car park, Leighton Buzzard Road	Grade 3
10am	<b>Hertford, Sele Farm to Panshanger Park</b> Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Grade 2
10am	<b>Hertford, Sele Farm to Panshanger Park</b> Meet on grassed area outside the shops, Fleming Crescent / Tudor Way, Hertford, SG14 2DJ	Grade 3/4
10am	<b>Bishop's Stortford Thorley</b> Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop's Stortford, Hertfordshire, CM23 4BE	Grade 3
11am	<b>Borehamwood in Cowley Hill</b> Meet at St Michael & All Angels Church, 142 Brook Rd, Borehamwood WD6 5EQ	First Steps
10am	<b>Potters Bar</b> Potters Bar Railway Station memorial garden, beside the station entrance (EN6 1AJ)	Grade 2
10am	<b>Potters Bar</b> Potters Bar Railway Station memorial garden, beside the station entrance (EN6 1AJ)	Grade 3
10.30am	<b>Letchworth, Three Magnets PH</b> Leys Avenue, SG6 1EW	Grade 2/3
10am	<b>Near Hitchin, The Windmill PH</b> , Charlton, SG5 2AE	Grade 4+
10am	<b>South Oxhey</b> Meet in the <b>large car park</b> All Saints Church, Gosforth Lane, WD19 7AX	First Steps / Grade 1
10am	<b>South Oxhey</b> Meet in the <b>large car park</b> All Saints Church, Gosforth Lane, WD19 7AX	Grade 2/3
10am	<b>Welwyn Garden City, Digswell Park</b> Welwyn Garden City Bowls Club, 288 Knightsfield, AL8 7NQ	Grade 3
9.30am	<b>St Albans, Highfield Park</b> YMCA Highfield Park Centre, 59 Russett Drive, AL4 0DB	Grade 3