



Welcome to the March Walking in Hertfordshire e-Bulletin

Get out and enjoy whatever the weather has in store from snow to spring sunshine ...



Healthy Body and MIND

Hertfordshire Health Walks have teamed up with the mental health charity MIND to provide weekly walks in Welwyn Garden City, Hertford and Royston. These walks are open to all and are particularly welcoming to those with mental health problems – offering them a chance to get active with friendly and supportive staff and volunteers.

We all know that being physically active is good for our bodies but it can be very beneficial for our mental health and wellbeing too. It can reduce feelings of stress, promote clearer thinking, reduce anxiety and lift your mood. Find a walk to suit you at www.hertfordshire.gov.uk/healthwalks

New Plan for Cole Green Way

Hertfordshire County Council is seeking comments on a new Greenspace Action Plan for the Cole Green Way, which will direct major improvements to the route over the next five years. The Cole Green Way was once the railway line between Welwyn Garden City and Hertford and is now a valued route for cyclists, walkers and horse riders. The new plan aims to upgrade the Cole Green Way into an attractive and functional route, recognising its importance to the community and its potential for



active travel. View the plan and find out how to comment here: www.hertfordshire.gov.uk/colgreenway

Hertfordshire Year of Physical Activity



YOPA the Stag is becoming something of a celebrity lately, putting in appearances at numerous Parkruns, Bikeability workshops and even a Couch to 5K course! As we move into March and Young People Month, you'll be able to spot him at the Herts School Games County Finals being held at Wodson Park and the Inter FE Colleges Games at the Hertfordshire Sports Village.

With spring on the horizon, YOPA is looking for lots of opportunities to be outside in the fresh air, so if you want him to visit your group or event, please contact Jane Parker at hertsyopa18@herts.ac.uk.



Squash, but not as we know it!

As part of our Year of Physical Activity 2018 a group of Hertfordshire residents – with links to the Herts Sports and Physical Activity Partnership – have started what is believed to be one of the UK's first walking squash leagues at the Hertfordshire Sports Village. Further details please contact: **Josie Mclean** j.mclean@herts.ac.uk T: **01707 281186**

Put a spring in your step in Sawbridgeworth

Organised by the Active and Safer Travel team 'Put a Spring in Your Step' day is back, on **Tuesday 20th March**, but with a difference – it will have a Spring Torch Relay, travelling from school to school to spread the walking word. Pupils, parents and carers, teachers, staff, governors, councillors and anyone in and around Sawbridgeworth, dust off your trainers and join in, helping to spread the message to ditch the car by walking, park & striding, scooting, cycling and running to school, to work, to the shops etc. Look out for posters locally and letters in school bags or email:

activeandsafertravel@hertfordshire.gov.uk



Walks and More



The CMS promotes a calendar of FREE outdoor events called [Walks & More](#). These events are the great opportunity to enjoy exploring Hertfordshire's beautiful countryside, learn local history, or have a fun family day out. Below is just one of the fascinating walks on offer during March.

Buntingford and Back - Tuesday 13th March, 10am-12.30pm

Join the Countryside Management Service and Buntingford Town Council for a circular stroll from Hertfordshire's smallest town into the countryside and back.

Starting from the Community Centre at Luynes Rise, named after the French town of Luynes, Buntingford's twin town. From here you'll head out across the fields to the village of Aspenden 'Valley of Aspens', then back through the historic town.

Final thought

This e-Bulletin is produced by the **Countryside Management Service**, part of Hertfordshire County Council. If you know someone who might like to receive this e-Bulletin, please ask them to sign up via [Update Me](#) on the Hertfordshire County Council website.

We love to hear your comments and see your pictures of the walking events you take part in. Please email healthwalks.cms@hertfordshire.gov.uk. This is a monthly email, but if you'd prefer not to receive it you can unsubscribe below.



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