



Welcome to the April Walking in Hertfordshire e-Bulletin

Spring into action with all the FREE activities on offer in your local area

Herts Year of Physical Activity Champions needed!



The Hertfordshire Sports & Physical Activity Partnership is looking to recruit 200 volunteer champions to support activity opportunities in their local area, as part of the legacy programme for Herts YOPA18. All training and support is provided, so if you're keen to support your local sports development officer this year and beyond, contact

stewart.hunt@apex360.co.uk.

It's never too late to be active!



Hertfordshire County Council is working with organisations across the county to launch a new campaign to help older adults (55+) become more active. It's recommended we should all aim for 150 minutes moderate intensity physical activity - 30 minutes at least five days per week - in order to benefit our physical and mental wellbeing. Starting on April 23, 2018, the 12-week campaign will raise awareness of an array of local activities, plus offer free taster sessions and personalised support to keep you active for life! You can pre-register for free activity information and download your own activity planner via the [Never too late website](#).

NEW First Steps Health Walk in WARE



Every Tuesday 2.30pm-3pm

Join Hertfordshire Health Walk leaders for a comfortable pace, sociable walk. Meet at the Park Road lower foot entrance to the Asda Store in Ware, and enjoy refreshments after in the café.

If you'd like to support this walk as a walk leader contact us on

healthwalks.cms@Hertfordshire.gov.uk.

No need to book, but please [register as a Health Walker online beforehand](#).

Walks & More



The Countryside Management Service 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 are some of February's top picks.

Friends of Castle Park - Bishop's Stortford

Tuesday April 3, 2018 - 7pm - 8pm,
Bishop's Stortford Town Council Chambers,
Windhill, CM23 2ND

The Friends of Castle Park will meet for evening meetings, every two months, to discuss the development project and its progress and there will be opportunities throughout the year to get involved in practical tasks onsite, event delivery, surveying and understanding the history of the site.



Bluebells at Great Ashby



Sunday April 22, 2018 - 10am-12pm

Join the Countryside Management Service, on a gentle stroll around Great Ashby. We will be looking at the Bluebells and other signs that spring has truly sprung, so don't forget your camera! Meet at the Car Park at Great Ashby Country Park off Serpentine Close, Great Ashby Way, Stevenage. **Just turn up - no booking required.**

Wildlife and conservation at Bricket Wood Common

**Saturday April 28, 2018 - 12pm-4pm
(Butterfly walk 2pm-4pm)**

Drop in session to meet the people that contribute to the conservation of Bricket Wood, organised by John O'Connor. Includes Butterfly Walk with expert Malcolm Hull. If weather is unsuitable the group will move into the Parish Centre.

Meet at The Parish Centre, Station Road, Bricket Wood AL2 3PJ.



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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