



Step out for Walking Month

Get your Hertfordshire Health Walks May-August 2018 programme online NOW

For all **Hertfordshire Health Walks** between **May-August 2018** click your area below to download an easyprint programme of walks.

[Register online](#), then just turn up - there's no need to book!

[Dacorum](#)

[Hertsmere](#)

[Watford & Three Rivers](#)

[East Herts](#)

[St Albans City & District](#)

[Welwyn Hatfield](#)

[North Herts](#)

Hertfordshire



Health Walks

There are also Health Walks in [Stevenage](#) and [Broxbourne](#).

Grab a Hertfordshire Health Walks goody bag



[Sign up as a new walker](#) and walk in May and you can claim your Hertfordshire Health Walks goody bag. Inside you'll find a **water bottle, step counter, activity tracker and more!**

Plus if you're already participating in Health Walks, you can claim your bag too, by **walking 6 times** between May 1st and June 30th.

Tell your walk leader once you've completed the walks and we'll get your goody bag to you.*

*while stocks last

Join the Mass Health Walk - Monday May 14th

Every year to celebrate National Walking Month the **Hertfordshire Health Walks** team organises a **Mass Health Walk**, to get as many people out walking across Hertfordshire in the same day. This year the event will take place on **Monday May 14th** and over 25 walks are available to join. [Follow Health Walks on Facebook](#) to find the full listing of walks, find a walk to suit you, then tell all your friends! Help us to become the biggest walking group in Hertfordshire!



HertsYOPA18 Competition time! Share your favourite Hertfordshire walking route



For your chance to win £100 HF Holidays vouchers and a FitBit Flex 2 share your favourite Hertfordshire Walking route on the [HertsYOPA18 facebook page](#), so you can inspire others to try your route too.

Post a selfie, an explanation of the route or a link to the route or map and at the end of May we'll pick a winner.

Good Luck!

Find your local Walking Sports in Hertfordshire

Fancy getting back into a sport you once loved? Walking netball, football, basketball and squash clubs and leagues are popping up all over the county. Throughout May many clubs are offering back-to-sports sessions. Enjoy the team and skill-aspects of the sports you love, without the fast pace! For your nearest opportunity email Charlie Man at Herts Sports Partnership c.mann3@herts.ac.uk.



Walks & More



The variety of activities on our [Walks & More](#) calendar during Walking Month means there's something for everyone to enjoy. These FREE outdoor events are a great opportunity to enjoy exploring Hertfordshire's beautiful countryside, learn local history, or have a fun family day out. Below are some of our top picks.

Spring Birdsong on the Cole Green Way

Saturday 12th May, 7am-9am, Letty Green

Meet at Cole Green Station car park off Station Road, Letty Green, SG14 2NL

Take an early morning walk with the Countryside Management Service to explore the Cole Green Way and some of the surrounding footpaths, and discover the variety of birdlife that makes its home along the route. We will also talk about the new Greenspace Action Plan for the Cole Green Way. No need to book, just turn up!



Castle Park Bat Walk, Bishop's Stortford



Thursday May 10th, 8pm-10pm

Join the Castle Park team for an evening walk along the River Stort to see if we can spot these furry flying creatures!

Visit [Walks & More](#) to book your place.

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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