

Subject: Walking in Hertfordshire - December



Welcome to the DECEMBER Walking in Hertfordshire e-Bulletin

Explore all Hertfordshire's green spaces have to offer this month

Thank you to our dedicated volunteers!



The Countryside Management Service is proud to work with over 450 volunteers, to enable residents across the county to enjoy and explore their green and open spaces. Successful training days this Autumn mean we now have over 300 dedicated **Health Walk leaders** leading over 60 walks per week across Hertfordshire - thank you! In November 30 **Rights of Way volunteers** undertook a bi-annual survey of 50 miles of paths to ensure the network is open and accessible. Our skilled **Conservation Volunteers** have replaced and made safe boardwalk and put in steps in woodland and green spaces ahead of the winter weather conditions - all invaluable work. If you'd like to volunteer for CMS we have plenty of opportunities to get involved. Visit www.hertfordshire.gov.uk/cms to find out more.

Ramblers Festival of Winter Walks

Keep walking over the festive period with [Hertfordshire Health Walks](#), [Walks & More](#) and **Ramblers**. Ramblers is promoting a countrywide **Festival of Winter Walks** to help people get out walking between **December 23, 2017 and January 7, 2018**. Whatever your age or ability there's a walk for you. There are fun festive-themed walks; leisurely strolls under 5 miles for people new to walking; and longer walks for those that want more of a challenge over the Christmas break. For those of you who may be short on time or want a gentler stroll, why not join a Health Walk?



If you don't want to join a group walk, you can still get involved. Find your own winter walk with [Ramblers Routes](#) – an online library of over 2,750 walking routes across the country. You'll find printable, easy-to-read maps and simple route directions.

FREE outdoor events in Hertfordshire



Walks and More is a programme of FREE outdoor events in Hertfordshire. Why not broaden your knowledge of local history, discover wildlife, explore new areas or even get stuck in with some practical habitat management. Check out the events below or visit the [Walks & More website](#) for all events this October.

Winter Tree Walk at Castle Park, Bishop's Stortford

Thursday December 7, 2017 - 10am-12pm

Join CMS for a circular walk in and around Castle Park to find out more about the wildlife and heritage value of trees in the local area. There will be a chance to learn how to identify trees using winter signs such as buds, twigs, nuts and berries. There will also be an opportunity to learn more about other regular events at Castle Park such as Hertfordshire Health Walks and conservation volunteer tasks.



Meet at the Park entrance by the Link Road Car Park. Parking fees apply.

Hertfordshire Year of Physical Activity 2018



Next year will be designated the **Hertfordshire Year of Physical Activity** and will see a number of organisations from both in and out of the sporting arena working together in support of making Hertfordshire the most active county.

Approximately one in every five adults in Hertfordshire currently does less than thirty minutes of activity per week, and so it is hoped that by promoting the opportunities for participating in activities such as Health Walks will help to

inspire and motivate more to get moving!

You can follow the campaign on social media via [Facebook](#) and [Twitter](#), and using **#HertsYOPA18**

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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