


# Hertfordshire Health Walks

## Stevenage



### Timetable of WEEKDAY walks JANUARY – APRIL 2025

Enjoy the countryside and local green spaces with the FREE Hertfordshire Health Walks led by friendly trained volunteers.

Walks and meeting point	Day/time	Date	Walk Grade/Booking Information
<p><b>Bedwell</b> Meet outside Bedwell Community Centre, Bedwell Crescent, Stevenage SG1 1NA. Join us for a free cuppa after the walk in the Community Café</p>	<p><b>Tuesdays</b> <b>10.15am</b></p>	<p><b>Weekly</b></p>	<p><b>Grade 2</b> 45 minutes <b>Grade 1</b> 30 minutes available (Suitable for pushchairs)</p>
<p><b>Fairlands Gentle Warm Up Walk</b> Meet outside Costello's Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL</p>	<p><b>Wednesdays</b> <b>10am</b></p>	<p><b>Weekly</b> (No walk 1<sup>st</sup> Jan)</p>	<p><b>Grade 1</b> 30 minutes (Suitable for pushchairs)</p>
<p><b>Fairlands Brisk Step Out Walk</b> Meet outside Costello's Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL</p>	<p><b>Wednesdays</b> <b>10.30am</b></p>	<p><b>Weekly</b> (No walk 1<sup>st</sup> Jan)</p>	<p><b>Grade 3</b> Up to 60 minutes</p>
<p><b>Stevenage Library - NEW WALK</b> Meet outside the library at Southgate, Town Centre, Stevenage SG1 1HD and stay with us afterwards for a free cuppa – donations welcome.</p> 	<p><b>Thursdays</b> <b>2pm</b></p>	<p><b>Weekly</b></p>	<p><b>Grade 1</b> 30 minutes (Suitable for pushchairs)</p>

All walks are FREE, no booking required. All walkers need to register with us first. You can do this online or arrive 15 mins early to fill in a form. Walks range from a gentle First Steps (20 30 minutes) and increase in length and time from Grade 1 (30 mins) up to Grade 3 (60 mins). The walking times are for guidance but may be longer depending on the fitness of walkers and the weather. Contact us: E: [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk) T: 01992 555888 or visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)

If you have any questions about walks in Stevenage and would like to know about other walking events, please visit:

[www.stevenage.gov.uk/leisure-culture-and-wellbeing/health-walks](http://www.stevenage.gov.uk/leisure-culture-and-wellbeing/health-walks)