

Hertfordshire Health Walks

Stevenage

Hertfordshire
Health
Walks

Timetable of WEEKDAY walks SEPTEMBER - DECEMBER 2026

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
Hampson Park Meet outside Hampson Park Community Centre, Hampson Park, Webb Rise, Stevenage, SG1 5QU (café closed 21/28 December)	Mondays 11:00am	Weekly (no walk on 28 TH December)	Grade 1 - 2 Up to 45 minutes (Suitable for pushchairs)
Bedwell Meet outside Bedwell Community Centre, Bedwell Crescent, Stevenage SG1 1NA Join us for a free cuppa afterwards the walk in the Community Café (café closed 22/29 December)	Tuesdays 10.15am	Weekly (no walks on 22 nd & 29 TH December)	Grade 2 45 minutes (Suitable for pushchairs)
Symonds Green NEW TASTER WALKS Meet outside Symonds Green Community Centre, Filey Close, Stevenage, SG1 2JW	Tuesdays 11:00am	Oct 20 Nov 3, 17 Dec 1, 15	Grade 1 - 2 30 - 40 minutes (Suitable for pushchairs)
Fairlands Gentle Warm Up Walk Meet outside Costello's Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL	Wednesdays 10am	Weekly	Grade 1 30 minutes (Suitable for pushchairs)
Fairlands Brisk Step Out Walk Meet outside Costello's Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL	Wednesdays 10.30am	Weekly	Grade 3 Up to 60 minutes
Stevenage Central Library Meet outside the library, at Southgate, Town Centre, Stevenage SG1 1HD. Join us afterwards for a free cuppa – donations welcome 	Thursdays 2pm	Weekly (no walks on 24 th September, 24 th & 31 st December)	First Steps Up to 30 minutes (Suitable for wheelchairs, pushchairs)
	Thursdays 2pm	Weekly (no walks on 24 th September, 24 th & 31 st December)	Grade 1 Up to 35 minutes (Suitable for pushchairs)

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
T: 01992 555888 or visit 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