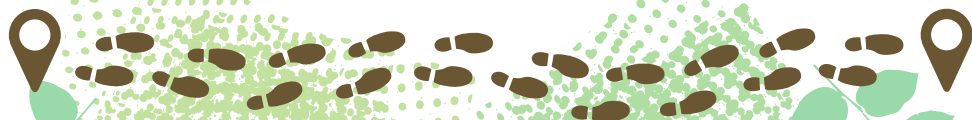




# WALKS FOR EVERYBODY STEVENAGE WALKING FESTIVAL



**SATURDAY 3 - SUNDAY 11 MAY 2023**

**[SWE.NHRG.ORG.UK](http://SWE.NHRG.ORG.UK)**





# Welcome...

## Welcome to the 11th Stevenage Walking Festival

### About our Festival

What better way to spend a few hours to stretch your legs and breathe fresh air than walking in our beautiful countryside.

Stevenage and the surrounding countryside provide a wide choice of enjoyable local walks. There is no need to book your place in advance for any walk, apart from the evening History Walks where places are limited. Just turn up at the meeting place.

### About the walks

There is a walk for everyone, and everyone is welcome! Those under sixteen must be accompanied by an adult. Medium, long walks and dog friendly walks will suit the fitter walkers. There are also short walks and Health walks and the very popular Active Travel Day suitable for all members of the family. Choose your walk from our programme and turn up on time at the meeting place. You can car share from there to the start of the walk.

Experienced leaders will guide you safely on the walks that are free of charge, but you will walk at your own risk and neither Stevenage Borough Council nor any of the organisers can take responsibility for any personal injury arising on a walk. We have three dog friendly walks in our programme. Only registered guide dogs on all other walks please.

### Come prepared

You should wear comfortable and supportive footwear, and suitable clothing depending on the weather e.g. waterproofs, sun hats. Everyone should have a bottle of water with them. Bring a drink and a snack for Short and Medium Walks. For Long Walks a packed lunch is also advisable. You should be reasonably confident that you can walk the specified distances before setting out on a walk but be assured that our experienced leaders will never leave anyone behind. Most important though is to come prepared to have a good time!

For up to date information, please check with the Festival website [swf.nhrq.org.uk](http://swf.nhrq.org.uk)

## Saturday 3 May

**OFFICIAL OPENING by the Mayor of Stevenage, Saturday 3 May 9:15 am.**  
**Stevenage Showground (opposite Lamex football ground),**  
**Broadhall Way, SG2 8RH**

The festival is organised by Stevenage Leisure 50, North Herts Ramblers, Stevenage Health Walks group, Hertfordshire Health Walks and Staggy Walkers with the support of Stevenage Borough Council.

Walk	Description	Meet	Leaders
<b>Short 4 miles</b>	An easy paced walk from the Showground to Shephalbury Park, returning through Peartree Park, Fairlands lakes, and Whomerley wood.	9.30am Stevenage Showground.	Carol Stokes 07813 800874
<b>Dog Friendly Walk 5 miles</b>	A walk around Weston. Well behaved dog's welcome.	10.00am The Cricketers, 4 Damask Green Road, Weston, SG4 7DA.	Mark Brumwell 07887 562917

## Sunday 4 May

Walk	Description	Meet	Leaders
<b>Long 10.7 Miles</b>	A circular rural walk from Ayot Green to Wheathampstead and Ayot St. Lawrence.	9.30am Stevenage Showground 10.00am Start: Ayot green by the Waggoner pub AL6 9AA GR: TL122139.	Gabriela Lovelace 07788 505045
<b>Active Travel Day</b>	A day to celebrate being on the move and being active. A day out for the family to explore Fairlands Valley Park and get the opportunity to take part in activities, complete a family orienteering trial and have lots of fun. The route can be accessed by walking, cycling, and is wheelchair and pushchair accessible.	Costello's Café Fairlands Valley Park 11:00 am-3:00pm.	Stevenage Borough Leisure Team <a href="mailto:leisure@Stevenage.gov.uk">leisure@Stevenage.gov.uk</a>
<b>Evening History Walk</b>	Agricultural Stevenage, visiting the sites of old farms and various other places associated with farming. <b>Numbers limited. Must be booked in advance. Call Carol Stokes on 07813 800874.</b>	6.30pm The Mulberry Tree (formerly The White Lion), 60 High Street, Stevenage, SG1 3EA.	Hugh Madgin

## Monday 5 May

Walk	Description	Meet	Leaders
<b>Medium 6.5 Miles</b>	A rural morning walk from Sacombe to Burr's Green, Chelsings Tributary and Lowgate Lane, returning via Sacombe Green. Dogs accepted on leads only.	9.30am Stevenage Showground etc. 10.00am Start at Sacombe Church, Church Lane, SG12 0JJ. W3W slowly.wonderfully.turnad	Dave Ashby Mobile on day only, 07948450589
<b>Health Walks 4.3 miles</b>	A walk to Aston End through Hazel Park, returning to Fairlands Valley Park.	10:00am Costello's Café, Fairlands Valley Park SG2 0BL.	Carole Willsher 07778877814
<b>Evening History Walk</b>	Agricultural Stevenage, visiting the sites of old farms and various other places associated with farming. <b>Numbers limited. Must be booked in advance. Call Carol Stokes on 07813 800874.</b>	6.30pm The Mulberry Tree (formerly The White Lion), 60 High Street, Stevenage, SG1 3EA.	Hugh Madgin

## Tuesday 6 May

Walk	Description	Meet	Leaders
<b>Short 3.5 miles</b>	Benington to Hebing End. Field paths and meadows.	9:30 am Stevenage Showground (opp Lames Football Ground) for car sharing to start.	Peter Ingram-Tedd 01438 226436
<b>Health Walk</b>	Meet outside Bedwell Community Centre, join us for a free cuppa after the walk in the Community Café.	10.00am meet time for 10.15am start. Bedwell Community Centre, Bedwell Crescent, Stevenage SG1 1NA.	<a href="http://healthwalks.cms@hertfordshire.gov.uk">healthwalks.cms@hertfordshire.gov.uk</a> 01992 555888



## Wednesday 7 May

Walk	Description	Meet	Leaders
<b>Health Walks</b>	A 30-minute gentle warm up walk.	9:45 am for a 10:00 am start at Costello's Café, Fairlands Valley Park.	Carole Willsher 07778 877814
<b>Health Walks</b>	followed at 10:30 am with a one-hour brisk step out walk.	10.15am for a 10:30am start at Costello's Café, Fairlands Valley Park.	Carole Willsher 07778 877814
<b>Evening Dog Friendly 4.0 miles</b>	Evening walk from the pub. Well behaved dog's welcome.	6.00pm George and Dragon, High Street, Graveley, SG4 7LE.	Wendy Graham 07801 835524
<b>Stevenage Football Club Walk Mass Health Walk</b>	First Steps/Grade 1: A gentle stroll around the stadium on paved paths, some slopes. Up to 30 minutes Grade 2: A gentle walk to showgrounds, along paved paths. Steep incline. Up to 45 minutes Grade 3: A brisk walk, along paved paths, and grass to showgrounds and beyond. Steep incline. Up to 60 minutes.	Meet at The Lamex Stadium, Stevenage Football Club at 5.30pm for a 6.00pm start.  Refreshments available.	Hertfordshire Health Walk Team 01992 555 888 or <a href="mailto:healthwalks.cms@hertfordshire.gov.uk">healthwalks.cms@hertfordshire.gov.uk</a>

## Thursday 8 May

Walk	Description	Meet	Leaders
<b>Health Walk 5 miles</b>	A walk towards the south of Stevenage and back to Fairlands Valley.	10:00am Costello's Café, Fairlands Valley Park SG2 0BL.	Peter Ansell 07818 446551
<b>Short 2 Miles</b>	YOUNG PEOPLE's OPPORTUNITY. A walk and talk for young people to speak around career choices and opportunities within Stevenage and STEM.	12.30pm Meet outside Geek Retreat, Mulberry House Park Place Plaza, Stevenage Town Centre, SG1 1BF.	Leisure Team Stevenage Borough Council <a href="mailto:leisure@Stevenage.gov.uk">leisure@Stevenage.gov.uk</a>
<b>Health Walk</b>	Meet outside Stevenage library at and stay with us afterwards for a free cuppa – donations welcome.	Meet outside the library at Southgate, Town Centre, Stevenage SG1 1HD at 1.45pm for a 2pm start	<a href="mailto:healthwalks.cms@hertfordshire.gov.uk">healthwalks.cms@hertfordshire.gov.uk</a> 01992 555888

## Friday 9 May

Walk	Description	Meet	Leaders
<b>Short 3.5 miles</b>	Knebworth.	10:00 am. Knebworth Recreation Ground, Watton Rd, Knebworth, SG3 6AJ.	Clare Hancock 07970 825863
<b>Short 2 Miles</b>	YOUNG PEOPLE's OPPORTUNITY.  A walk and talk for young people to speak around career choices and opportunities within Stevenage and STEM.	12.30pm Meet outside Geek Retreat, Mulberry House Park Place Plaza, Stevenage Town Centre, SG1 1BF.	Leisure Team Stevenage Borough Council <a href="mailto:leisure@Stevenage.gov.uk">leisure@Stevenage.gov.uk</a>

## Saturday 10 May

Walk	Description	Meet	Leaders
<b>Dog Friendly 5 miles</b>	A walk around Preston. Well behaved dog's welcome.	10.00am Red Lion, The Green, Preston, SG4 7UB.	Wendy Graham 07801 835524
<b>Red Shed (Dementia Friendly Walk)</b>	A one hour walk in Fairlands Valley Park. This walk is designed to be suitable for individuals living with dementia, accompanied by their carers. The walk will include refreshments. Toilet facilities will be available.	11:30 am. The Red Shed, Garden, Bedwell Crescent SG1 1NJ.	Info. theredshed@gmail.com 07788 725110



## Sunday 11 May

Walk	Description	Meet	Leaders
<b>Medium 5 Miles</b>	A rural walk from The Rusty Gun to Preston and back, with the option of a drink in the pub after the walk.	9.30am Meet: Stevenage Showground for car sharing to start of walk. 10.00am Start: The Rusty Gun, Chapelfoot, SG4 7PG.	David Cattell 07970 996063
<b>Medium 6 Miles</b>	Led by Stag Walkers, a Ramblers group for walkers in their 20s, 30s and a bit beyond. The route goes through bluebell woods to the Beane valley. Bring food and drink for a snack/lunch break. Dogs welcome on a lead.	10.30am St Nicholas Park, Pilgrims Way, Stevenage SG1 4PT. Free parking. Bus SB2 from Stevenage Interchange to Canterbury Way / Pilgrims Way (5 min walk).	Al Maceachern For more details: <a href="https://www.meetup.com/stagwalkers">meetup.com/stagwalkers</a> or email <a href="mailto:stagwalkers@gmail.com">stagwalkers@gmail.com</a>



**Stevenage Leisure 50** group walk every Tuesday and offer Short, Medium and Long walks throughout the year. The programme is available at the Library, the Leisure Centre, or from Peter Ingram-Tedd: peter.ingramtedd@gmail.com

**North Herts Ramblers** group offer walks on Wednesdays, Saturdays and Sundays including lively dog friendly walks and fun social events. For more information and programme visit: [www.nhr.org.uk](http://www.nhr.org.uk)

**Stevenage Health Walks** start from Fairlands Valley Park in Stevenage and will soon to be offering more within Stevenage. Health walks are an ideal way of taking exercise and are suitable for all ages and abilities. For more information visit: [www.stevenage.gov.uk](http://www.stevenage.gov.uk) and search 'health walks'

**Stag Walkers** is a walking and social group aimed primarily at younger people (20s and 30s and beyond) with led walks nearly every weekend and social events. For more information visit: [www.stagwalkers.org.uk](http://www.stagwalkers.org.uk)

**Hertfordshire Health Walks** are free, led, local, health-focused walks happening across the county helping everyone get outdoors, get more active and reap the benefits. These walks take place all over Hertfordshire. [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)

**Stevenage FC Foundation** is the official charity of Stevenage Football Club, working to create a community where all can live an active, healthy and positive life. [www.stevenagefcfoundation.com](http://www.stevenagefcfoundation.com)

**Red Shed** is a dementia-friendly and fully accessible garden located in Bedwell. For more information visit: [www.theredshed.garden](http://www.theredshed.garden)

The Stevenage Walking Festival is supported by **Stevenage Borough Council**