



Welcome to the JUNE Walking in Hertfordshire e-Bulletin

Summer's on its way! Explore all that Hertfordshire has to offer this month

Find your local walk

Walk more this summer by joining a Health Walk group near you. You'll find many evening walks, to take advantage of the longer daylight hours.

Simply visit the [Health Walks Website](#) to find your local walks. There are walks in Dacorum, St Albans, Hertsmere, Watford & Three Rivers, Welwyn Hatfield, North Herts and East Herts.



Walk leader training - dates available!

Could you inspire others with your passion for walking? Have you experienced the benefits of keeping active and want others to feel good too? If you can spare a little time once a week or once a month to lead a Health Walk, get in touch to secure your place on a free training day.

Email healthwalks.cms@hertfordshire.gov.uk or call 01992 588433.

- June 7th Leavesden
 - June 12th London Colney
 - July 10th Hertford
 - July 19th Hitchin
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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. Below is just a taster of the events we have in the Walks & More programme. Visit the [Walks & More website](#) for full details.



[Nature walk - Parkfields & Allum Lane](#)

Sunday June 11, 1.30pm-3.30pm

Join us for a circular walk of Parkfields Local Wildlife Site, and Allum Lane Spinney, Borehamwood. We will take in semi-natural woodland, new woodland plantings and the historic hay meadow. No need to book – just turn up. Follow the link above for details.

[Teddy's Trails from South Mimms](#)

Sunday June 18, 1.30pm-5pm

This year's Elstree and Borehamwood Town Festival walk will be from South Mimms. After a free ride on an old London Bus from Elstree and Borehamwood railway station, we will stroll back through the countryside pointing out features of interest along the way, including historic pubs, churches, farms, mansions and cottages, plus the BBC Elstree Centre, home of Holby City and EastEnders. [Booking essential.](#)





[Night Time Safari at Broxbourne Woods National Nature Reserve](#)

Friday June 30, 9.30pm - 11.30pm

Join the Countryside Management Service and the Herts Moth Group for an evening bat walk followed by moth trapping at Broxbourne Woods National Nature Reserve. Bring a torch, wrap up warm and enjoy seeing the woods after dark. Booking essential via the link above.

WANTED! Rights of Way volunteers

Countryside Management Service is launching a new volunteering opportunity that might be right up your street, or footpath in this case. [CMS Rights Of Way volunteers](#) will help to survey, maintain and improve the Public Rights Of Way network across Hertfordshire that covers over 3000km! For more information email northeast.cms@hertfordshire.gov.uk or call 01992 588433.



This Girl Can Herts

Look out for **This Girl Can** in Herts Week - **June 3-11, 2017**. The campaign aims to help women and girls whatever their shape, size and ability to overcome the fear of judgement that may be stopping them from joining in with sport and exercise.

For more information and to get involved visit the [Herts Sports Partnership website](#).

You can read more about the [National This Girl](#)

[Can](#) campaign and its success stories.

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.