

## Hatfield 'First Steps' Walk

Had a break from taking exercise, recovering from illness or just simply looking for gentle exercise? A 'First Steps' Walk would be perfect for you! They are our easiest walks, lasting 20 – 30 minutes and on flat and even ground.

Walking has many great benefits for your health and wellbeing, Walking is incredibly good for you as it strengthens your heart, muscles and bones. It helps you to de-stress, combats loneliness, anxiety, depression, and increases confidence.

We have a fantastic 'First Steps' Walk in Hatfield Town Centre. It is a pleasant, short walk with a wheelchair and buggy friendly route and toilet facilities available. There are good public transport links into the Town Centre and plenty of free parking available only a few minutes' walk away from The Hatfield Hub. This walk is social and a great way to meet new people and make new friends with walkers going for refreshments together after the walk.

Hatfield 'First Steps' is led by our fantastic Volunteer Walk. There will be a Back Marker who will always stay with the last walker regardless of how far ahead the rest of the group is so that no-one gets left behind.

**Meet at:** Hatfield Hub, Hatfield Town Centre, White Lion Square, AL10 0JJ

**10:30am Wednesday 17th February 2016**

**10:30am Wednesday 16th March 2016**

**10:30am Wednesday 20th April 2016**

**Hertfordshire Health** Walks are free, local, led and health focused.



## Becky Talks Trig Points

For many of us, reaching significant birthdays is an opportunity to sit back and reflect; for others a time to set out new challenges. Hertfordshire resident, Rebecca Procter, falls in the second category and her plans involve her family too.

Becky, a geography teacher and already a keen walker, has set herself the challenge of visiting 50 Trig Points across the UK in her 50th year. One of the first she visited was atop Ivinghoe Beacon near Tring but she plans to 'collect' them from across the country and has asked friends and family to nominate locations.

Triangulation or Trig points were used to enable surveyors to accurately map the UK. Each Trig Point was located at height within the landscape at a point where at least two others might be visible. The Trig points are formed of different materials dependent on location. Trig points may be marked in the form of a metal plate or rivet set into a flat roof of a building, natural boulder or man-made block. The most easily identifiable is a concrete pillar, often located on a hill or mountain. Each point is numbered making them a challenge for some people to pursue through a hobby known as 'trigpointing'. There are at least 130 of these points in Hertfordshire and more across the country. Many can be reached by Public Rights of Way.

If you wish to take on a similar challenge and provide fresh impetus for your walking you can find local Trig Points marked on Ordnance Survey maps or search [here](#). (Other sites are available)





# A County of fantastic walking opportunities.

Take the [Pledge](#) to walk more in 2016 and get involved NOW!!!

## February's Featured Walk

### Pishiobury Park, Sawbridgeworth

Once home to Ann Boleyn and one of Capability Brown's last projects, Pishiobury Park is an historic parkland, easily accessible from Sawbridgeworth or Harlow.

Today the park is an important home for a range of wildlife, attracted by the River Stort, grassland and woodland habitats found here. For walkers there is a choice of routes between 1 and 3 miles long. You can download the leaflet and get exploring. [Leaflet](#)

To download other walking routes or to find places to visit in Hertfordshire's great outdoors see the Countryside Management Service [web site](#)



## 52 Countryside Walks

If you are looking for a variety of short and long Hertfordshire country walks, then you might want to visit The Brookmans Park newsletter.

This community website has 52 walks that can be downloaded **free** of charge. They include maps, directions and pictures. You can also add comments about the walks so that others can benefit from your tips and observations. The walks have been created by David and Ellie Brewer, the site's founder and editor, and compiled from over 20 years' walking in the Hertfordshire countryside. All of the walks feature local pubs and follow Rights of Way and lanes. If you have a smartphones you can download them with Map My Walk.

The routes and accompanying maps are all presented under a non-commercial licence so that you can print them off to share with friends. Each walk is listed with a helpful photograph to give an idea of the terrain and landscape.

Thank you David and Ellie for sharing [here](#)



## Walks & More

Walks and More is a programme of free events in the great outdoors of Hertfordshire. Visit the website [here](#) to find out about activities in your area.

This month you can join '**Eighth in the East' Project in Buntingford for a Walk through History. Sunday 28<sup>th</sup> February 9.30am –12.30pm**

Join Martin Cuthbert as he lead's a walk through the historic airfield at Nuthampstead, home to the 55th Fighter Group and the 398th Bomb Group of the 8th USAAF during World War Two.

If you're interested in landscape history, airfield archaeology, or just fancy the chance to have a walk in the unique landscape of this World War Two airfield, this walk is for you.



Parking is at Antsey Village Hall, Antsey, SG9 0BY The Village Hall is situated to the rear of Anstey First School.

To book a place on the walk please contact Martin via the Walks & More page [here](#)