



NORDIC WALKING WATFORD

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WALK BOOKING INFORMATION

GENERAL WALK INFORMATION

Important

- Please ensure your PARQ is up to date, and you discuss any changes to your health or medication with your walk leader.
- Please also ensure that you have any medication that you might need with you for the walk.
- We would ask you to arrive at least 10 minutes before the start time of the walk so that you can get warmed up safely.
- If you need to stop, take a break or leave the walk at any time, please inform the walk leader.
- Please bring water (and snacks if you need them) to each walk
- Please do contact us if you would like to discuss the number of participants likely to be attending a particular walk or any concerns / questions you may have.



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WHAT TO BRING ON YOUR WALKS

- A small backpack or waist pack
- Water is essential on all of our walks – please bring sufficient with you
- It is advisable to bring a snack with you, particularly for our longer walks exceeding 1.5 to 2 hours
- Please ensure you have suitable flexible soled footwear, with adequate grip if you are walking off pavement in wet/ icy conditions
- If you are walking at night during winter (September to April), please ensure you have a fully charged head or chest torch
- High Viz clothing is also recommended for night walks
- A waterproof jacket and trousers / gaitors are useful on wet days
- A hat for warmth in winter and sun protection in summer
- Sunscreen for sunny days

If you have WALX membership (free for the first year once you have completed an Introduction course with us) you will gain discounts in the WALX Store <https://store.walx.co.uk/>, as well as a number of other outdoor clothing and equipment suppliers. Details of these can be found in the MEMBERSHIP DETAILS of your online account.



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CANCELLATIONS

Regular group fitness walks

- You are free to cancel your booking using the booking system up to the start time of the walk.
- Please bear in mind that the walk leader may have already left home and may not pick up a late cancellation in a timely manner.
- If you are cancelling within an hour of the walk, please contact the walk leader personally to let them know you are not attending.
- Please also bear in mind there may be a waiting list for the walk, and we would appreciate you providing as much notice as possible of your cancellation, as a courtesy to other members who may wish to join the walk.

Special Events

- Please be aware that our special events often involve third party arrangements and additional costs.
- You are free to cancel your booking using the booking system up to the cancellation window specified in the walk description.
- If you need to cancel your booking after the cancellation window you must contact Tracy Reeve by telephone on 07792 070286. Please do not remove yourself from the attendance list.
- Any refund will be discretionary and will be dependent on you contacting Tracy Reeve (or nominated deputy) in advance.
- If you are a Direct Debit member you may be charged the full walk price.



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If we need to cancel your walk

There may be times when we need to cancel a walk - this may be for the following reasons :

- The walk leader is unwell - where possible we will try and recruit a walk leader to cover but this may not always be possible at short notice
- There is a weather warning in place - if there is an **AMBER** or **RED** weather warning in place, then our walks will be cancelled. If there is a **YELLOW** weather warning in place, then we will risk assess the situation and make a local decision whether it is necessary to cancel. In all other circumstances regarding weather, we will go ahead as long as it is safe to do so.
- We deem it unsafe to go ahead - this may be due to a concerning situation locally or insufficient numbers to allow a night walk to go ahead safely for instance.

When we need to cancel, we email you and cancel your walk booking offering a full refund which will be credited back to your Exercise Anywhere account. If the decision is made to cancel within two hours of the walk start time, we will also send a text message.

Please make sure your contact details are up to date and correct so that you will receive our messages.



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CAR BOOT CAFÉ

- Where there are no facilities available for refreshments after your walk, sometimes your walk leader will provide a selection of hot and cold drinks, in return for a contribution to charity.
- This is noted in the walk title as CBC (car boot café)
- If you like baking, please feel free to bring along some home-baked goodies for everyone to enjoy too!
- A link for the charity donation will be available in your walk confirmation email



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VENUE INFORMATION

ABBOTS LANGLEY

Address	Abbots Langley Car Park, Abbots Langley, WD5 0AW, United Kingdom
What3Words	intend.wasp.soon
Find	Please use the postal code to find this venue
Parking	Free parking
Blue Badge Spaces	Available
Meeting Point	Far side of car park near recycling containers
Toilets	At Henderson Hub and That Little Coffee Shop during opening hours. No accessible toilets.
Cafe	Refreshments available at Henderson Hub or That Little Coffee Shop
Terrain	Mixed pavement, field and tracks with some gentle hills.
Rest Stops	Very few rest stops depending on route
Shade	Some shade available depending on route
Stimuli	Quiet roads but can be busy through the High Street
Phobias	Low likelihood of meeting livestock Medium likelihood of meeting dogs
Website	
Other Info	The official Car Park which is signposted and accessed off the High Street. Take the access road down the side of the Pharmacy. The exit of the car park is onto Abbots Rd.



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ALDENHAM - HOME FARM GLAMPING

Address	Home Farm Glamping Aldenham Road, Elstree Hertfordshire, WD6 3AZ
<u>What3Words</u>	forget.backed.actor
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Not available
Meeting Point	In the car park
Toilets	Available
Cafe	Not available
Terrain	Field and tracks, woodland paths
Rest Stops	Limited Plentiful Depending on route Not available
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock Low likelihood of dogs
Website	https://www.homefarmglamping.com/
Other Info	From the A41 turn into Dagger Lane and carry on to the junction with Aldenham Road. Turn right onto Aldenham Road passing Haberdasher's Girls School on your left and then the main entrance to Aldenham Reservoir on your right. Take the next turning on your left signposted HOME FARM GLAMPING and SOULAND YOGA. Follow the track a short way and then turn right, again following the signs for HOME FARM GLAMPING. At the end of the track you will see a farm car park which is our meeting point.



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ALDENHAM - GOLF CLUB

Address	Aldenham Golf & Country Club, Church Lane, Aldenham, Watford, UK, WD25 8NN
<u>What3Words</u>	reject.boil.cones
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Not available
Meeting Point	Far end of the car park
Toilets	Available in club house Accessible toilet not available
Cafe	Refreshments available in the Club House during opening hours
Terrain	Mixed pavement, field, tracks and woodland paths Gentle hills
Rest Stops	Limited Depending on route
Shade	Plentiful Depending on route
Stimuli	Quiet location Noisy near motorway
Phobias	Medium likelihood of livestock Medium likelihood of dogs
Website	https://www.aldenhamgolfclub.co.uk/
Other Info	Please drive into the golf course entrance then turn right to park at the far end of the car park - furthest away from the Club house.



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APSLEY

Address	22 Two Waters Rd, Hemel Hempstead HP3 9BZ, UK
What3Words	toys.final.clips
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available
Meeting Point	In the car park
Toilets	Available in Sunnyside Up Café during opening hours Accessible toilet - TBC
Cafe	Refreshments available at Sunnyside Up cafe
Terrain	Field, tracks, woodland paths, canal tow path Moderate hills
Rest Stops	Limited Depending on route
Shade	Limited
Stimuli	Can be busy on tow path
Phobias	Medium likelihood of livestock High likelihood of dogs
Website	https://www.sunnysideruraltrust.org.uk/social-enterprise/cafes-farm-shops-market-stall/
Other Info	Use the back entrance to enter the car park as the main gates are not open until 10am. From the A4251, opposite MacDonalds, take the Two Waters Road turning (marked as a no through road). Turn right into the Sunnyside Rural Trust site and car park. Please park diagonally against the metal fence and leave spaces in front of the wooden fence for other customers.



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ASHRIDGE ESTATE - MONUMENT DRIVE

Address	Monument Drive, Aldbury, HP4 1LX, United Kingdom
What3Words	date.tentacles.scenes
Find	Please use the What3Words address to find this venue
Parking	Free parking Voluntary £2 contribution to National Trust
Blue Badge Spaces	Not available
Meeting Point	In the car park
Toilets	Available in visitors centre Accessible toilet available in visitors centre
Cafe	Refreshments available at Monument Cafe
Terrain	Mixed fields, tracks, woodland paths Moderate and steep hills
Rest Stops	Limited Depending on route
Shade	Plentiful Depending on route
Stimuli	Busy park at certain times
Phobias	High likelihood of livestock High likelihood of dogs
Website	https://www.nationaltrust.org.uk/visit/essex-bedfordshire-hertfordshire/ashridge-estate
Other Info	Meeting at the FIRST CAR PARK ON THE LEFT as you turn onto Monument Drive - Barracks Square Car park.



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ASHRIDGE ESTATE - VISITORS CENTRE

Address	Ashridge Estate Visitors Centre, Moneybury Hill, Ringshall, Near Berkhamsted, Hertfordshire, HP4 1LT
<u>What3Words</u>	taken.outcasts.riding
Find	Please use the postal code to find this venue
Parking	Free parking
Blue Badge Spaces	Available behind visitors centre
Meeting Point	On the green in front of monument
Toilets	Available in visitors centre Accessible toilet available in visitors centre
Cafe	Refreshments available at Monument Cafe
Terrain	Mixed fields, tracks, woodland paths Moderate and steep hills
Rest Stops	Limited Depending on route
Shade	Plentiful Depending on route
Stimuli	Busy park at certain times
Phobias	High likelihood of livestock High likelihood of dogs
Website	https://www.nationaltrust.org.uk/visit/essex-bedfordshire-hertfordshire/ashridge-estate
Other Info	Meeting at the Ashridge Visitor Centre HP4 1LX - the entrance is off the B4506 (New Road).



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BEDMOND

Address	Bedmond Playing Fields, TOMS LANE, BEDMOND, ABBOTS LANGLEY, WD5 0RB
What3Words	back.scary.rats
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available
Meeting Point	In the car park next to the club house
Toilets	Short walk away at The Bell Pub Accessible toilet unavailable
Cafe	Short walk away at The Bell Pub
Terrain	Mixed pavement, fields, tracks, woodland paths Gentle hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock Medium likelihood of dogs
Website	https://www.abbotslangley-pc.gov.uk/services/bedmond/
Other Info	Toilets and refreshments are available at The Bell Pub.



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BRICKET WOOD – DROP LANE

Address	Riverside Way Car Park, Drop Lane, Bricket Wood, St Albans AL2 3TX
<u>What3Words</u>	gain.flank.diary
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Not available
Meeting Point	In the car park, furthest from the entrance
Toilets	Not available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Gentle hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock High Low likelihood of dogs
Website	
Other Info	If you are driving down Smug Oak Lane from The Gate pub (which is on the corner of Station Rd/Smug Oak Lane near Bricket Wood train station), at the bottom of the hill there is the turning for Drop Lane on the right, followed by the turning for Moor Mill Beefeater Grill/Premier Inn on the left.



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BRICKET WOOD – MOOR MILL

Address	Moor Mill, Moor Mill Lane, St Albans AL2 3TZ, United Kingdom
What3Words	villa.hangs.lists
Find	Please use the postal code to find this venue
Parking	Pay and display or visit restaurant
Blue Badge Spaces	Available
Meeting Point	In the car park on the left hand side
Toilets	Available in pub Accessible toilet available TBC
Cafe	Refreshments available at the pub
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Gentle hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Noisy near motorway
Phobias	High likelihood of livestock High likelihood of dogs
Website	https://www.beefeater.co.uk/en-gb/locations/hertfords-hire/moor-mill
Other Info	If you are driving down Smug Oak Lane from The Gate pub (which is on the corner of Station Rd/Smug Oak Lane near Bricket Wood train station), you will pass the entrance for Hanstead Wood on your right, then at the bottom of the hill there is the turning for Drop Lane on the right, followed by the turning for Moor Mill Beefeater Grill/Premier Inn on the left.



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BUNKERS PARK

Address	Bunkers Park, 21 Bedmond Rd, Hemel Hempstead HP3 8LL
What3Words	prime.roses.steep
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Not available
Meeting Point	On the grass in front of the car park
Toilets	Not available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths, Moderate hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.nashmillsparishcouncil.gov.uk/bunkers-park/
Other Info	Bunkers Park car park is located off the Bedmond Rd near Leverstock Green, Hemel Hempstead. Visually, looking at a map, it's between Chambersbury Lane and Bunkers Lane and down an un-named access road (drive under the gateway barrier you'll see from Bedmond Rd).



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BUSHEY – KEMP PLACE

Address	High Street Car Park, Bushey WD23 1DW, UK
What3Words	goals.soaks.deed
Find	Please use the postal code to find this venue
Parking	Pay and Display – free parking for one hour but you must obtain a ticket
Blue Badge Spaces	Available
Meeting Point	At the lower end of the car park
Toilets	Not available
Cafe	Not available, although there are a selection of cafes / restaurants in the High Street
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Moderate hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Busy roads in the vicinity
Phobias	Medium likelihood of livestock Medium likelihood of dogs
Website	https://www.hertsmere.gov.uk/Transport-Streets-and-Parking/Car-parks-within-Hertsmere/Bushey-car-parks.aspx
Other Info	



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BUSHEY – KING GEORGE RECREATION GROUND

Address	King George Avenue, Bushey Heath, WD23 4NT, United Kingdom
<u>What3Words</u>	shades.union.vibe
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available
Meeting Point	On grass in front of car park
Toilets	Available until 7pm May to Sept, otherwise until 3.30pm Accessible toilet available Accessible toilet also available at cafe
Cafe	Refreshments available 9am to 4pm every day
Terrain	Mixed pavement, tracks, woodland paths, park land, fields Moderate hills
Rest Stops	Plentiful Depending on route
Shade	Limited Depending on route
Stimuli	Moderately busy in school holidays
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.parksherts.co.uk/parks/king-george-recreation-ground/
Other Info	Drive to the end of King George Avenue to the mini roundabout to access the Main Car Park and meeting point. There is an overflow car park off of Chiltern Avenue.



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CASSIOBURY PARK – LANGLEY WAY

Address	159 Parkside Dr, Watford WD17 3BA, UK
What3Words	terms.places.storms
Find	Please use the postal code to find this venue
Parking	Limited parking Roadside parking
Blue Badge Spaces	Not available
Meeting Point	At the entrance to the park at the bottom of Langley Way
Toilets	Not available here but are in the park
Cafe	Not available here but are in the park
Terrain	Mixed pavement, fields, tracks, woodland paths, canal tow path, Paved walkways Moderate hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Busy roads Busy park
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.watford.gov.uk/cassiobury-park-3
Other Info	Meeting point for our evening walks



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CASSIOBURY PARK – MAIN CAR PARK

Address	2 Gade Ave, Watford WD18 7LG, UK
What3Words	books.plenty.tins
Find	Please use the postal code to find this venue
Parking	Free parking for up to 2 hrs but must display a ticket
Blue Badge Spaces	Available – must still display a ticket
Meeting Point	At the entrance to the park near the information sign post
Toilets	Available near Cedars Cafe Accessible toilet available near Cedars cafe
Cafe	Refreshments available at Cedars café and Tea Pavillion
Terrain	Mixed pavement, fields, tracks, woodland paths, canal tow path Moderate hills
Rest Stops	Plentiful Depending on route
Shade	Limited Depending on route
Stimuli	Busy park during school holidays
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.watford.gov.uk/cassiobury-park-3
Other Info	



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CHENIES – VAN HAGE GARDEN CENTRE

Address	Chenies Garden Centre, Chenies, Rickmansworth WD3 6EN, UK
<u>What3Words</u>	study.intent.hails
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking - April to September - park in the overflow - October to March - parking in the main car park by the dog grooming room.
Blue Badge Spaces	Available
Meeting Point	April to September - overflow car park October to March - by the dog grooming room.
Toilets	Available near cafe
Cafe	Refreshments available at the café
Terrain	Mixed pavement, fields, tracks, woodland paths, Steep hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Busy main road
Phobias	High likelihood of livestock Medium likelihood of dogs
Website	https://www.bluediamond.gg/garden-centre/chenies-garden-nursery-cafe
Other Info	



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CHENIES – MANOR HOUSE

Address	Chenies Manor, Claypits Lane, Chenies WD3 6EH, United Kingdom
<u>What3Words</u>	finishing.nurse.goes
Find	Please use the postal code WD3 6EP to find this venue
Parking	Limited free parking
Blue Badge Spaces	Available
Meeting Point	In the Car Park
Toilets	Available in manor house courtyard
Cafe	Refreshments available in the manor house
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Steep hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock Medium likelihood of dogs
Website	https://www.cheniesmanorhouse.co.uk/
Other Info	Use the entrance marked Great House Farm (on the A404 towards Amersham) using the post code WD3 6EP. The turning for Great House Farm is located after Latimer Road and after Bedford Close. Turn onto the gravel track and drive to the bottom of the track. There is a car park which is where we will meet. IGNORE THE SIGNS WHICH SAY CAR PARK. Occasionally we might be asked to car park on the fields to the side of the gravel driveway as you drive in.



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CHIPPERFIELD COMMON

Address	10 The Common, Chipperfield, Kings Langley WD4 9BS, UK
<u>What3Words</u>	smile.soils.chose
Find	Please use the postal code to find this venue
Parking	Free parking outside Blackwells Café or on the common Limited parking
Blue Badge Spaces	Available
Meeting Point	Outside Blackwells Café in front of the churchyard
Toilets	Available in Blackwells
Cafe	Refreshments available at Blackwells
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Steep hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock High likelihood of dogs
Website	https://www.blackwellschipperfield.co.uk/
Other Info	



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CHORLEYWOOD COMMON

Address	Rickmansworth Road, Three Rivers WD3 5FL, United Kingdom
<u>What3Words</u>	soda.desire.scary
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking Alternative parking is available next to Christ Church
Blue Badge Spaces	Not available
Meeting Point	Woodland area in front of the car park
Toilets	Not available
Cafe	Refreshments available at Mission Employable
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Steep hills
Rest Stops	Limited Depending on route
Shade	Plentiful Depending on route
Stimuli	Quiet location
Phobias	Medium likelihood of livestock High likelihood of dogs
Website	https://www.chorleywood-pc.gov.uk/services/chorleywood-common/
Other Info	



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CHORLEYWOOD HOUSE

Address	Lady Ela Drive, Chorleywood, WD3 5SL, United Kingdom
What3Words	wished.silks.opens
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Not available
Meeting Point	Next to the tennis courts
Toilets	Toilets available Mission Employable on the common Accesible toilets available at Mission Employable on the common
Cafe	Refreshments available Mission Employable on the common
Terrain	Mixed pavement, fields, tracks, woodland paths, Steep hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Busy main road
Phobias	High likelihood of livestock High likelihood of dogs
Website	https://missionemployable.co.uk/cafe.php
Other Info	Chorleywood House Estate is located off the A404 in Chorleywood, Hertfordshire, England. Please enter the Estate by the Parish Office, opposite the Cricket Club, and NOT at the traffic lights. Park in the top car park near the cemetery and the meeting point is near the tennis courts.



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CROXLEY GREEN – THE ARTICHOKE

Address	2A Green Ln, Croxley Green, Rickmansworth WD3 3HR
What3Words	thing.eating.spike
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking Please park on both sides at the far end of the car park. Also some side of road parking available close by.
Blue Badge Spaces	Not available
Meeting Point	In the car park
Toilets	Available in the pub during opening hours Accessible toilet not available
Cafe	Refreshments available in the pub
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland, canal tow path Moderate hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock in summer months Medium likelihood of dogs
Website	https://artichokeonthegreen.co.uk/
Other Info	Please be considerate to other pub users



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CROXLEY GREEN – HARVEY ROAD

Address	65 Harvey Road, Rickmansworth, WD3 3BT,
What3Words	tour.chemistry.leaned
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking Roadside parking
Blue Badge Spaces	Not available
Meeting Point	At the start of the footpath
Toilets	Not available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths, canal tow path, heathland Moderate hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock in summer months Medium likelihood of dogs
Website	
Other Info	Go all the way to the bottom speed bump (past Harvey Rd Primary School but before the private housing estate) and then turn either left or right into the 'dead end' track, where you can park at the side of the road.



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FLAUNDEN

Address	Flaunden Village Hall, Birch Lane, Flaunden, HP3 0PW
What3Words	still.wing.sector
Find	Please use the What3Words address to find this venue
Parking	Free parking
Blue Badge Spaces	Not available
Meeting Point	In the car park
Toilets	Available in village hall if open
Cafe	Refreshments available at Church Hall
Terrain	Mixed pavement, fields, tracks, woodland paths, canal tow path, heathland Gentle hills
Rest Stops	Not available
Shade	Plentiful Depending on route
Stimuli	Quiet location
Phobias	Medium likelihood of livestock Medium likelihood of dogs
Website	http://www.flaunden.com/flaunden-village-hall
Other Info	



NORDIC WALKING WATFORD

GARSTON – FALCON WAY

Address	1 Osprey Cl, Falcon Way, Watford WD25 9AR
What3Words	spoken.leaned.highs
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking Roadside parking
Blue Badge Spaces	Not available
Meeting Point	At the end of Falcon way, just before the motorway bridge
Toilets	Not available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths Gentle hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Can be noisy due to motorway
Phobias	Medium likelihood of livestock High likelihood of dogs
Website	
Other Info	



NORDIC WALKING WATFORD

GARSTON PARK

Address	66 Codicote Dr, Watford WD25 9QY
What3Words	prime.dome.pizza
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking Roadside parking There are proper parking bays at the other side of the park on Coates Way and you can easily wonder across the park past the children's playground.
Blue Badge Spaces	Not available
Meeting Point	At the entrance to the park
Toilets	Not available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths Gentle hills
Rest Stops	Limited Plentiful Depending on route Not available
Shade	Limited Plentiful Depending on route
Stimuli	Quiet location
Phobias	Medium likelihood of livestock High likelihood of dogs
Website	https://www.watford.gov.uk/directory-record/355/garston-park
Other Info	



NORDIC WALKING WATFORD

HEARTWOOD FOREST

Address	The Wicked Lady PH, St Albans AL4 8EL
What3Words	rear.laptop.drums
Find	Please use the postal code to find this venue
Parking	Free parking
Blue Badge Spaces	Available
Meeting Point	In the car park
Toilets	Toilets available when pub is open Accessible toilet available
Cafe	Refreshments available when pub is open
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Gentle hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Quiet location Busy roads
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.thewickedladypub.co.uk https://heartwood.woodlandtrust.org.uk/
Other Info	



NORDIC WALKING WATFORD

HEMEL HEMPSTEAD – GADEBRIDGE PARK

Address	Gadebridge Lane Car Park, Leighton Buzzard Road, Old Town, HP1 1SL
<u>What3Words</u>	guitar.pound.lawn
Find	Please use the What3Words address to find this venue
Parking	Free parking – near to the skate park The car park is accessed from the Leighton Buzzard road and the turning is on the right if you are heading from the town centre.
Blue Badge Spaces	Available
Meeting Point	In the car park near the bridge
Toilets	Available in the park and nearby cafes Accessible toilet available?? TBC
Cafe	Refreshments available from cafes in the high street
Terrain	Mixed pavement, fields, tracks, woodland paths Moderate hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Busy roads Busy park
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.parksherts.co.uk/parks/gadebridge-park/
Other Info	



NORDIC WALKING WATFORD

HEMEL HEMPSTEAD – WATER END

Address	The Red Lion PH, Hemel Hempstead HP1 3BD
What3Words	until.both.vital
Find	Please use the postal code to find this venue
Parking	Free parking in the main car park – please park towards the back of the car park
Blue Badge Spaces	Not available
Meeting Point	In the main car park (not overflow)
Toilets	Available in the pub during opening hours Accessible toilet available TBC??
Cafe	Refreshments available at the pub
Terrain	Mixed pavement, fields, tracks, woodland paths Steep hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Busy roads
Phobias	Medium likelihood of livestock Low likelihood of dogs
Website	https://www.redlionwaterend.co.uk/
Other Info	



NORDIC WALKING WATFORD

HUNTON BRIDGE

Address	Coffee &, Hempstead Road, Hunton Bridge, WD4 8QG
What3Words	amber.horses.faded
Find	Please use the postal code to find this venue Please use the What3Words address to find this venue
Parking	Free parking Limited roadside parking during the evening Parking at Waterworld during the day – please pop in from time to time!
Blue Badge Spaces	Not available
Meeting Point	Water world car park during the day Outside the café during the evening
Toilets	Available in Coffee & during opening hours
Cafe	Refreshments available at Coffee &
Terrain	Mixed pavement, fields, tracks, woodland paths, canal tow path Paved walkways Gentle hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Busy road
Phobias	Low likelihood of livestock Low likelihood of dogs
Website	
Other Info	



NORDIC WALKING WATFORD

KINGS LANGLEY

Address	Rose and Crown, 60 High St, Kings Langley WD4 9HT
What3Words	soap.swan.rice
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking Please park furthest away from pub entrance
Blue Badge Spaces	Available
Meeting Point	At the back of the car park
Toilets	Available in Rose and Crown during opening hours Accessible toilet available in Rose and Crown
Cafe	Refreshments available at Rose and Crown
Terrain	Mixed pavement, fields, tracks, woodland paths, canal tow path Moderate hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Busy road
Phobias	High likelihood of livestock Medium likelihood of dogs
Website	https://www.roseandcrownkingslangley.co.uk
Other Info	



NORDIC WALKING
WATFORD

LEAVESDEN COUNTRY PARK

Address	Leavesden Country Park, 1 College Rd, Abbots Langley WD5 0NX
What3Words	trade.liked.tapes
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available near the play area and cafe
Meeting Point	On the grass are in front of the first car park on the left as you enter the park
Toilets	Available outside Woodlands Cafe Accessible toilet available outside Woodlands Cafe
Cafe	Refreshments available at Woodlands Cafe
Terrain	Mixed pavement, fields, tracks, woodland paths Moderate hills
Rest Stops	Plentiful in the park Depending on route
Shade	Plentiful in the park Depending on route
Stimuli	Busy around children's play area and cafe
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.threerivers.gov.uk/services/leisure-parks-culture/parks-open-spaces/leavesden-country-park
Other Info	Meeting is the next to the first car park on the left as you enter the park



NORDIC WALKING WATFORD

LEAVESDEN COUNTRY PARK B

Address	Leavesden Country Park, 1 College Rd, Abbots Langley WD5 0NX
What3Words	cities.crush.supply
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available near the play area and cafe
Meeting Point	In the car park nearest to Woodlands Cafe
Toilets	Available outside Woodlands Cafe Accessible toilet available outside Woodlands Cafe
Cafe	Refreshments available at Woodlands Cafe
Terrain	Mixed pavement, fields, tracks, woodland paths Moderate hills
Rest Stops	Plentiful in the park Depending on route
Shade	Plentiful in the park Depending on route
Stimuli	Busy around children's play area and cafe
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.threerivers.gov.uk/services/leisure-parks-culture/parks-open-spaces/leavesden-country-park
Other Info	This is a winter evening venue.



NORDIC WALKING
WATFORD

LEAVESDEN COUNTRY PARK – WOODLANDS CAFE

Address	Leavesden Country Park, 1 College Rd, Abbots Langley WD5 0NX
What3Words	finest.stamp.loft
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available near the play area and cafe
Meeting Point	Woodlands Cafe
Toilets	Available outside Woodlands Cafe Accessible toilet available outside Woodlands Cafe
Cafe	Refreshments available at Woodlands Cafe
Terrain	Mixed pavement, fields, tracks, woodland paths Moderate hills
Rest Stops	Plentiful in the park Depending on route
Shade	Plentiful in the park Depending on route
Stimuli	Busy around children's play area and cafe
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.threerivers.gov.uk/services/leisure-parks-culture/parks-open-spaces/leavesden-country-park
Other Info	



NORDIC WALKING WATFORD

LONDON COLNEY

Address	Riverside, London Colney, St Albans AL2 1QA
What3Words	themes.backs.shock
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available
Meeting Point	At the back of the car park
Toilets	Not available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Flat walking
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	Low likelihood of livestock High likelihood of dogs
Website	
Other Info	Parking is also available at the pub over the road



NORDIC WALKING WATFORD

NORTHCHURCH COMMON

Address	New Road, Northchurch, HP4 1LS
What3Words	blatantly.premiums.hatter
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking The parking bay is on the left hand side of the B4506, opposite the entrance to Hill Farm, Berkhamsted HP4 1LS
Blue Badge Spaces	Available
Meeting Point	At the back of the car park near the footpath
Toilets	Not available
Cafe	Refreshments available at Hill Farm Barn when they are open
Terrain	Mixed pavement, fields, tracks, woodland paths, heathland Steep hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	Medium likelihood of livestock High likelihood of dogs
Website	https://www.thehillfarmbarncafe.com/
Other Info	Please do not park at Hill Farm



NORDIC WALKING WATFORD

RADLETT - BATTLERS GREEN FARM

Address	Battlers Green Farm, Radlett WD7 8PH, UK
What3Words	noting.circle.stay
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available in shopping plaza
Meeting Point	Meet in the car park through the arch on the EXIT side of the shops
Toilets	Available Accessible toilet available
Cafe	Refreshments available at The Bull Pen
Terrain	Mixed pavement, fields, tracks, woodland paths Gentle hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Usually quiet location
Phobias	High likelihood of livestock Medium likelihood of dogs
Website	http://www.battlersgreenfarm.co.uk/
Other Info	This is a pretty rural shopping village. Battlers Green Farm is on the right, half a mile down Common Lane



NORDIC WALKING
WATFORD

RADLETT – PHILLIMORE RECREATION GROUND

Address	Phillimore Recreation Grounds, 22 Gills Hill, Radlett, WD7 8BZ
<u>What3Words</u>	cages.eaten.skin
Find	Please use the What3Words address to find this venue
Parking	Free parking
Blue Badge Spaces	Not available
Meeting Point	At the far end of the car park, near the tennis courts
Toilets	Available Accessible toilet available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths Gentle hills
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	Medium likelihood of livestock High likelihood of dogs
Website	https://www.parksherts.co.uk/parks/phillimore-recreation-ground/
Other Info	



NORDIC WALKING WATFORD

REDBOURN

Address	Bunchers/North Common, St Albans AL3 7DB
What3Words	shall.sugars.sung
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking The main car park is on The Common (West Common), near The Cricketers pub (AL3 7ND). If the car park is full, there is side of road parking on some of the nearby roads (e.g. East Common or Fish Street) and another car park on North Common.
Blue Badge Spaces	Available
Meeting Point	Car park on West Common
Toilets	Not available
Cafe	Refreshments available at The Hub in the town
Terrain	Mixed pavement, fields, tracks, woodland paths Gentle hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Busy road
Phobias	Medium likelihood of livestock High likelihood of dogs
Website	
Other Info	



NORDIC WALKING WATFORD

RICKMANSWORTH AQUADROME

Address	Rickmansworth Aquadrome Car Park, Frogmoor Lane, Rickmansworth, WD3 1NB
<u>What3Words</u>	votes.duck.unfair
Find	Please use the postal code to find this venue
Parking	Free parking
Blue Badge Spaces	Not available
Meeting Point	One the grassy area between the café and car park
Toilets	Available next to and in cafe Accessible toilet available
Cafe	Refreshments available at Café in the Park
Terrain	Mixed pavement, fields, tracks, woodland paths, canal tow path, heathland Usually flat walks
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Busy park at times
Phobias	High likelihood of livestock High likelihood of dogs
Website	https://www.parksherts.co.uk/parks/rickmansworth-aquadrome-local-nature-reserve/
Other Info	



NORDIC WALKING
WATFORD

SARRATT – THE BOOT

Address	The Boot PH, Sarratt, Rickmansworth WD3 6BL
What3Words	cross.goals.cracks
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking Please park at the back of the car park
Blue Badge Spaces	Not available
Meeting Point	At the back of the car park
Toilets	Available in the pub
Cafe	Refreshments available in the pub
Terrain	Mixed pavement, fields, tracks, woodland paths Steep hills
Rest Stops	Very limited Depending on route
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock High likelihood of dogs
Website	https://www.thebootsarratt.com/
Other Info	



NORDIC WALKING WATFORD

SARRATT – THE COCK INN

Address	The Cock Inn at Sarratt, Church Lane, Sarratt, Herts, WD3 6HH
What3Words	hope.hulk.burn
Find	Please use the postal code to find this venue
Parking	Free parking Please park in the field at the back of the car park
Blue Badge Spaces	Not available
Meeting Point	At the back of the car park
Toilets	Available in the pub
Cafe	Refreshments available at the pub
Terrain	Mixed pavement, fields, tracks, woodland paths Steep hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock Medium likelihood of dogs
Website	
Other Info	



NORDIC WALKING WATFORD

SARRATT- THE GREEN

Address	2 The Green, Sarratt, Rickmansworth WD3 6AT
What3Words	flows.matter.exile
Find	Please use the postal code to find this venue
Parking	Free parking Roadside parking Free parking but please display a ticket Pay and Display
Blue Badge Spaces	Not available
Meeting Point	On the green by the telephone box
Toilets	Not available – although you can try the Boot
Cafe	Refreshments available at Sarratt Green Café or The Boot
Terrain	Mixed pavement, fields, tracks, woodland paths, Steep hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	High likelihood of livestock High likelihood of dogs
Website	
Other Info	



NORDIC WALKING
WATFORD

SOUTH OXHEY – ALL SAINTS CHURCH

Address	All Saints, Gosforth Lane, The Rookery, WD19 7BU
What3Words	moss.count.snows
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Available
Meeting Point	Inside the church building
Toilets	Available in church building Accessible toilet available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths Flat walking
Rest Stops	Limited Depending on route
Shade	Limited Depending on route
Stimuli	Busy roads
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://allsaintschurch.uk/
Other Info	



NORDIC WALKING WATFORD

SOUTH OXHEY – OXHEY WOODS

Address	Oxhey Woods Car Park, Sculpture Trail, Three Rivers, HA6 3EW
<u>What3Words</u>	orchestra.chins.trades
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Not available
Meeting Point	At the back of the car park
Toilets	Not available
Cafe	Not available
Terrain	Mixed pavement, tracks, woodland paths Gentle hills
Rest Stops	Plentiful
Shade	Plentiful Depending on route
Stimuli	Quiet location
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.threeriversleisure.co.uk/oxhey-woods
Other Info	



NORDIC WALKING WATFORD

ST ALBANS – KING HARRY LANE

Address	25 Antonine Gate, St Albans AL3 4JB
What3Words	windy.dwell.firmly
Find	Please use the postal code to find this venue
Parking	Free parking Limited parking Roadside parking
Blue Badge Spaces	Not available
Meeting Point	Meet on the grass verge between King Harry Lane and Mayne Avenue
Toilets	Not available
Cafe	Refreshments available at Inn on the Park in Verulamium Park
Terrain	Mixed pavement, fields, tracks, woodland paths Gentle hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Busy road Busy Park
Phobias	Medium likelihood of livestock Medium likelihood of dogs
Website	https://www.enjoystalbans.com/listing/verulamium-park/
Other Info	



NORDIC WALKING
WATFORD

ST ALBANS – WESTMINSTER LODGE

Address	Holywell Hill, St Albans AL1 2DJ
What3Words	hello.dinner.blend
Find	Please use the postal code to find this venue
Parking	Pay and Display
Blue Badge Spaces	Available
Meeting Point	Outside main entrance to Westminster Lodge
Toilets	Available in leisure centre Accessible toilet available
Cafe	Refreshments available at leisure centre
Terrain	Mixed pavement, fields, tracks, woodland paths Moderate hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Busy park
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.everyoneactive.com/centre/westminster-lodge-leisure-centre/
Other Info	



NORDIC WALKING
WATFORD

TRACY'S HOUSE

Address	5 Halifax Cl, Bricket Wood, St Albans AL2 3RH, UK
What3Words	pretty.needed.chill
Find	Please use the postal code to find this venue
Parking	Free parking Roadside and limited
Blue Badge Spaces	not available
Meeting Point	Please enter the back garden via the side entrance
Toilets	are available when Tracy is home / accessible toilets
Cafe	are available when Tracy is home
Terrain	paved pathways with some mud in winter flat walking
Rest Stops	are not readily available at this venue
Shade	limited shade from this venue, please let us know if you are sensitive to sunlight
Stimuli	Quiet location
Phobias	high likelihood of dogs and kids!
Other Info	<i>Tracy's house is an occasional Forest School venue. Please Park on the drive or safely on the road with consideration to neighbours. You can also park in the layby opposite the house if it's free.</i>



NORDIC WALKING WATFORD

WHIPPENDELL WOODS

Address	Whippendell Woods, Grove Mill Ln, Chandler's Cross, Rickmansworth WD3 4NA
<u>What3Words</u>	pulse.hooked.activism
Find	Please use the What3Words address to find this venue
Parking	Free parking Limited parking
Blue Badge Spaces	Not available
Meeting Point	At the back of the car park near the information sign
Toilets	Not available
Cafe	Not available
Terrain	Mixed fields, tracks, woodland paths, canal tow path, Moderate hills
Rest Stops	Limited Depending on route
Shade	Plentiful Depending on route
Stimuli	Quiet location
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.woodlandtrust.org.uk/visiting-woods/woods/whippendell-wood/
Other Info	



NORDIC WALKING WATFORD

WOODOAKS FARM

Address	Woodoaks Farm, Denham Way, Rickmansworth, WD3 9XQ
<u>What3Words</u>	delay.jokes.joined
Find	Please use the postal code to find this venue
Parking	Free parking, adjacent to the open barns in front the garden area.
Blue Badge Spaces	Available
Meeting Point	Between the car park and the brewery
Toilets	Portaloo available at The Tea Shack during opening hours
Cafe	Refreshments available at The Tea Shack
Terrain	Mixed pavement, fields, tracks, woodland paths Moderate hills
Rest Stops	Not available
Shade	Limited Depending on route
Stimuli	Noisy near motorway
Phobias	High likelihood of livestock Medium likelihood of dogs
Website	https://woodoaksfarm.com/
Other Info	Heading from Watford to Denham on the A412, turn right just after the roundabout onto the farm track heading to Woodoaks.



NORDIC WALKING WATFORD

WOODSIDE PARK

Address	Woodside Playing Fields, Horseshoe Ln, Watford WD25 7HH
What3Words	piano.snacks.loyal
Find	Please use the postal code to find this venue
Parking	Free parking
Blue Badge Spaces	Available
Meeting Point	On the small grass area between the car park and playground
Toilets	Available – under refurbishment April 2024 Accessible toilet available
Cafe	Not available
Terrain	Mixed pavement, fields, tracks, woodland paths Gentle hills
Rest Stops	Plentiful Depending on route
Shade	Limited Depending on route
Stimuli	Quiet location
Phobias	Low likelihood of livestock High likelihood of dogs
Website	https://www.parksherts.co.uk/parks/woodside-playing-fields/
Other Info	Drive into the entrance of Woodside Leisure Centre and instead of parking in the immediate car parks, follow the road past the stadium entrance, around 2 or 3 bends all the way to the TOP OF THE HILL where there is a car park next to the children's playground (at the back of the cricket pavilion).



NORDIC WALKING WATFORD

MASTER

Address	
What3Words	
Find	Please use the postal code to find this venue Please use the What3Words address to find this venue
Parking	Free parking Limited parking Roadside parking Free parking but please display a ticket Pay and Display
Blue Badge Spaces	Not available Available
Meeting Point	
Toilets	Not available Available in Accessible toilet available
Cafe	Not available Refreshments available at
Terrain	Mixed pavement, fields, tracks, woodland paths, canal tow path, heathland Paved walkways Gentle hills Moderate hills Steep hills
Rest Stops	Limited Plentiful Depending on route Not available
Shade	Limited Plentiful Depending on route
Stimuli	Busy roads



NORDIC WALKING WATFORD

	Busy park Quiet location Noisy
Phobias	High / Medium / Low likelihood of livestock High / Medium / Low likelihood of dogs
Website	
Other Info	