



## Walking in Hertfordshire



### Step into Spring

#### Hertfordshire Health Walks Update

We hope you have been keeping well during this lockdown and, where possible, have been able to enjoy some winter walks.

We are delighted that the Government's roadmap, announced on Monday 22 February, will mean that in time Hertfordshire Health Walks can re-start. In the interim period we will be working with our Public Health colleagues to develop a plan to restart Covid-19 Safe Health Walks with support from our army of Health Walk Volunteers. We will keep you updated in future editions of our Walking in Hertfordshire e-Bulletin.



More information on the [Governments 'Roadmap out of lockdown'](#) can be found via the [GOV.UK website](#). Remember when out and about in Hertfordshire: Hands. Face. Space.

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Send us your Selfies



Now that spring is upon us, it's a great time to get outside and enjoy the fresh air and nature.

We would love to see your favourite local walking spots. Why not share your photos with us and we will feature our favourites on our Health Walks social media pages including [Facebook](#) and [Twitter](#), [Hertfordshire County Council's Instagram page](#) as well as future Walking in Hertfordshire e-Bulletins.

Send us your pictures by emailing us at [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk) and don't forget to tell us about your favourite spots, how often you like to walk there and who you like to walk with.

## Small Changes = BIG Results

Now that restrictions are slowly but cautiously easing, it's a perfect time to get back into a healthy and positive routine. Just a small change in your daily routine can have tremendous benefits and those who are getting back into, or new to, exercise have the most to gain.

Just 150 minutes of moderate intensity exercise per week, split up in a way to suit you, can reduce your chances of developing life limiting conditions as well experiencing back pain, falls or depression.

If you are able to get outside, brisk walking offers a fantastic way to help you feel great and improve your health, wellbeing and quality of life. Take a look at the [NHS guidance for recommended exercises for adults](#) and [specific physical activity advice for over 65s](#).



## Find Fresh, New Walking Routes



Hertfordshire's rights of way network provides miles of scenic footpaths and these can all be found on our [rights of way Google map](#).

Alternatively, why not [take a look at our range of free walk route maps across Hertfordshire](#). There are so many to choose from; you will also find cycle routes here.

Remember to follow the [Countryside Code](#) and always try to stay on the path or trail. Walking around the edge, or off it entirely, can widen paths and damage crops and other vegetation.

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## World Sleep Day: Friday 19 March 2021

Getting enough sleep is essential to maintaining optimal health and is as vital to us as regular exercise and eating a balanced diet.

A good night's sleep has been shown to improve attention and concentration, reduce stress levels, keep our heart healthy, maintain a healthy weight, keep our immune system strong and much more!

If you're having problems sleeping, there are simple steps you can take to ease those restless nights. [Find out how to get to sleep and how to sleep better with 'Every Mind Matters'](#).



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## Keep Updated

Receive monthly updates from the Countryside and Rights of Way Service



Our Countryside and Rights of Way Service manage Hertfordshire's extensive network of footpaths, bridleways and byways and engage residents in improving our countryside and greenspaces through volunteering.

You can find out more about opportunities to enjoy the county's great outdoors or how to get involved by [subscribing to the Countryside and Rights of Way newsletter](#) today.

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## Sign up for a Sustainable Hertfordshire



If you like what you've just read, you might also like to sign up for our new [Sustainable Hertfordshire e-newsletter](#): the monthly bulletin for a cleaner, greener, more environmentally sustainable county.

Monthly updates will include tips on living and working more sustainably; progress on delivering the [Sustainable Hertfordshire Action Plan](#); the latest climate change news locally and globally and details of grants to help householders, businesses and communities meet the challenge of climate change.

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## 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](mailto:healthwalks.cms@hertfordshire.gov.uk). This is a monthly email, but if you would prefer not to receive it you can unsubscribe below.