

CEDARS PARK 'FIRST-STEPS WALK'

Looking to get out of the house and stretch those legs? If the answer is yes, then join Marvin on a lovely 20-30 minute walk around Cedars Park.

Starting Thursday 18 September 2025

Fortnightly, every other Thursday, 10am

**Meet at: Cedars Park Café, Cedars Park,
Theobalds Lane, Waltham Cross EN8 8RX**

Scan here



For more information about this walk, please scan the QR code or alternatively contact:

- Health Walks team: **01992 555888**
- Email: **healthwalks.cms@hertfordshire.gov.uk**

Active Herts
Your first step to a more active lifestyle

Hertfordshire



Health Walks

Terrain: **Level footpath, no stairs or steps.**

Cost: **FREE**

Walk leader: **Marvin**

Car parking: **Free**

Grade: **First Steps Walk**

First-steps Walks are for people who are returning from illness or injury and those who haven't been physically active in a while. The walk terrain is flat and paved so it's ideal for all ages and slower walkers.

Please wear suitable footwear, comfortable trainers or walking boots would be ideal.

Please also bring a bottle of water to keep hydrated.



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