

Stepping Out with Carers



Invite you to join us on the
stepping out in nature walk series in association
with NHS Social Prescribing Hertfordshire

We offer scenic, sociable, rejuvenating walks at beautiful venues throughout Hertfordshire (stately homes and gardens, wildlife parks, National Trust and English Heritage Properties) with lunch included

Dates for 2021

21 April—Ashridge Forest

National Trust, ancient trees, rolling chalk downlands and lush meadows in areas of outstanding national beauty

20 May—Wimpole Hall

Impressive mansion, gardens, park and farm

15 June—Audley End

House, gardens and woodland. A special event with guide and talk by award winning wildlife writer, Simon Barnes.

Early July—Hatfield House

Gardens, park and woodland

August —Stockers Lake at Rickmansworth

A country park and large attractive lake in the Colne Valley—a Wildlife Trust site
—with Trust staff guides

September—Forte Hall

Grade 1 Listed Jacobean Manor House set in idyllic surroundings

October—Grand Finale

A special way to finish the year

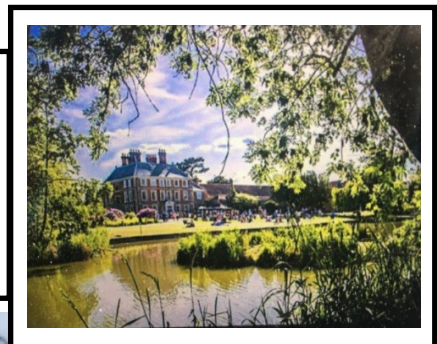
Plus—Groups of smaller walks in Bishops Stortford, Ware and Hertford

Stepping Out with Carers



A combination of healthy activity, a choice of walks for all capabilities and the opportunity to make new friends.

Carers are welcome to bring the person they care for, or attend alone. Transport available where possible.



All our walks are
free of charge



But booking is essential so contact us today either by email at hallosteppingout@gmail.com or by phone Sue 07836 283566 / Ali 07739 361061 and join us for some great days out!



@carersstepout



carerssteppingout