

The walk explores Composers Park and goes beyond, taking in Elstree village, Aldenham Reservoir and the wider countryside.

Why Walk?

Walking is arguably the best exercise and a good way for you to get the 150 minutes of moderate exercise per week recommended by health professionals to maintain wellbeing.

How much time do you have?

30 minutes - Loop 1 (1 mile / 1.5km)

45 minutes - Loop 2 (1.5 miles / 2.5km),
or Loop 3 (1.5 miles / 2.5km)

60 minutes - Loop 1 & 2 (2.2miles / 3.5km)

90 minutes - Loop 1, 2 & 3 (3.5miles / 5.5km)

Other Local Walks

This walk is one of a series of **Countryside on Your Doorstep** walks in Borehamwood and Elstree. Download these and other walks from www.hertslink.org/cms/



Hertfordshire Health Walks is a countywide initiative, providing free, led walks, helping everyone get outdoors, get more

active and reap the benefits. There are regular health walks in Borehamwood and surrounding areas of various lengths from gentle 20 minute strolls to 90 minute walks. Pick up a copy of the programme in your local library, GP surgery or download it from www.hertfordshirehealthwalks.org

*"Enjoyment for all the family
- it's right on your doorstep"*

How to get there:

You can start the walk from anywhere along its route. See walk map for linking roads.

By Road:

Composers Park is located in Elstree, southwest of Borehamwood, close to junction 4 of the M1 with the A41. There is parking on local roads off Elstree Hill.

By Public Transport:

You can join the walk route at Allum Lane, a 10 minute walk from Elstree & Borehamwood Station. There are bus stops along the route.

For travel details visit www.intalink.org.uk or contact Traveline on 0300 123 4050 (open 8am - 8pm).



Composers Park is owned and managed by Hertsmere Borough Council. For further information contact the Parks and Amenities team:

www.hertsmer.gov.uk/parks
Tel: 0800 731 1810 (freephone)
Email: parks@hertsmer.gov.uk

The Countryside Management Service (CMS) works with communities in Hertfordshire to help them care for and enjoy the environment.

For more information contact CMS at:

www.hertslink.org/cms
Tel: 01992 588433

Thanks to Elstree & Borehamwood Museum
Thanks to Chris Newman for providing some of the images

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Launched in 2015



Countryside
on your
DOORSTEP

Composers Park & Beyond

Produced by Fitzpatrick Woolmer - 0800 130 3630



Take a break in the
great outdoors



