













WHAT IS A HEALTH WALK?

A Health Walk is a free, short, led walk undertaken on a regular basis. All our walks are free of charge, and open to everyone. The routes start and finish at the same location, as advertised, and last between 30–90 minutes. All walks are at your own pace, and led by our friendly and trained volunteer walk leaders.

WHY WALK WITH US?

There are numerous benefits to joining the Lincoln Health Walks, including meeting new people and getting to know your local area! All our walks are free of charge, and you don't need to pre register, just come along and join in. Our walks are very sociable, and always finish with refreshments. Walking is also a great way to improve your physical health, here's a few positive things that walking can do for your health:

Helps to lower blood pressure

- Improves sleep patterns
- Improves the flexibility and strength of joints
- Maintain/lose weight
- Reduces stress levels
- Reduces the risk of various diseases and illnesses

WALKING SYMBOL KEY

The symbols shown below relate to the different facilities available during or following the walk.

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Refreshments available after walk





WEEKDAY HEALTH WALKS

All health walks are approximately an hour, and weekly unless stated otherwise.

MONDAY

North Hykeham 10am One NK Leisure Centre, Moor Lane, LN6 9AX



WHISBY VISUALLY IMPAIRED WALK

Whisby Nature Park 10.30am (Alternate Mondays) Moor Lane, LN9 9BW

1 and 2 mile walks available

Branston* 11.30am

(Alternate Mondays starting 16th April) Branston Café, Rectory Lane, LN4 1NA

Heighington* 11.30am (Alternate Monday starting 9th April) Jubilee Hall, High Street, LN4 1JS

Welton 1pm Black Bull Pub, Lincoln Road, LN2 3HZ

TUESDAY

Uphill Lincoln 10.45am Yarborough Leisure Centre, Riseholme Road, LN1 3SP

Nettleham 1pm The Tea Cosy Café, The Green, LN1 4JL 2-3 miles

2-3 miles

2-3 miles





2-3 miles

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WEDNESDAY

Whisby 11.30am Whisby Nature Park, Moor Lane, LN9 9BW

Hartsholme 1pm Hartsholme Park Café. Skellingthorpe Road, LN6 OEY



Cherry Willingham 10am Rosie Lea's Café. The Parade, LN3 4JL

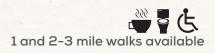
Skellingthorpe 11am Community Centre car park, Lincoln Road, LN6 5UT

Langworth 1pm The Memorial Hall, Station Road, LN3 5BB

FRIDAY

Birchwood 11am Active Nation Birchwood Birchwood Avenue. LN6 OJE

Whisby 1pm Whisby Nature Park, Moor Lane, LN9 9BW



1 and 2-3 mile walks available

2-3 miles

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2-3 miles

2-3 miles

2-3 mile walks available



North Hykeham 10am One NK Leisure Centre, Moor Lane | N6 9AX



SUNDAY HEALTH WALKS

Sunday monthly health walks. For more information, please contact the walks coordinator. All walks start at 10.30am

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Fossdyke 8th April Barge on the Brayford, Brayford Pool, LN1 1YW 3 miles

Bailgate/Uphill Lincoln, 3rd June LN1 3AA 2-3 miles

South Park, LN5 8ES 3 miles

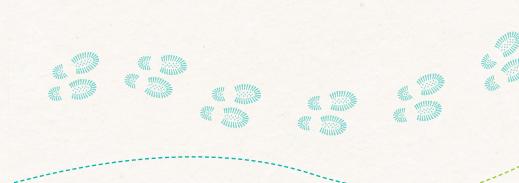
LN6 7SW

2-3 miles

The Collection, Danes Terrace LN2 1LP 2-3 miles

Uphill Lincoln, 2nd September 2-3 miles

Boultham Park 6th May



DEMENTIA SENSORY STROLLS

Join our volunteer walk leaders for an enjoyable and interesting sensory stroll. These walks are designed to stimulate your senses and can be enjoyed by people living with dementia and their carers, family and friends. Our sensory strolls last up to an hour, followed by an opportunity to socialise with others over refreshments in nearby establishments.

Whisby 11am (Last Tuesday of the month) Whisby Nature Park, Moor Lane, LN9 9BW

1 mile and 2-3 mile walks available

Boultham Park 10:30am (Second Wednesday of the month) St Helens Church, Hall Drive, LN6 7SW

1 and 2 mile walks available

W S G

Nettleham 11:30am (First Thursday of the month) Nettleham Community Hub East Street, LN2 2SL 1 and 2 mile walks available



SATURDAY MOVING ON WALKS

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walks which are 5 miles or more, and are led by trained voluntor. Please note, these are not classified as Health Walks, and are undertaken at your own risk. All walks start at 10am

Scampton 21st April Till Bridge Lane viewpoint Scampton, LN1 2SX

6 Miles

Nettleham 16th June The Tea Cosy, The Green LN2 2NR

6 Miles

Doddington & Old Wood Skellingthorpe, 18th August Doddington Hall Overflow car park IN64RU

6 miles

Bailgate/Uphill Lincoln 19th May Castle Square, Lincoln LN1 3AA

51/2 Miles

Riseholme 21st July Yarborough Leisure Centre Riseholme Road, LN1 3SP



North & South Hykeham 15th September Lincolnshire Co-op Lincoln Rd North Hykeham, Lincoln LN6 8NH

5-6 miles

8.4 Miles



MORE INFORMATION

To find out more information about any of our walks, please contact Karen Doherty, Community and Health Walks Coordinator:

T: 01522 544 632 E: karen.doherty@lincolnshire.coop W: lincolnshire.coop/community /health-walks Suitable clothing and footwear for outdoor walks are recommended. Please arrive **15 minutes early** on your first walk, as you are required to complete a short registration form. All walks are subject to change, and we advise contacting the walks coordinator prior to attendance.

