

HEALTH WALKS

In and around Lincoln

April - September 2018



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.



Refreshments
available after
walk



Toilet facilities
available



Wheelchair/
pushchair
accessible

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



2-3 miles

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



2-3 miles

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



2-3 miles

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



2-3 miles

TUESDAY

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



2-3 miles

Nettleham 1pm
The Tea Cosy Café,
The Green, LN1 4JL



2-3 miles

WEDNESDAY

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



1 and 2-3 mile walks available

Hartsholme 1pm
Hartsholme Park Café,
Skellingthorpe Road, LN6 0EY



1 and 2-3 mile walks available

THURSDAY

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



2-3 miles

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



2-3 miles

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



2-3 miles

FRIDAY

Birchwood 11am
Active Nation Birchwood
Birchwood Avenue,
LN6 0JE



2-3 miles

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



2-3 mile walks available

SATURDAY

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



2-3 miles

SUNDAY HEALTH WALKS

In addition to our weekly timetable, please find a list below of Sunday monthly health walks. For more information, please contact the walks coordinator. All walks start at 10.30am

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



Boultham Park 6th May
St Helens Church, Hall Drive,
LN6 7SW
2-3 miles



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



South Common, 1st July
Eastholme Nursing Home,
South Park, LN5 8ES
3 miles



Arboretum, 5th August
The Collection, Danes Terrace
LN2 1LP
2-3 miles



Uphill Lincoln, 2nd September
Yarborough Leisure Centre,
Riseholme Road, LN1 3SP
2-3 miles



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**



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

In addition to our health walks programme, we also offer social walks which are 5 miles or more, and are led by trained volunteers. For more information, please contact the walks coordinator. 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
LN6 4RU

6 miles



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

5 1/2 Miles



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

8.4 Miles



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

5-6 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.

