

# HEALTH WALKS

In and around Lincoln  
April - September 2019



Access Lincoln  
Changing the way we travel







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the feel good place

## WHAT IS A HEALTH WALK?

A Health Walk is a short, led walk undertaken on a regular basis. All our walks are free of charge, and open to everyone - you don't need to preregister, just come along and join in. The routes start and finish at the same location, as advertised, and last between 30 and 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. Our walks are very sociable, and always finish with refreshments. Walking is 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 the walk



Toilet facilities available



Wheelchair accessible

## WEEKDAY HEALTH WALKS

All health walks are weekly unless stated otherwise. Walk lengths are approximate. All walks start promptly at the times stated.

### MONDAY (Excluding Bank Holidays)

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



45 and 60 minute walks available

### WHISBY VISUALLY IMPAIRED WALK

Whisby Nature Park  
10.30am (Alternate Mondays)  
Moor Lane, LN6 9BW



45 minutes

**Branston** 11.30am  
(Alternate Mondays)  
Branston Café,  
Rectory Lane, LN4 1NA

April	1st	15th	29th
May	13th	no walk*	
June	10th	24th	
July	8th	22nd	
August	5th	19th	
September	2nd	16th	30th



60 minutes

**Heighington** 11.30am  
(Alternate Mondays)  
Jubilee Hall,  
High Street, LN4 1JS

April	8th	no walk*	
May	no walk*	20th	
June	3rd	17th	
July	1st	15th	29th
August	12th	no walk*	
September	9th	23th	

\*Bank holiday



60 minutes

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



60 - 90 minutes

### TUESDAY

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



60 - 90 minutes

**Nettleham** 1pm  
The Village Green,  
LN2 2NR



60 minutes

## WEDNESDAY

**Whisby** 11.30am  
Whisby Nature Park,  
Moor Lane, LN6 9BW


  
30 and 60 minute walks

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

  
45 and 60 minute walks

## THURSDAY


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

  
30 and 60 minute walks


**Saxilby Strollers Introductory walk** 10.30am  
(Second Thursday of each month)  
Community Centre  
William Street, LN1 2LP

  
30 minutes

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


  
60 - 75 minutes

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

  
60 - 75 minutes

## FRIDAY

**Birchwood** 11am  
Birchwood Active Nation Leisure Centre car park,  
Birchwood Avenue, LN6 0JE

  
60 - 75 minutes

**Whisby** 1pm  
Whisby Nature Park,  
Moor Lane, LN6 9BW

  
60 minutes

## SATURDAY

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

  
60 minutes

**Saxilby Strollers** meet 5 times a month and offer walks of varying distances. The walks start at 10am at Saxilby Community Centre (LN1 2LP), from where they organise a car share to the starting place for each walk.

For further details please contact David Clay on 0776 8056967

## SUNDAY HEALTH WALKS

In addition to our weekly timetable, we also offer monthly health walks on a Sunday morning, all led by trained, volunteer walk leaders. For more information, please contact the health walks co-ordinator. All walks start promptly at 10:30 am.

**Fosdyke** 7th April  
Barge on the Brayford,  
Brayford Pool, LN1 1YW  
3 miles



**Arboretum** 7th July  
The Collection, Danes Terrace  
LN2 1LP  
2 - 3 miles



**South Common** 5th May  
Eastholme Nursing Home,  
South Park, LN5 8ES  
3 miles



**Nettleham** 4th August  
The Village Green,  
LN2 2NR  
2 - 3 miles



**Bailgate history walk** 2nd June  
Castle Square, Lincoln,  
LN1 3AA  
2 - 3 miles



**Welton** 1st September  
Black Bull Pub,  
Lincoln Road, LN2 3HZ  
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 the opportunity to socialise with others over refreshments in nearby establishments.

**Whisby 11am**  
(Last Tuesday of the month)  
Whisby Nature Park,  
Moor Lane, LN6 9BW

45 minutes



**Boultham Park 10:30am**  
(Second Wednesday of the month)  
Boultham Park House Care Home,  
Rookery Lane, LN6 7PH

Parking available  
St Helens Church,  
Hall Drive, LN6 7SW

50 minutes



**Nettleham 11:30am**  
(First Thursday of the month)  
Nettleham Community Hub  
East Street, LN2 2SL

30 - 45 minutes



**Hill Holt Wood**, Norton Disney, hold a half hour sensory stroll once a month on a Monday at 10.30 am. Please contact Sam on 01636 892 836 or email [sam.hagan@hillholtwood.co.uk](mailto:sam.hagan@hillholtwood.co.uk) for specific dates and more information.

# 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. All walks start at 10am

**Nettleham**  
20th April  
The Village Green,  
LN2 2NR  
6 Miles



**Castle Square to Castle**  
20th July  
Castle Square, Lincoln,  
LN1 3AA  
5½ Miles



**Welton**  
18th May  
Black Bull Pub, Lincoln Road,  
LN2 3HZ

7 Miles



**Doddington &  
Old Wood Skellingthorpe**  
17th August  
Doddington Hall overflow car park,  
LN6 4RU

6 Miles



**North and South Hykeham**  
15th June  
Lincolnshire Co-op, Lincoln Road,  
LN6 8NH

5 - 6 miles



**Riseholme**  
14th September  
Yarborough Leisure Centre,  
Riseholme Road, LN1 3SP

8 miles



## MORE INFORMATION

To find out more information about any of our walks, please contact our health walks coordinator:

T: 01522 544 632

E: [healthwalks@lincolnshire.coop](mailto:healthwalks@lincolnshire.coop)

W: [lincolnshire.coop/health-walks](http://lincolnshire.coop/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 health walks coordinator prior to attendance.

If you wish to walk with your dog, please check in advance with the health walks co-ordinator that the walk is suitable. All dogs must be on a lead and kept under control at all times.



Photo by Brian Holman, Health Walks Volunteer