











## 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





## **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

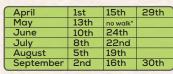
#### WHISBY VISUALLY IMPAIRED WALK

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



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





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



\*Bank holiday

60 minutes

Welton lpm 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 lpm The Village Green, LN2 2NR



#### WEDNESDAY

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



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



#### **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 I N1 2LP



Skellingthorpe llam

Community Centre car park, Lincoln Road, LN6 5UT



60 - 75 minutes

Langworth lpm

The Memorial Hall, Station Road, LN3 5BB



60 - 75 minutes

### FRIDAY

Birchwood llam

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

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Whisby Ipm Whisby Nature Park, Moor Lane, LN6 9BW



#### SATURDAY

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



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.

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



Arboretum 7th July
The Collection, Danes Terrace
LN2 1LP

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



Nettleham 4th August The Village Green, LN2 2NR



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



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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 llam (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 - AIT G

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 for specific dates and more information

## SATURDAY MOVING ON WALKS

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



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 W: 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.

