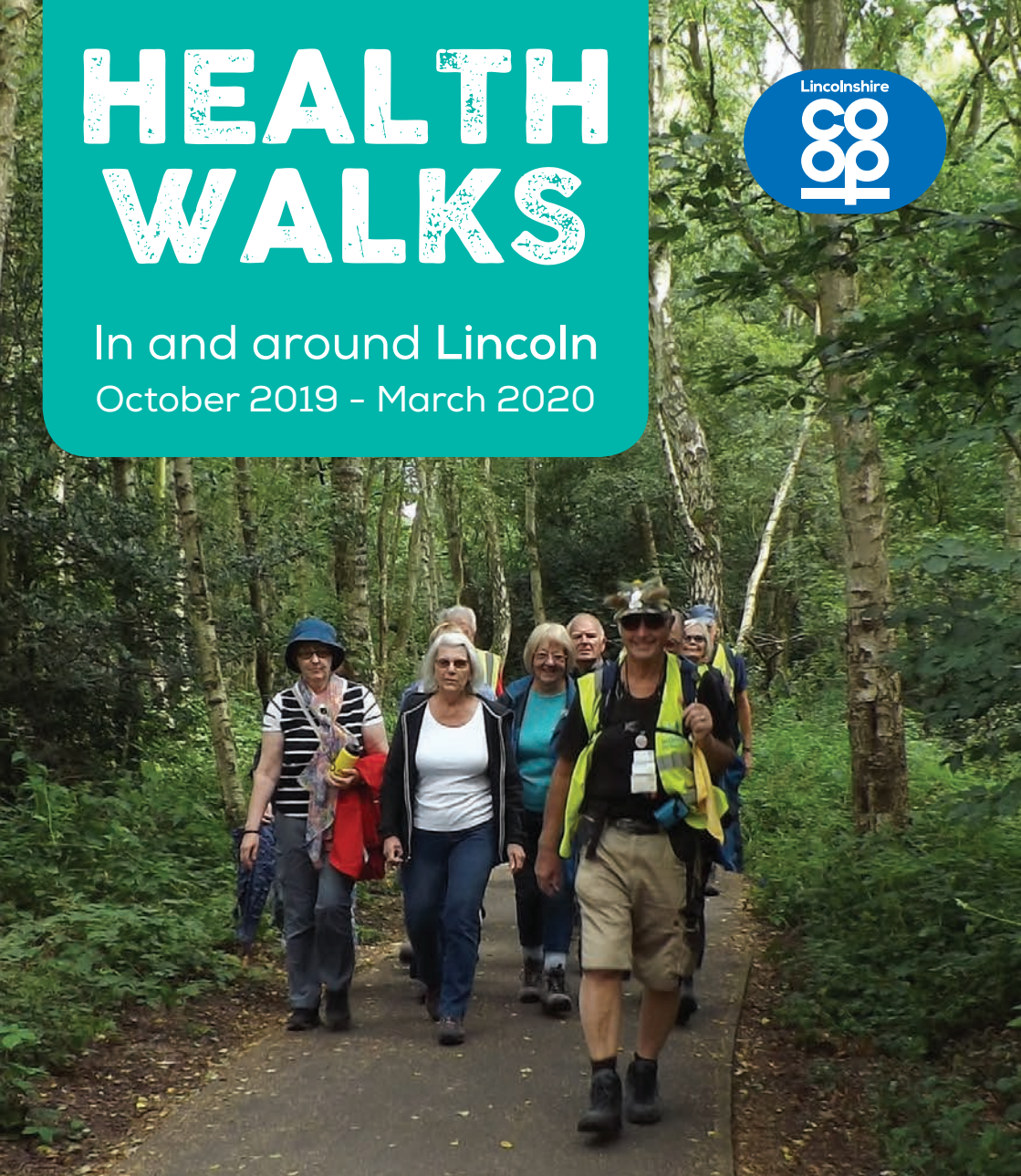


# HEALTH WALKS

In and around Lincoln  
October 2019 - March 2020



Access Lincoln  
Changing the way we travel

**BETTER**  
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

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



45 and 60 minute walks available

### WHISBY VISUALLY IMPAIRED WALK

Whisby Nature Park,  
The Natural World Centre  
10.30am (Alternate Mondays)  
Moor Lane, LN6 9BW



45 minutes

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

October	14th	28th	
November	11th	25th	
December	9th	23rd	
January	6th	20th	
February	3rd	17th	
March	2nd	16th	30th



60 minutes

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

October	7th	21st	
November	4th	18th	
December	2nd	16th	30th
January	13th	27th	
February	10th	24th	
March	9th	23rd	



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 (Excluding Christmas Day & New Year's Day)

**Whisby 11.30am**  
Whisby Nature Park,  
The Natural World Centre  
Moor Lane, LN6 9BW


  
30 and 60 minute walks

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

  
45 and 60 minute walks

## THURSDAY (Excluding Boxing Day)


**Cherry Willingham 10am**  
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 10am**  
Whisby Nature Park,  
The Natural World Centre  
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 07768 056967

## 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 10:30am.

**Fosdyke 6th October**  
Barge on the Brayford,  
Brayford Pool, LN1 1YW  
3 miles



**Bailgate History Walk**  
5th January  
Castle Square, Lincoln,  
LN1 3AA  
2 - 3 miles



**South Common and Cross**  
O'Cliff Orchard 3rd November  
Eastholme Nursing Home,  
South Park, LN5 8ES  
3 miles



**Nettleham 2nd February**  
The Village Green,  
LN2 2NR  
2 - 3 miles



**Arboretum 1st December**  
The Collection, Danes Terrace  
LN2 1LP  
2 - 3 miles



**Welton 1st March**  
St Helen's Church,  
Hall Drive, LN6 7SW  
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 Helen's Church,  
Hall Drive, LN6 7SW

50 minutes



**Nettleham 11:30am**  
(First Thursday of the month)  
Nettleham Village Hall, Brookfield  
Avenue, LN2 2SS

30 - 45 minutes



## SATURDAY MOVING ON WALKS

In addition to our health walks programme, we also offer social walks, led by trained volunteers. Please note that these are not Walking For Health walks, as they are all approximately 6 miles. For more information, please contact our health walks co-ordinator. All walks start promptly at 10am.

**Fiskerton**  
19th October  
Village Hall,  
Ferry Road,  
LN3 4HU



**Doddington & Old Wood Skellingthorpe**  
18th January  
Doddington Hall  
overflow car park,  
LN6 4RU



**North Hykeham to Whisby**  
16th November  
Memorial Hall,  
North Hykeham,  
LN6 9RY



**Welton**  
15th February  
Black Bull Pub,  
Lincoln Road,  
LN2 3HZ



**Cherry Willingham**  
21st December  
The Parade,  
LN3 4JL



**West Common**  
14th March  
Yarborough Leisure Centre,  
Riseholme Road,  
LN1 3SP





# 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)

Please wear suitable clothing and footwear, and be aware that some walks may be in muddy places. It is advisable to bring a drink with you, particularly in warmer weather. Please arrive **15 minutes early** on your first walk, as you will be required to complete a short registration form. All walks are subject to change, and we advise contacting the health walks co-ordinator 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.

