

# Wellbeing Walks

## Lincoln

### and surrounding area



#### **MONDAY**

**North Hykeham, 10am** – One NK Leisure Centre (inside foyer), Moor Lane, LN6 9AX

**Whisby Visually Impaired Walk, 10.30am** - Whisby Nature Park, Natural World Centre, Moor Lane, LN6 9BW

**Castle Square, 1pm** – Castle Hill Club, Castle Square, LN1 3AA

**Hartsholme Park Progression Walk 10.30am** – (1<sup>st</sup> Monday of the month) Hartsholme Park, Outside Rangers Office, Skellingthorpe Road, LN6 0EY – Walking for 2.5hrs

#### **TUESDAY**

**Uphill Lincoln, 10.45am** – Yarborough Leisure Centre (foyer), Riseholme Road, LN1 3SP

**Nettleham, 1pm** – Seven Districts Coffee Hub (inside Community Hub), East Street, Nettleham, LN2 2SL

**Lincoln's Roman History Walk, 2pm** (2<sup>nd</sup> Tues of the month) – Outside Tourist Information, 9 Castle Square, Lincoln, LN1 3AA

#### **WEDNESDAY**

**Hartsholme, 1pm** - Outside park rangers office, Skellingthorpe Road, LN6 0EY

**Boultham Sensory Stroll, 10am** – (2<sup>nd</sup> Wednesday of every month) Boultham Park House Care Home, Rookery Lane, LN6 7PH (meets at the back gate adjoining the park)

#### **THURSDAY**

**Waddington, 10am** – Village Hall, Mere Road, LN5 9NX

**South Hykeham, 10am** - Pennels Garden Centre LN6 9NT (1<sup>st</sup> & 3<sup>rd</sup> Thursday of every month)

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




**Nettleham Sensory Stroll, 12pm** - (1<sup>st</sup> Thursday of every month), Nettleham Village Hall, Brookfield Avenue, LN2 2SS

**Boultham Park Respiratory Stroll, 1.30pm** (1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month)– Outside Linkage Café in Boultham Park, Lincoln, LN6 7ST

#### **FRIDAY**

**Whisby, 10.30am** - Whisby Nature Park, Natural World Centre, Moor Lane, LN6 9BW

**Birchwood, 1pm** - Active Nation Leisure Centre, Birchwood Avenue, LN6 0JE

-  Join our free and friendly short walk
-  At your own pace and suitable for all abilities
-  Friendship, fresh air and fitness



For more info contact: T: 01522 544 632 E: [wellbeingwalks@lincolnshire.coop](mailto:wellbeingwalks@lincolnshire.coop)  
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