NEWARK & SHERWOOD

Wellbeing Walks

TUESDAY

Collingham, 10am

Lincs Co-op Food Store, High St, Collingham, NG23 7LB

Retford, Idle Valley, 10.30am

Idle Valley Nature Park, North Rd, Retford, DN22 8RQ

Winthorpe, 2pm

Winthorpe Village Hall, 63 Gainsborough Rd, Winthorpe, Newark, NG24 2NR

WEDNESDAY

Retford, Idle Valley, 1pm

Idle Valley Nature Park, North Rd, Retford, DN22 8RQ

Long Bennington, 10.00am (3rd Wed of the month).

Front of The Medical Centre, 10 Valley Lane, Long Bennington, NG23 5FR

FRIDAY

Bilsthorpe, 10am (last Fri of the month).

Heritage Museum, Cross Street, Newark, NG22 8QF

- Free and friendly short walks in your area
- At your own pace and suitable for all abilities
- Friendship, fresh air and fitness
- No pre-booking needed
- Over 80 weekly walks across Lincolnshire & Nottinghamshire
- Suitable footwear and clothing advised

RAMBLERS WELLBEING WALKS

For more info contact: T: 01522 544 632 E: wellbeingwalks@lincolnshire.coop
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