

Newark and Sherwood

Wellbeing Walks



TUESDAY

Collingham, 10am

Lincolnshire Co-op Food Store, High Street, NG23 7LB

Idle Valley Nature Reserve, 10.30am

Visitor Centre, North Road, Retford, DN22 8RQ

Winthorpe, 2pm

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

WEDNESDAY

Long Bennington, 11.15am (3rd Wednesday of every month)

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

Idle Valley Nature Reserve, 1pm

Visitor Centre, North Road, Retford DN22 8RQ

THURSDAY

Newark 13.30am

Rumbles Café, Sconce and Devon Park, Boundary Rd, Newark-on-Trent, NG24 4AU

FRIDAY

Bilsthorpe 10am (Last Friday of the month)

Bilsthorpe Heritage Centre, 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

