

# Wellbeing Walks



## Newark and Sherwood

### **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**

#### **Ollerton, 10am** (1<sup>st</sup> Wednesday of every month)

Hop Pole Hotel, Main Street, NG22 9AD

#### **Long Bennington, 11.15am** (3<sup>rd</sup> Wednesday of every month)

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

#### **Idle Valley Nature Reserve, 1.30pm**

Visitor Centre, North Road, Retford DN22 8RQ

### **FRIDAY**

#### **Bilthorpe 10am** (Last Friday of the month)

Bilthorpe Heritage Centre, Cross Street, Newark, NG22 8QF



Join our free and friendly short walk



At your own pace and suitable for all abilities



Friendship, fresh air and fitness



**WELLBEING  
WALKS**

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