

SOUTH KESTEVEN

Wellbeing Walks



MONDAY

Caythorpe Strollers & Striders, 10am

Striders walk 60 – 90 minutes - Strollers walk 50 – 60 minutes - Stragglers walk – 30 minutes

The first Monday of each month is an away walk (car share available) – meet at 9.45 for 10am start. Please contact one of the walk leaders in advance for further details: Gordon & Margaret 07779 214209 / Andrew 07834 338949

Hammond Pavilion, Old Lincoln Rd, Caythorpe, NG32 3DF

TUESDAY

Deepings, 10.30am

The Green School, 32 Church Street, Market Deeping, PE6 8DA

Stamford, 1.30pm

Stamford Leisure Pool, Drift Rd, Stamford, PE9 1UZ

Wyndham Park, Grantham, 1.30pm

Wyndham Park Visitor Centre, Hill Avenue, Grantham, NG31 9BA

- ✓ 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



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WEDNESDAY

Bourne, 10.30am

Bourne Leisure Centre, Queens Rd, Bourne, PE10 9DX

Grantham (Best Foot Forward), 1.pm

Manners Street Community Room, Grantham, NG31 8AR

The group frequently have away walks (car share available). Please contact one of the walk leaders in advance for further details & a walk programme: Sue Ellison 01476 560569/ Jill Short 07397 186590

THURSDAY

Grantham, 11am

Grantham Meres Leisure Pool, St Peter's Hill, Trent Rd, NG31 7XQ

FRIDAY

Bourne, 10.30am

Bourne Leisure Centre, Queens Rd, PE10 9DX

Grantham, (Funky Feet) 10.30am

Wyndham Park Memorial Stand, NG31 9BA

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