

Wellbeing Walks

South Kesteven



MONDAY

Caythorpe Strollers and Striders, 10am - Hammond Pavilion, Old Lincoln Road, NG32 3DF

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

TUESDAY

Deepings, 10.30am – The Coronation Hall, 16 Halfleet, Market Deeping, PE6 8DB

WEDNESDAY

Bourne, 10.30am - Bourne Leisure Centre, Queens Road, PE10 9DX

Grantham, 1pm - Manners Street Community Room, NG31 8AR

The first Wednesday of each month is an away walk (car share available). Please contact one of the walk leaders in advance for further details: Sue Ellison 01476 560569 / Jill Short 07397 186590

THURSDAY

Grantham, 11am – Grantham Meres Leisure Centre, St Peter's Hill, Trent Road, NG31 7XQ

Stamford, 1.30pm - Stamford Leisure Pool, Drift Road, PE9 1UZ

FRIDAY

Bourne, 10.30am - Bourne Leisure Centre, Queens Road, PE10 9DX

Grantham, 10.30am – Wyndham Park Memorial stand, NG31 9BA

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



Join our free and friendly short walk



At your own pace and suitable for all abilities



Friendship, fresh air and fitness

 **RAMBLERS**

WELLBEING

WALKS

For more info contact: T: 01522 544 632 E: wellbeingwalks@lincolnshire.coop
W: lincolnshire.coop/wellbeing-walks