

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*

WEDNESDAY




Grantham 'Best Foot Forward' Walk Group 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 and a walk programme:
Sue Ellison 01476 560569 / Jill Short 07397 186590*

FRIDAY

Grantham 'Funky Feet' Walk Group – 10.30am
Wyndham Park Band Stand, Wyndham Park, 3 Hill Avenue, NG31 9BA

*The group frequently have away walks (car share available)
Please contact one of the walk leaders in advance for further details and 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