

West Lindsey

Wellbeing Walks



MONDAY

Market Rasen – 9.30am

Market Rasen Leisure Centre, Gainsborough Rd,
LN8 3JW

Welton – 1pm

Outside Black Bull Pub, Lincoln Rd, LN2 3HZ
(No walks on Bank holidays).

TUESDAY

Gainsborough – 9.30am

West Lindsey Leisure Centre Reception, The
Avenue, Gainsborough, DN21 1EP

Nettleham – 1pm

The Community Hub, East Street, Nettleham,
LN2 2SL

THURSDAY

Nettleham Sensory Stroll (Dementia Friendly) 11.45am. (1st Thursday of the month).

Village Hall, Brookfield Avenue, Nettleham,
LN2 2SS

Cherry Willingham 10am

Rosie Lea's Café, The Parade, Cherry Willingham,
LN3 4JL

- ✓ 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

