

Our walks are very sociable and are followed by a chat and a cuppa (at your own cost).

Benefits of walking regularly...

- ↑ Help lower blood pressure
- Help weight management
- ↑ Meet new people
- Improve mental health
- ↑ Improve your sleep
- Reduce stress levels
- ↑ Improve performance of heart and lungs



Refreshments available after the walk



Toilet facilities available



Wheelchair accessible
(Please check in advance that the planned route is suitable)



Dog friendly
(If you wish to walk with your dog, please check in advance that the walk is suitable)

Walking is a great way to boost your fitness and wellbeing. It's almost impossible not to feel good when walking outdoors – it's a natural mood-booster, and you'll certainly never be short of good company!

- ✓ Free and friendly short walks in your area
- 🔒 At your own pace and suitable for all abilities
- ☀️ Friendship, fresh air and fitness
- 🕒 All walks between 30 and 90 minutes
- ✚ Over 70 weekly walks across Lincolnshire and Nottinghamshire

MORE INFORMATION

To find out more information about any of our walks, please contact our Community Team:

T: 01522 544 632

E: wellbeingwalks@lincolnshire.coop

W: www.lincolnshire.coop/wellbeing-walks

Please wear suitable clothing and footwear, and be aware that some walks may be muddy in places. It is advisable to bring a drink with you, particularly in warmer weather.

Please arrive **15 minutes early** on your first walk, as you will be required to complete a short registration form. All walks are subject to change.

East Lindsey Wellbeing Walks



Spring-Summer 2024

Information correct at time of printing, please check website for up to date details.

WEEKDAY WELLBEING WALKS

All walks are weekly unless stated otherwise. Walk lengths are approximate. Some walks consist of a shorter, more-gentle walk and a longer, quicker-paced one. All walks start promptly at the times stated.

Monday

Woodhall Spa - 9.30am

The Golf Hotel,
The Broadway, LN10 6SG

30 minutes
60 minutes



Stickney - 9.15am

1st and 3rd Monday of
each month



Wellbeing Hub at Stickney
Youth Centre, PE22 8BG

30 minutes



Feb	5th	19th	Apr	1st*	15th
Mar	4th	18th	May	6th*	20th
			June	3rd	17th

*Please check with us on these dates

Tuesday

Horncastle - 2pm



The Bull Hotel (courtyard),
Bull Ring, LN9 5HU

30 minutes
60-90 minutes



Louth - 2pm



Meridian Leisure Centre,
Wood Lane, LN11 8SA

60-90 minutes



Wednesday

Coningsby - 9.30am

Silver Street carpark,
LN4 4SG
(near Castle Lane entrance)

60-90 minutes



Binbrook - 10am



Binbrook Village Hall,
Kirmond Road, LN8 6DS

60 minutes



The Keals - 10.30am

2nd and 4th Wednesday of
each month

Keals Village Hall,
Main Road, PE23 4BD

30-60 minutes



Jan	24th		Apr	10th	24th
Feb	14th	28th	May	8th	22nd
Mar	13th	27th	June	12th	26th

Wragby - 1pm



Wragby Market Place,
LN8 5QU

60 minutes



Thursday

Irby In The Marsh - 9.30am

Irby and Bratoft Village Hall,
Brambleberry Lane, PE24 5DQ

60 minutes



Burgh Le Marsh - 10am

2nd and 4th Thursday of
each month



Burgh Wellbeing Hub, Burgh
Baptist Community Church,
The Causeway, PE24 5LT

30-60 minutes



Jan	25th		Apr	11th	25th
Feb	15th	29th	May	9th	23rd
Mar	14th	28th	June	13th	27th

Friday

Mablethorpe - 10.30am

Station Sports Centre,
Station Road,
LN12 1HA

60-90 minutes



Skegness - 4.30pm

2nd and 4th Friday of
each month



Skegness Night Light Café,
40 Alghita Road, Skegness,
PE25 2AJ

30 minutes



Jan	13th	27th	Apr	12th	26th
Feb	9th	23rd	May	10th	24th
Mar	8th	22nd	June	14th	28th



EAST LINDSEY HEART SUPPORT

East Lindsey Heart Support Group Walks take place on **Sundays at 11am** from different locations in East Lindsey and are supported by qualified Wellbeing Walk Leaders. The walks are aimed at heart patients and their carers in particular but everyone is welcome. They are between 1 and 3 miles and many on flat ground.

For details of the current programme please e-mail Carol:

T: 01507 327 084 **E:** ewandcw132@aol.com **W:** heartsupportgroup.co.uk