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
- 1 Meet new people
- Improve mental health



Refreshments available after the walk



Toilet facilities available



1 Improve your sleep

Reduce stress levels

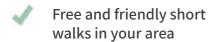
1 Improve performance of

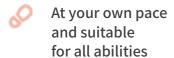
Wheelchair accessible (Please check in advance that the planned route is suitable)

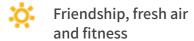


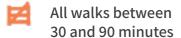
Dog friendly
(If you wish to walk with your dog, please check in advance that the walk is suitable

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!









Over 70 weekly walks across Lincolnshire and Nottinghamshire

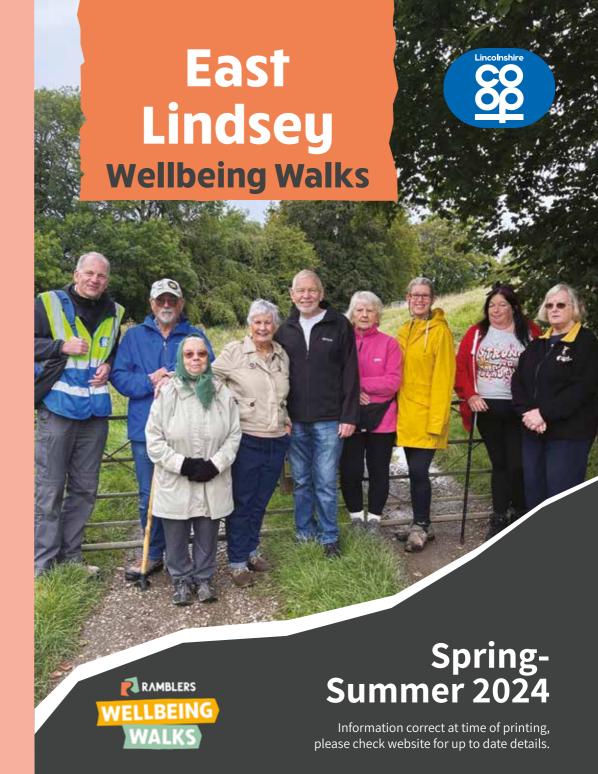
MORE INFORMATION

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.



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, quickerpaced 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



Feb	5th	19th
Mar	4th	18th

Apr	lst*	15th
May	6th*	20th
June	3rd	17th

*Please check with us on these dates

Tuesday

Horncastle - 2pm MAGNA WITAE



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

30 minutes



Louth - 2pm



Meridian Leisure Centre, Wood Lane, LN11 8SA

60-90 minutes 🍑 🏟 🛊



Wednesday

Coningsby - 9.30am

Silver Street carpark, **IN44SG** (near Castle Lane entrance)





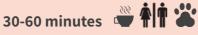
Binbrook Village Hall, Kirmond Road, LN8 6DS

60 minutes



The Keals - 10.30am 2nd and 4th Wednesday of each month

Keals Village Hall, Main Road, PE23 4BD



Jan	24th	
Feb	14th	28th
Mar	13th	27th

Apr	10th	24th
May	8th	22nd
June	12th	26th

Wragby - 1pm



Wragby Market Place, LN85QU

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



9th

June 13th 27th

Jan	25th	
Feb	15th	29th
Mar	14th	28th

Friday

Mablethorpe - 10.30am

Station Sports Centre, Station Road, LN12 1HA



Skegness - 4.30pm 2nd and 4th Friday of each month



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



Jan	13th	27th
Feb	9th	23rd
Mar	8th	22nd

Apr	12th	26th
May	10th	24th
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