

Important information – Please Read

The walks included in this programme are accredited to the National Walking the Way to Health scheme see www.whi.org.uk for further information.

- Everybody is welcome to join any of the walks, which are always relaxed and friendly. There is no need to book – just turn up on the day!
- All walks are FREE and are no longer than 3 miles (unless otherwise stated), please check the length of the walk beforehand .All walks take between 1 hour and 1 hour 30minutes to complete.
- Walks are led and supported by at least 2 trained Volunteer Walk Leaders, one with first aid equipment.
- The idea of the walks is to help improve your health. You are encouraged to walk at your own pace, but at a pace, which makes your heart beat a little faster and your breathing a little quicker.
- In severe weather conditions walks may be cancelled, **please call 01724 297631 or 0771 7586380 before 9.30am** on the day of the walk if you are in any doubt that a walk will not be taking place.
- Please wear comfortable shoes with grip and be aware that some walks may be muddy in places. It is also advisable to bring a drink with you, particularly in warmer weather.
- If walking with friends, please consider car sharing, this will help cut down the number of cars at the start of the walk and prevent complaints from local residents. Additionally please consider residents and other road users when parking and allow adequate room for farming vehicles. Please do not park on verges, block driveways and consider the Highway Code when parking.
- Children are welcome on the walks providing they are supervised by a responsible adult. Dogs can be brought at the discretion of the walk leader, but must be on a short lead and well controlled.

Choose a walk suitable for you (please note the start time, if you are new please attend 10-15 minutes earlier to fill in health questionnaire)

Dave and Jan Ogilvie lead the H2H Walk on Tuesday mornings. People who have experienced heart problems predominantly attend the Heart 2 Heart walk. This is a warm and friendly group of people who share a common experience and who are determined to live as full a life as possible, whilst giving support whenever and wherever needed. Anyone can attend these walks, which are at a gentle to moderate pace to ensure everyone enjoys himself or herself. **Start time 10.30am.**

Walk 4 all Walk on Tuesday mornings has a slightly brisker pace to the H2H walks but often provides an additional shorter, slower paced route. Please call the Health Walks Co-ordinator (01724 297631) to check if there is a shorter route planned for the walk you would like to attend. **Start time 10.30am.**

Thursday Morning Walks are attended by people of various fitness levels and go at a reasonably steady pace. Stops are included on a regular basis to enable the group to catch up. **Start time 10.30am**

The Park Walks on Thursday afternoons take you off the beaten track, through lovely green areas and to places you may have forgotten or did not know existed! Come and see what you are missing... **Start time 2.15pm**

The Normanby Park Walk is held every Friday and is a great start for those who are new to walking or may need extra help with gaining confidence in walking. The group is usually split to cater for differing abilities with distances to suit each group. A FREE parking pass will be provided for duration of walk (please ask a walk leader for a pass). **Start time 10.30am**

Ancholme Leisure Centre Walk (NEW) is held every second Wednesday of the month , join the Ancholme Leisure Centre staff for a walk around the Brigg area.

Evening walks take place on Wednesday evenings starting 12th May. **Start time 6.30pm**

EVERY FRIDAY 10.30am	Normanby Park Walks	Meet in the main car park, Normanby, DN15 9HU 3 walks available for differing abilities	1 – 3 miles
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Tues 4 th May 10.30am	Barton Waters Edge	Meet in the Waters Edge Car Park on Maltkiln Road , Barton DN18 5JR	3 miles
Tues 4 th May 10.30am (H2H)	Haxey Graizelound	Meet near Haxey Church, High Street, Haxey	2.8 miles
Thurs 6 th May 10.30am	Ealand (Trevors favourite walk)	Meet in Bonnyhale Road / Asquith Avenue, Ealand. DN17 4JH (please park carefully on roadside past the houses)	3 miles
Thurs 6 th May 2.15pm	Park walk From Sainsbury's	Meet at the recycling centre, Sainsbury's, Doncaster Road, Scunthorpe , DN15 7RQ	2.7 miles
Tues 11 th May 10.30am	Willoughton/ Hemswell	Meet at the Village Green in Willoughton, near the bus shelter, off B1398 Kirton Lindsey Road	3.5miles
Weds 12 th May 10am	Ancholme Leisure Centre Walk	Meet in the café foyer at Ancholme Leisure Centre, Brigg	2-3 miles
Weds 12 th May 6.30pm	Messingham	Meet at the Memorial Field Sports Ground, Northfield Road, Messingham. EVENING WALK	2.5 miles

Thurs 13 th May 10.30am	Alkborough	Meet at Julians Bower, Alkborough, Parking available at tea room if patronising	2.5 miles
Thurs 13 th May 2.15pm	Park walk from the Museum	Meet in front of the Museum , Oswald road, Scunthorpe , free 90 minute car park on Church lane (do not park in museum car park)	2.7 miles
Tues 18 th May 10.30am	Worlaby	Meet on Main Street , Worlaby, Careful roadside parking please (refreshments available in the church after the walk)	3 miles
Tues 18 th May 10.30am (H2H)	Barton Ings and Highfield	Meet at Waters Edge Car Park, Maltkiln Lane, Barton on Humber	3.1 miles
Weds 19 th May 6.30pm	Epworth	Meet at Main Car Park, Church Street, Epworth (alternative parking in nearby streets) EVENING WALK	3 miles
Thurs 20 th May 10.30am	Hempdykes, Scunthorpe	Meet Henderson Avenue, Near Sainsbury's DN15 7RQ	2.6 miles
Thurs 20 th May 2 15 pm	Park walk From Sainsbury's	Meet at the recycling centre, Sainsbury's, Doncaster Road, Scunthorpe , DN15 7RQ	2.7 miles
Tues 25 th May 10.30am	Thornton Abbey	Meet at Thornton Abbey Car Park , College Road . DN39 6TU	3 miles
Weds 26 th May 6.30pm	Elsham	Meet at the Village Hall, Chapel Lane, Elsham EVENING WALK	2.1 miles
Thurs 27 th May 10.30am	Scotter	Meet at Scotter Village hall car park, Scotton Road , Scotter	2.1 miles
Thurs 27 th May 2 15 pm	Park walk from the Museum	Meet in front of the Museum , Oswald road, Scunthorpe , free 90 minute car park on Church lane (do not park in museum car park)	2.7 miles
Tues 1 st June 10.30am	Twigmoor Woods	Meet at Twigmoor Woods car park , on B1398 between Holme Lane and Greetwell Crossroads	2.5miles
Tues 1 st June 10.30am (H2H)	Laughton	Meet at Ingram Arms , Laughton. Park at rear please	2.8 miles
Weds 2 nd June 6.30pm	Whitton (Marcias favourite walk)	Meet at junction of Main Street and Church Hill , Whitton. Careful roadside parking please EVENING WALK	2.3 miles
Thurs 3 rd June 10.30am	Brigg: River Ancholme and Castlethorpe	Meet at Ancholme Leisure Centre car park , Brigg	2.8 miles
Thurs 3 rd June 2 15 pm	Park walk From Sainsbury's	Meet at the recycling centre, Sainsbury's, Doncaster Road, Scunthorpe , DN15 7RQ	2.7 miles
Tues 8 th June 10.30am	Haxey Turbary	Meet at Haxey Church Car Park, Church Street, Haxey DN9 2HY	2.75 miles
Weds 9 th June 10am	Ancholme Leisure Centre Walk	Meet in the café foyer at Ancholme Leisure Centre, Brigg	2-3 miles
Weds 9 th June 6.30pm	Scunthorpe to Ings Drain Gunness	Meet at Stephen H Smiths Garden Centre, Doncaster road , Scunthorpe. EVENING WALK	2.9 miles
Thurs 10 th June 10.30am	Barnetby Le Wold	Meet on roadside, just past railway bridge in Barnetby.careful roadside parking please	2.6 miles
Thurs 10 th June 2.15pm	Park walk from the Museum	Meet in front of the Museum , Oswald road, Scunthorpe , free 90 minute car park on Church lane (do not park in museum car park)	2.7 miles
Tues 15 th June 10.30am	Redbourne (Peters favourite walk)	Meet at the Village Green , near the Red Lion Public House, Careful roadside parking please	2.75 miles
Tues 15 th June 10.30am (H2H)	Belton Woodhouse (NEW)	Meet at Playing Field Car Park , off Jeffrey Lane, Belton	3.3 miles
Weds 16 th June 6.30pm	Flixborough South	Meet at the Flixborough Inn, High Street , Flixborough DN15 8RL. EVENING WALK	2.5 miles
Thurs 17 th June 10.30am	Wrawby; Star Carr Lane	Meet at Black Horse Public House , Wrawby	2.85 miles
Thurs 17 th June 2.15pm	Park walk From Sainsbury's	Meet at the recycling centre, Sainsbury's, Doncaster Road, Scunthorpe , DN15 7RQ	2.7 miles
Tues 22 nd June 10.30am	Churchtown, Belton	Meet at Belton Picnic area Car Park , Off A161 between Belton and Epworth	3 miles
Weds 23 rd June 6.30pm	Hibaldstow	Meet at St Hybalds Church , Church street , Hibaldstow. (considerate parking in village please) EVENING WALK	2.5 miles
Thurs 24 th June 10.30am	Flixborough West (quite demanding walk)	Meet at the Flixborough Inn, High Street , Flixborough DN15 8RL (please park around the back)	3 miles

Thurs 24 th June 2.15pm	Park walk from the Museum	Meet in front of the Museum , Oswald road, Scunthorpe , free 90 minute car park on Church lane (do not park in museum car park)	2.7 miles
Tues 29 th June 10.30am	Burton Stather	Meet at picnic area car park on Alkborough Road (parking spaces are limited please park carefully)	3 miles
Tues 29 th June 10.30am (H2H)	Whitton Alkborough Flats	Meet at Junction of Main Street and Church Hill, Whitton. Careful roadside parking please.	2.9 miles
Weds 30 th June 6.30pm	Belton: Temple Bellwood	Meet at the Playing Field Car Park off Jeffrey Lane , Belton EVENING WALK	2.9 miles
Thurs 1 st July 10.30am	Barton Town and Baysgarth Park	Meet at Railway Station Car Park, Barton (alternative parking nearby if needed)	2.7 miles
Thurs 1 st July 2.15pm	Park walk From Sainsbury's	Meet at the recycling centre, Sainsbury's, Doncaster Road, Scunthorpe , DN15 7RQ	2.7 miles
Tues 6 th July 10.30am	Kirton Lindsey North	Meet in the Railway Station approach road , off Station Road Kirton in Lindsey	2.9 miles
Weds 7 th July 6.30pm	Ferriby to Horkstow Bridge	Meet in the public car park , opposite the Hope and Anchor pub at South Ferriby EVENING WALK	2.6 miles
Thurs 8 th July 10.30am	Goxhill	Meet near All Saints Church , King Street, Goxhill, DN19 7HZ	2.9 miles
Thurs 8 th July 2.15pm	Park walk from the Museum	Meet in front of the Museum , Oswald road, Scunthorpe , free 90 minute car park on Church lane (do not park in museum car park)	2.7 miles
Tues 13 th July 10.30am	West Butterwick	Meet at the village hall, Ullyet Lane, off West Street, West Butterwick	2.4 miles
Tues 13 th July 10.30am (H2H)	Winteringham	Meet between Low Burgage and Winteringham Haven. Careful parking on the verge please	3 miles
Weds 14 th July 10am	Ancholme Leisure Centre Walk	Meet in the café foyer at Ancholme Leisure Centre, Brigg	2-3 miles
Weds 14 th July 6.30pm	West Halton ; whitton Road	Meet at the car park on the Village Green , West Halton EVENING WALK	2.5 miles
Thurs 15 th July 10.30am	Worlaby Park	Meet on Main Street , Worlaby, Careful roadside parking please (refreshments available in the church after the walk)	2.6 miles
Thurs 15 th July 2.15pm	Park walk From Sainsbury's	Meet at the recycling centre, Sainsbury's, Doncaster Road, Scunthorpe , DN15 7RQ	2.7 miles
Tues 20 th July 10.30am	Barrow Upon Humber	Meet near the Church, High Street, Barrow. Careful roadside parking please	2.75 miles
Weds 21 st July 6.30pm	Scawby, Sturton , Ermine Street	Meet opposite Sutton Arms , Scawby .DN20 9AN (careful roadside parking please) EVENING WALK	2.75 miles
Thurs 22 nd July 10.30am	Epworth to Low Burnham	Meet Main Car park off Church Street , Epworth (Note slightly longer walk)	3.75 miles
Thurs 22 nd July 2.15pm	Park walk from the Museum	Meet in front of the Museum , Oswald road, Scunthorpe , free 90 minute car park on Church lane (do not park in museum car park)	2.7 miles
Tues 27 th July 10.30am	Whitton	Meet at junction of Main Street and Church Hill , Whitton. Careful roadside parking please	2.3 miles
Tues 27 th July 10.30am (H2H)	Owston Ferry	Meet near St Martins Church , Church Street, Owston Ferry. Careful roadside parking please.	3 miles
Weds 28 th July 6.30pm	Far Ings Blow Wells	Meet at Old Far Ings Visitors centre (Ness Farm) (NO DOGS ALLOWED) EVENING WALK	2.6 miles
Thurs 29 th July 10.30am	Saxby All Saints	Meet Saxby All saints , Church Car Park, Church Lane, Saxby All Saints	2.5 miles
Thurs 29 th July 2.15pm	Park walk From Sainsbury's	Meet at the recycling centre, Sainsbury's, Doncaster Road, Scunthorpe , DN15 7RQ	2.7 miles

**For further information, contact Christine Johnson - Health Walks Coordinator on 01724 297631
or mobile 0771 7586380**

Or visit the website at : www.healthwalks.co.uk

Would you like to become a Walk Leader? Free training & support!! To ensure you are confident with leading groups for walks of up to 3 miles (includes First Aid training). Call 01724 297631 for further details.

We would like to encourage walkers to use public transport to get to walks where suitable bus timings are possible .
You can call Traveline on 0871 200 22 33 to find bus times in your area.