

Walking the way to health

in North Lincolnshire

Timetable of led walks January to April 2017



www.northlincs.gov.uk



Important information – Please Read

The walks included in this programme are accredited to the National Walking for Health scheme

See www.walkingforhealth.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 are 90 minutes or less except the longer shared walks.
- Walks are led and supported by 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)

Short walks these walks are geared to the walkers who attend and are 30 – 45 minute entry level walks.

Dave and Jan Ogilvie organise the H2H Walk on Tuesday mornings. **Anyone can attend these walks.** 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. Everyone is welcome. These walks are at a gentle to moderate pace to ensure everyone enjoys himself or herself. **Start time 10.30am.**

Tuesday Morning and Thursday Morning Walks have a slightly brisker pace to the H2H walks and are attended by people of various fitness levels **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**

***Shared walks with Scunthorpe Ramblers *** These longer walks of approximately 5 miles will take place once a month on a Monday and be jointly led. These walks do not form part of the Walking for Health Accredited scheme. For more information contact Christine Johnson 07717586380

EVERY FRIDAY 10.30am	Normanby Park Walks	Meet in the main car park, Normanby Hall, DN15 9HU 3 walks available for differing abilities, including a short 30 minute walk	1 – 3 miles
EVERY WEDNESDAYS 11am	Central Park Short Walk	Meet central Park Car Park, Kingsway , Scunthorpe .	1 – 1.5 miles

Tues 3 January 10.30am (H2H)	Central Park, Scunthorpe	Meet at Central Park car Park , Kingsway Scunthorpe	2.4 miles
Tues 3 January 10.30am	Redbourne	Meet at the village green, near Red Lion Public house, Redbourne .DN21 4QR .(careful roadside parking please)	3 miles
Thurs 5 January 10.30am	Belton Railway Line	Meet at Belton picnic area car park , off A161 between Belton and Epworth . DN9 1PB	3 miles
Thurs 5 January 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 10 January 10.30am	Humber Bridge to Far Ings Nature Reserve	Meet Humber Bridge viewing area Car park , Waterside Road, Barton On Humber	3 miles
Thurs 12 January 10.30am	Hibaldstow	Meet Hibaldstow War Memorial Club car park, West Street Hibaldstow DN20 9NY	3 miles
Thurs 12 January 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 17 January 10.30am (H2H)	Scunthorpe Colleges	Meet at Central Park Car Park on A18 Kingsway , Scunthorpe	2.4 miles

Tues 17 January 10.30am	Burton on Stather , Little Normanby	Meet at Burton Stather playing fields car park , Burton on Stather. DN15 9ES	3.2 miles
Thurs 19 January 10.30am	Haxey Turbary	Meet at Haxey Church Car Park, Church Street, Haxey. DN9 2JA	2.8 miles
Thurs 19 January 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 24 January 12.30pm	Annual Walkers Lunch	Must be pre booked and paid for by 31 st December 2016 , contact Christine Johnson for details	
Thurs 26 January 10.30am	Flixborough South	Meet at the Fenestra conference centre, High Street, Flixborough. DN15 8RL	2.5 miles
Thurs 26 January 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 31 January 10.30am (H2H)	Normanby Park	Meet in the main car park, Normanby Hall, DN15 9HU	3 miles
Tues 31 January 10.30am	Kirton Lindsey North (Demanding Hill)	Meet at Fair gardens Garden Centre car park, Station Road , Kirton Lindsey, DN21 4JR	3.2 miles
Thurs 2 February 10.30am	South Ferriby	Meet at Nelthorpe Arms, Skinners Lane, South Ferriby	3 miles
Thurs 2 February 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 7 February 10.30am	Epworth Carrside	Meet at Holmes and Gardens garden centre, Epworth, DN9 1JL	2.65 miles
Thurs 9 February 10.30am	Wrawby St Helens Well	Meet at Black Horse public house , Melton Road, Wrawby, Brigg. DN20 8SL	2.9 miles
Thurs 9 February 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Mon 13 February 10.30am	*Longer shared walk* Scunthorpe parks	Meet at Central Park car Park , Kingsway Scunthorpe	5 miles
Tues 14 February 10.30am	Winterton to Roxby	Meet at All Saints Church, Market Place, Winterton (Please park carefully in nearby streets)	3 miles
Tues 14 February 10.30am (H2H)	Atkinsons Warren, Scunthorpe	Meet in the Car Park off Ferry Road , Scunthorpe, DN15 8JA (on left if coming from Scotter Road)	2.1 miles
Thurs 16 February 10.30am	Twigmoor Woods	Meet at Twigmoor Woods car park , on B1398 between Holme Lane and Greetwell Crossroads	2.5 miles
Thurs 16 February 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 21 February 10.30am	Messingham	Meet at Memorial Fields sports ground, Northfield Road, Messingham , DN17 3SA	2.5 miles
Thurs 23 February 10.30am	Alkborough	Meet at Julians Bower, Alkborough, (careful parking please)	2.5 miles
Thurs 23 February 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 28 February 10.30am (H2H)	Glanford Park, Scunthorpe	Meet Kingsway Golf Club Car Park, access via Kingsway slip road off Scotter Road, Scunthorpe	2.25 miles
Tues 28 February 10.30am	Worlaby Wold	Meet at Worlaby Village Hall recreation ground , Off Low Road , Worlaby , DN20 0NAR refreshments available in Church after the walk	3.1 miles
Thurs 2 March 10.30am	Owston Ferry	Meet near St Martins Church , Church street, Owston Ferry , DN9 1RG. Careful roadside parking	2.9 miles
Thurs 2 March 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 7 March 10.30am	Whitton	Meet at junction of Main Street and Church Hill, Whitton DN15 9LL (careful roadside parking please)	2.3 miles
Tues 7 March 11am	Short Walk Central Park , Scunthorpe	Meet at Central Park car Park , Kingsway Scunthorpe	1 mile
Thurs 9 March 10.30am	Barton Town and Baysgarth Park	Meet at Baysgarth Leisure Centre , Brigg Road , Barton upon Humber , DN18 5DT	2.7 miles
Thurs 9 March 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Mon 13 March 10.30am	*Longer shared walk* Hibaldstow	Meet Hibaldstow War Memorial Club car park, West Street Hibaldstow DN20 9NY	5 miles
Tues 14 March 10.30am (H2H)	Epworth South	Meet at Holmes and Gardens garden centre, Epworth. DN9 1JL.	2.7 miles

Tues 14 March 10.30am	Ealand	Meet in Bonnyhale Road,Asquith Avenue , Ealand, DN17 4JH Careful parking on the road past the houses	3 miles
Thurs 16 March 10.30am	Winteringham	Meet between Low Burgage and Winteringham Haven , Winteringham, DN15 9PF. Careful parking on the verge.	3 miles
Thurs 16 March 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 21 March 10.30am	Goxhill	Meet near All Saints Church, King Street, Goxhill, Refreshments may be available after the walk	2.9 miles
Tues 21 March 11am	Short Walk Central Park , Scunthorpe	Meet at Central Park car Park , Kingsway Scunthorpe	1 mile
Thurs 23 March 10.30am	Croxtan Plantation	Meet on Race Lane , (left turn in Melton Ross off A18) DN38 6AA	3.2 miles
Thurs 23 March 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 28 March 10.30am (H2H)	Alkborough	Meet at Julians Bower, Alkborough, (careful parking please)	2.5 miles
Tues 28 March 10.30am	Scunthorpe Woodlands	Meet at Central Park Car Park on A18 Kingsway , Scunthorpe	3 miles
Thurs 30 March 10.30am	Elsham and Middlegate Road	Meet at Elsham Hunters Lodge Fishery Car Park, Church Street, Elsham .DN20 0RG	2.6 miles
Thurs 30 March 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 4 April 10.30am	West Butterwick : Willow cottage walk	Meet at Village Hall, Ulyet Lane, off West Street, West Butterwick.DN17 3LD	2.75 miles
Tues 4 April 11am	Short Walk Ridge Walk , Scunthorpe	Meet at Ridge walk car park , Kingsway , Scunthorpe.	1 mile
Thurs 6 April 10.30am	Barrow upon Humber	Meet near the Church, High Street, Barrow upon Humber. Careful roadside parking please, Refreshments may be available after the walk	2.7 miles
Thurs 6 April 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Mon 10April 10.30am	*Longer shared walk* Westwoodside	Meet at Westwoodside playing field car park, Akeferry road, Westwoodside .DN9 2DS	5 miles
Tues 11 April 10.30am (H2H)	Humber Bridge to Far Ings Nature Reserve	Meet Humber Bridge viewing area Car park , Waterside Road, Barton On Humber	3 miles
Tues 11 April 10.30am	Barnetby and the Viking Way	Meet at the Railway Inn, Victoria Road , Barnetby. Careful roadside parking nearby	2.5 miles
Thurs 13 April 10.30am	Keadby Canal	Meet Canal & River Trust car park, at side of canal , Station Road , Keadby . DN17 3BP. Left after disused Barge Inn	3 miles
Thurs 13 April 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 18 April 11am	Short Walk Ashby Ville lagoons	Meet Morrisons car park , near Ashby ville Roundabout , Scunthorpe	1.5 miles
Tues 18 April 10.30am	Bottesford Beck (North)	Meet at Beckwood pub, Holme Hall Avenue, Bottesford, DN16 3PZ	3 miles
Thurs 20 April 10.30am	Broughton East Woods	Meet at Phil Grundy Sports Centre – Playing field car park, Scawby Road, Broughton	3.2 miles
Thurs 20 April 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 25 April 10.30am (H2H)	Redbourne	Meet at the village green, near Red Lion Public house, Redbourne .DN21 4QR .(careful roadside parking please)	3 miles
Tues 25 April 10.30am	Scotter	Meet at Scotter Village Hall car park, Scotton Road , Scotter DN21 3SB	2.5 miles
Thurs 27 April 10.30am	Brigg and River Ancholme	Meet at Ancholme Leisure Centre car park , Scawby Road, Brigg.DN20 9JN	2.8 miles
Thurs 27 April 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles

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

Or e.mail: christine.johnson@northlincs.gov.uk Or visit the website at:

www.northlincs.gov.uk/NorthLincs/leisure/walks

**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.**

All walks correct at time of printing.

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