

Walking the way to health

in North Lincolnshire

Timetable of led walks January to April 2019



This issue is in memory of Dave Ogilvie - walk leader

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 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. **Assistance dogs** are welcome on walks. Pet 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 a walker registration form)

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

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 (No walks in December or January)**

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

Walk in Memory of Dave Ogilvie: Dave Ogilvie was a walk leader since 2003, he along with his wife Jan found and mapped most of the walks which we do today , they were dedicated to the Heart 2 Heart walks and Walking the Way to Health and sat on the partnership representing all the walk leaders and walkers . Dave died in August 2018. As a tribute, and to remember Dave we will be having a walk on 26th March 2019 in memory of Dave. All welcome.

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| 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 minutes walk. We welcome users of Wheelchairs and Walking Aids on this walk | 1 – 3 miles |
| EVERY WEDNESDAY 11am | Central Park Short walk | Meet at Central Park Car Park, Kingsway Scunthorpe We welcome users of Wheelchairs and Walking Aids on this walk | 1 – 1.5 miles |

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| Tues 1 January 10.30am | Redbourne | Meet at the village green, near Red Lion Public house, Redbourne . DN21 4QR.(careful roadside parking please) | 3 miles |
| Thurs 3 January 10.30am | Ashby Ville lagoons | Meet Morrisons car park, near Ashby Ville Roundabout, Scunthorpe | 3 miles |
| Tues 8 January 10.30am | Atkinsons Warren, Scunthorpe | Meet in the Car Park off Ferry Road, Scunthorpe, DN15 8JA (on left if coming from Scotter Road) | 2.5 miles |
| Thurs 10 January 10.30am | Barton Waters Edge | Meet at Waters Edge car park, Maltkiln Road, Barton on Humber DN18 5JR | 3 miles |
| Mon 14 January 10.30am | *Longer shared walk* Scunthorpe Parks and Hempykes | Meet at Central Park Car Park, Kingsway Scunthorpe | 5 miles |
| Tues 15 January 10.30am | Twigmoor Woods | Meet at Twigmoor Woods car park, on B1398 between Holme Lane and Greetwell Crossroads | 2.5 miles |

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| Tues 15 January 10.30am (H2H) | Central Park, Scunthorpe | Meet at Central Park car park, Kingsway Scunthorpe | 2.4 miles |
| Thurs 17 January 10.30am | Messingham Nature Reserve (No Dogs Allowed) | Meet at Messingham Nature Reserve car park, Kirton Road, Messingham , Nearest post code DN17 3RD | 2.8 miles |
| Tues 22 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 24 January 10.30am | Epworth East | Meet at Holmes and Gardens garden Centre, Epworth, DN9 1JL | 2.55 miles |
| Tues 29 January 10.30am | Barton Town and Baysgarth Park | Meet at Baysgarth Leisure Centre, Brigg Road, Barton upon Humber, DN18 5DT | 2.7 miles |
| Tues 29 January 10.30am (H2H) | Scunthorpe Colleges | Meet at Central Park Car Park on A18 Kingsway, Scunthorpe | 2.4 miles |
| Thurs 31 January 10.30am | Sheffield Park Circular | Meet Sheffield Park car park , off Sheffield Park Avenue , Scunthorpe | 3 miles |
| Tues 5 February 10.30am | Broughton East Woods | Meet at Phil Grundy Sports Centre – Playing field car park, Scawby Road, Broughton | 3.2 miles |
| Thurs 7 February 10.30am | Scotter | Meet at Scotter Village Hall car park, Scotton Road, Scotter DN21 3SB | 2.5 miles |
| Thurs 7 February 2.15pm | Park walk from North Lincolnshire Museum | Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD | 3 miles |
| Mon 11 February 10.30am | *Longer shared walk* Atkinson warren /Flixborough | Meet in the Car Park off Ferry Road, Scunthorpe, DN15 8JA (on left if coming from Scotter Road) | 5 miles |
| Tues 12 February 10.30am | Belton Railway Line | Meet at Belton picnic area car park, off A161 between Belton and Epworth. DN9 1PB | 3 miles |
| Tues 12 February 10.30am (H2H) | Glanford Park, Scunthorpe | Meet at Kingsway Golf Course car park, slip road off Kingsway, Scunthorpe | 2.9 miles |
| Thurs 14 February 10.30am | Hibaldstow | Meet Hibaldstow War Memorial Club car park, West Street Hibaldstow DN20 9NY (new starting point) | 3 miles |
| Thurs 14 February 2.15pm | Park walk From Sainsbury's | Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ | 3 miles |
| Tues 19 February 10.30am | South Ferriby | Meet at Nelthorpe Arms public car park, Skinners Lane, South Ferriby | 3 miles |
| Thurs 21 February 10.30am | Whitton | Meet at junction of Main Street and Church Hill, Whitton DN15 9LL (careful roadside parking please) | 2.3 miles |
| Thurs 21 February 2.15pm | Park walk from North Lincolnshire Museum | Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD | 3 miles |
| Tues 26 February 10.30am | Kingsway Nature Reserve | Meet Old Kingsway Golf course car park , off Kingsway slip road , Scunthorpe | 3 miles |
| Tues 26 February 10.30am (H2H) | Normanby Park | Meet in the main car park, Normanby Hall, DN15 9HU | 3 miles |
| Thurs 28 February 10.30am | Barnetby Le Wold | Meet near Railway bridge , Victoria Road, Barnetby. Careful roadside parking nearby | 2.5 miles |
| Thurs 28 February 2.15pm | Park walk From Sainsbury's | Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ | 3 miles |
| Tues 5 March 10.30am | Worlaby Wold | Meet at Worlaby Village Hall recreation ground, Off Low Road , Worlaby , DN20 0NA Refreshments available in Church after the walk | 3.1 miles |
| Tues 5 March 11am | Short Walk Central Park, Scunthorpe | Meet at Central Park Car Park, Kingsway Scunthorpe | 1 mile |
| Thurs 7 March 10.30am | Haxey Turbary | Meet at Haxey Church Car Park, Church Street, Haxey. DN9 2JA | 2.8 miles |
| Thurs 7 March 2.15pm | Park walk from North Lincolnshire Museum | Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD | 3 miles |
| Mon 11 March 10.30am | *Longer shared walk* Belton Stockholes Turbary | Meet at Belton picnic area car park, off A161 between Belton and Epworth. DN9 1PB | 5 miles |
| Tues 12 March 10.30am | Brigg and River Ancholme | Meet at Ancholme Leisure Centre car park, Scawby Road, Brigg.DN20 9JN | 2.8 miles |
| Tues 12 March 10.30am (H2H) | Alkborough | Meet at Julians Bower, Alkborough, (careful parking please) | 2.5 miles |
| Thurs 14 March 10.30am | Messingham | Meet at Memorial Fields sports ground, Northfield Road, Messingham , DN17 3SA | 2.5 miles |
| Thurs 14 March 2.15pm | Park walk From Sainsbury's | Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ | 3 miles |

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| Tues 19 March 10.30am | Keadby Canal | Meet Canal & River Trust car park, at side of canal. Station Road, Keadby.DN173BP. Left after disused Barge Inn | 3 miles |
| Tues 19 March 11am | Short Walk Ashby Ville lagoons | Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe | 1.5 miles |
| Thurs 21 March 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 21 March 2.15pm | Park walk from North Lincolnshire Museum | Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD | 3 miles |
| Tues 26 March 10.30am (H2H) | Walk in Memory of Dave Ogilvie Epworth West End | Meet at Holmes and Gardens garden Centre, Epworth, DN9 1JL | 2.65 miles |
| Thurs 28 March 10.30am | Wrawby Two Counties | Meet at Jolly Miller Public house car, Melton Road, Wrawby, Brigg. DN20 8SL please park at bottom end of car park. | 2.5 miles |
| Thurs 28 March 2.15pm | Park walk From Sainsbury's | Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ | 3 miles |
| Tues 2 April 10.30am | Flixborough South | Meet at the Fenestra conference centre, High Street, Flixborough. DN15 8RL, refreshments available after the walk | 2.5 miles |
| Tues 2 April 11am | Short Walk Central Park, Scunthorpe | Meet at Central Park Car Park, Kingsway Scunthorpe | 1 mile |
| Thurs 4 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 4 April 2.15pm | Park walk from North Lincolnshire Museum | Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD | 3 miles |
| Mon 8 April 10.30am | *Longer shared walk* Barton | Meet Humber Bridge Viewing area car park , Barton upon Humber | 5 miles |
| Tues 9 April 10.30am | Barnetby and the Viking Way | Meet near Railway bridge, Victoria Road, Barnetby. Careful roadside parking nearby | 2.5 miles |
| Tues 9 April 10.30am(H2H) | Winterton to Roxby | Meet at All Saints Church, Market Place, Winterton (Please park carefully in nearby streets) | 3 miles |
| Thurs 11 April 10.30am | Belton Fields | Meet at playing fields car park, off Jeffrey Lane, Belton. DN9 1LT | 3 miles |
| Thurs 11 April 2.15pm | Park walk From Sainsbury's | Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ | 3 miles |
| Tues 16 April 10.30am | Croxtan Plantation | Meet on Race Lane, (left turn in Melton Ross off A18) DN38 6AA | 3.2 miles |
| Tues 16 April 11am | Short Walk Ashby Ville lagoons | Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe | 1.5 miles |
| Thurs 18 April 10.30am | Amcotts | Meet Ingelby Arms Car Park, Church Street , Amcotts DN17 4AJ | 3.2 miles |
| Thurs 18 April 2.15pm | Park walk from North Lincolnshire Museum | Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD | 3 miles |
| Tues 23 April 10.30am | West Butterwick Fields | Meet at Village Hall, Ulyet Lane, off West Street, West Butterwick DN17 3LD Refreshments may be available after the walk | 3 miles |
| Tues 23 April 10.30am (H2H) | Redbourne | Meet at the village green, near Red Lion Public house, Redbourne . DN21 4QR.(careful roadside parking please) | 3 miles |
| Thurs 25 April 10.30am | Winteringham | Meet Village Hall , Frost Close, Winteringham . DN15 9PL. Refreshments may be available in the village hall after the walk | 3 miles |
| Thurs 25 April 2.15pm | Park walk From Sainsbury's | Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ | 3 miles |
| Tues 30 April 10.30am | Goxhill | Meet near All Saints Church, King Street, Goxhill. Refreshments may be available after the walk | 2.9 miles |
| Tues 30 April 11am | Short Walk Central Park, Scunthorpe | Meet at Central Park Car Park, Kingsway Scunthorpe | 1 mile |

For further information, contact Christine Johnson - Health Walks Coordinator on 0771 7586380

Or e.mail: christine.johnson@northlincs.gov.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. Call 07717586380 for further details. All walks correct at time of printing.**