

Walking the way to health

in North Lincolnshire

Timetable of led walks September to December 2018



Supported through funding from players of People's Postcode Lottery and Macmillan

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

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

Tues 4 September 10.30am	West Halton, Alkborough Lane	Meet at the car park on the Village Green, West Halton. DN15 9BD	2.7 miles
Tues 4 September 10.30am (H2H)	Hibaldstow	Meet Hibaldstow War Memorial Club car park, West Street Hibaldstow DN20 9NY (new starting point)	3 miles
Thurs 6 September 10.30am	Winterton to Roxby	Meet at All Saints Church, Market Place, Winterton (Please park carefully in nearby streets)	3 miles
Thurs 6 September 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Mon 10 September 10.30am	*Longer shared walk* Haxey	Meet at Haxey Church, Church Street, Haxey DN9 2JA	5 miles
Tues 11 September 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
Tues 11 September 11am	Short Walk Central Park, Scunthorpe	Meet at Central Park Car Park, Kingsway Scunthorpe	1 mile
Thurs 13 September 10.30am	Amcotts	Meet Ingelby Arms car park, Church Street, Amcotts, DN17 4AJ	3.2 miles

Thurs 13 September 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 18 September 10.30am	Burton on Stather Has one demanding Hill	Meet at Burton Stather playing fields car park , Burton on Stather. DN15 9ES	3.2 miles
Tues 18 September 10.30am (H2H)	Alkborough	Meet at Julians Bower, Alkborough, (careful parking please)	2.5 miles
Thurs 20 September 10.30am	Worlaby Wold	Meet at Worlaby Village Hall recreation ground , Off Low Road , Worlaby , DN20 0NA Refreshments may be available in Church after the walk	2.6 miles
Thurs 20 September 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 25 September 10.30am	Epworth West End	Meet at Holmes and Gardens garden Centre, Epworth, DN9 1JL	2.65 miles
Tues 25 September 11am	Short Walk Ashby Ville lagoons	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 27 September 10.30am	Redbourne	Meet at the village green, near Red Lion Public house, Redbourne .DN21 4QR .(careful roadside parking please)	3 miles
Thurs 27 September 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 2 October 10.30am	Scunthorpe Woodlands	Meet at Central Park Car Park on A18 Kingsway , Scunthorpe	3 miles
Tues 2 October 10.30am (H2H)	Haxey Circular	Meet at Haxey Church , High Street , Haxey. DN9 2HY	2.7 miles
Thurs 4 October 10.30am	Whitton	Meet at junction of Main Street and Church Hill, Whitton DN15 9LL (careful roadside parking please) Refreshments may be available after the walk	2.3 miles
Thurs 4 October 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Mon 8 October 10.30am	*Longer shared walk* Barton Westfield	Meet at Humber Bridge viewing area car park	5 miles
Tues 9 October 10.30am	Churchtown , Belton	Meet at Belton picnic area car park , off A161 between Belton and Epworth . DN9 1PB	3 miles
Tues 9 October 11am	Short Walk Central Park, Scunthorpe	Meet at Central Park Car Park, Kingsway Scunthorpe	1 mile
Thurs 11 October 10.30am	Alkborough	Meet at Julians Bower, Alkborough, (careful parking please)	2.5 miles
Thurs 11 October 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 16 October 10.30am	Ealand	Meet in Bonnyhale Road,Asquith Avenue , Ealand, DN17 4JH Careful parking on the road past the houses . Refreshments may be available after the walk	3 miles
Tues 16 October 10.30am (H2H)	Brigg and River Ancholme	Meet at Ancholme Leisure Centre car park, Scawby Road, Brigg.DN20 9JN	2.8 miles
Thurs 18 October 10.30am	Belton Fields	Meet at playing fields car park , off Jeffrey Lane, Belton . DN9 1LT	3 miles
Thurs 18 October 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 23 October 10.30am	Winteringham Circular	Meet between Low Burgage and Winteringham Haven , Winteringham. DN15 9PF. Careful parking on verge	2.7 miles
Tues 23 October 11am	Short Walk Ashby Ville lagoons	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 25 October 10.30am	Westwoodside,Upperthorpe and Haxey	Meet at Westwoodside playing field car park, Akeferry road, Westwoodside.DN9 2DS	2.6 miles
Thurs 25 October 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 30 October 10.30am	Kirton Lindsey North (Demanding Hill)	Meet at Fair gardens Garden Centre car park, Station Road, Kirton Lindsey, DN21 4JR	3.2 miles
Tues 30 October 10.30am (H2H)	Worlaby	Meet at Worlaby Village Hall recreation ground, Off Low Road Worlaby , DN20 0NA.	2.6 miles
Thurs 1 November 10.30am	Twigmoor Woods	Meet at Twigmoor Woods car park , on B1398 between Holme Lane and Greetwell Crossroads	2.5 miles
Thurs 1 November 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles

Tues 6 November 10.30am	Croxtan Plantation	Meet on Race Lane , (left turn in Melton Ross off A18) DN38 6AA	3.2 miles
Tues 6 November 11am	Short Walk Ridge walk , Scunthorpe	Meet at Ridge walk car park, Kingsway, Scunthorpe.	1 mile
Thurs 8 November 10.30am	Hibaldstow	Meet Hibaldstow War Memorial Club car park, West Street Hibaldstow DN20 9NY (new starting point)	3 miles
Thurs 8 November 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Mon 12 November 10.30am	*Longer shared walk* Broughton	Meet at Phil Grundy Sports Centre – Playing field car park, Scawby Road, Broughton	5 miles
Tues 13 November 10.30am	Messingham Nature Reserve	Meet at Messingham Nature Reserve Car park., Kirton Road , Messingham. Nearest post code DN17 3RD	2.8 miles
Tues 13 November 10.30am (H2H)	Belton Fields	Meet at playing fields car park, off Jeffrey Lane, Belton. DN9 1LT	3 miles
Thurs 15 November 10.30am	Barton Town and Baysgarth Park	Meet at Baysgarth Leisure Centre, Brigg Road, Barton upon Humber, DN18 5DT	2.7 miles
Thurs 15 November 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 20 November 10.30am	Barrow upon Humber	Meet near the Church, High Street, Barrow upon Humber. Careful roadside parking please. Refreshments may be available	2.7 miles
Tues 20 November 11am	Short Walk Ashby Ville lagoons	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 22 November 10.30am	West Butterwick : Willow cottage walk	Meet at Village Hall, Ulyet Lane, off West Street, West Butterwick. DN17 3LD	2.75 miles
Thurs 22 November 2.15pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 27 November 10.30am	Bottesford Beck	Meet Morrisons car park, near Ashby Ville Roundabout, Scunthorpe	3 miles
Tues 27 November 10.30am (H2H)	Messingham	Meet at Memorial Fields sports ground, Northfield Road, Messingham , DN17 3SA	2.5 miles
Thurs 29 November 10.30am	Epworth	Meet at Holmes and Gardens garden Centre, Epworth, DN9 1JL	3 miles
Thurs 29 November 2.15pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 4 December 10.30am	Hempdykes, Scunthorpe	Meet on Henderson Avenue, near Sainsburies , Scunthorpe, DN15 7RQ	2.6 miles
Tues 4 December 11am	Short Walk Central Park, Scunthorpe	Meet at Central Park Car Park, Kingsway Scunthorpe	1 mile
Thurs 6 December 10.30am	Kingsway Nature Reserve (new)	Meet Kingsway golf course car park , slip road off Kingsway, Scunthorpe	3 mile
Mon 10 December 10.30am	*Longer shared walk* Normanby Park/ Flixborough	Meet in the main car park, Normanby Hall, DN15 9HU	5 miles
Tues 11 December 10.30am	Scotter	Meet at Scotter Village Hall car park, Scotton Road , Scotter DN21 3SB	2.5 miles
Tues 11 December 10.30am(H2H)	Scawby, Sturton and Ermine Street	Meet near Village hall , Scawby , DN20 9AS	2.75 miles
Thurs 13 December 10.30am	Wrawby, St Helens Well	Meet at Wrawby Village Hall, Vicarage Gardens , Wrawby . DN20 8RP	3 miles
Tues 18 December 10.30am	Atkinsons Warren, Northern Ridgeay, Scunthorpe	Meet in the Car Park off Ferry Road , Scunthorpe, DN15 8JA (on left if coming from Scotter Road)	3 miles
Tues 18 December 11am	Short Walk Ashby Ville lagoons	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 20 December 10.30am	Brigg and River Ancholme	Meet at Ancholme Leisure Centre car park, Scawby Road, Brigg. DN20 9JN	2.8 miles
Thurs 27 December 10.30am	Scunthorpe Woodlands	Meet at Central Park car park, Kingsway Scunthorpe	3 miles

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.