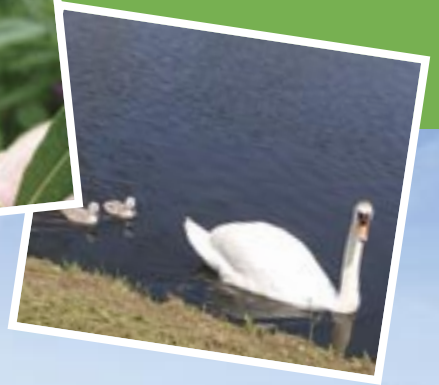
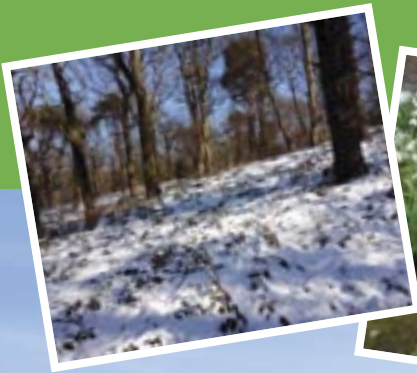


Walking the way to health

in North Lincolnshire

Timetable of led walks December 2021 to March 2022



North
Lincolnshire
Council
www.northlincs.gov.uk



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

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.
- 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.
- Walks are led and supported by trained Volunteer Walk Leaders, one with first aid equipment.
- 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.
- 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.
- **Assistance dogs** are welcome on walks.

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 themselves. **Start time 10.30am.**

Tuesday Morning and Thursday Morning and Afternoon Walks have a slightly brisker pace to the H2H walks and are attended by people of various fitness levels **Start time 10.30am.**

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.**

Longer shared walks , 5 mile progression walks these walks are run in conjunction with Scunthorpe and District Ramblers and do not form part of the Walking for Health Scheme. **Start time 10.30am.**

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
MONDAYS & THURSDAYS 10.30am	Nordic Walking Barton upon Humber	If you would like to take part please contact Leisure services admin team on 01724 297270 to arrange a short technique introduction session.	3 miles

Thurs 2 December 10.30am	Winterringham Circular	Meet Village Hall , Frost Close, Winterringham . DN15 9PL.	3 miles
Tues 7 December 10.30am	Belton: Woodhouse walk	Meet at playing field car park, off Jeffrey Lane, Belton DN9 1LT	3.3 miles
Tues 7 December 11am	Short Walk Bottesford Beck	Meet St Peters Church car park. off School Lane, Bottesford. DN16 3RD	1 mile
Thurs 9 December 10.30am	Sheffield Park Circular	Meet Sheffield Park car park , off Sheffield Park Avenue , Scunthorpe	3 miles
Mon 13 December 10.30am	*Longer shared walk* Bottesford Beck and Lagoons	Meet Morrisons car park, near Ashby Ville Roundabout, Scunthorpe	5 miles
Tues 14 December 10.30am	Wrawby St Helens Well	Meet at Jolly Miller public house , Melton Road, Wrawby, Brigg. DN20 8SL(use rear car park)	2.5 miles
Tues 14 December 10.30am (H2H)	Belton Temple Bellwood	Meet at playing field car park, off Jeffrey Lane, Belton, DN9 1LT	2.9 miles
Thurs 16 December 10.30am	Broughton East Woods	Meet at Phil Grundy Sports Centre – Playing field car park, Scawby Road, Broughton	3.2 miles
Tues 21 December 10.30am	Burton on Stather, Little Normanby	Meet at Burton Stather playing fields car park, Burton on Stather. DN15 9ES	3.2 miles
Tues 21 December 11am	Short Walk Ashby Ville lagoons	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles

Thurs 23 December 10.30am	Scunthorpe Woodlands	Meet at Central Park car park, Kingsway Scunthorpe	3 miles
Tues 28 December 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 28 December 10.30am (H2H)	Normanby Park walk	Meet in the main car park, Normanby Hall, DN15 9HU	3 miles
Thurs 30 December 10.30am	Central Park, Scunthorpe	Meet at Central Park car park, Kingsway Scunthorpe	2.4 miles
Tues 4 January 10.30am	Ashby Ville lagoons and Bottesford Beck	Meet Morrisons car park, near Ashby Ville Roundabout, Scunthorpe	3 miles
Tues 4 January 11am	<u>Short Walk</u> Central Park, Scunthorpe	Meet at Central Park Car Park, Kingsway Scunthorpe	1.5 mile
Thurs 6 January 10.30am	Brigg and River Ancholme	Meet at Ancholme Leisure Centre car park, Scawby Road, Brigg.DN20 9JN	2.8 miles
Mon 10 January 10.30am	*Longer shared walk* Hibaldstow	Meet Hibaldstow War Memorial Club car park, West Street Hibaldstow DN20 9NY	5 miles
Tues 11 January 10.30am	Epworth South	Meet at Holmes and Gardens garden centre, Epworth.DN9 1JL.	2.7 miles
Tues 11 January 10.30am (H2H)	Central Park, Scunthorpe	Meet at Central Park car park, Kingsway Scunthorpe	2.4 miles
Thurs 13 January 10.30am	Twigmoor Woods	Meet at Twigmoor Woods car park, on B1398 between Holme Lane and Greetwell Crossroads	2.5 miles
Tues 18 January 10.30am	Barton Waters Edge	Meet at Waters Edge car park, Maltkiln Road, Barton on Humber DN18 5JR	3 miles
Tues 18 January 11am	<u>Short Walk</u> Ashby Ville lagoons	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 20 January 10.30am	Redbourne	Meet at the village green, near Red Lion Public house, Redbourne . DN21 4QR.(careful roadside parking please)	3 miles
Tues 25 January 10.30am	Kingsway Nature Reserve	Meet Old Kingsway Golf course car park , off Kingsway slip road , Scunthorpe	3 miles
Tues 25 January 10.30am (H2H)	Scunthorpe Colleges	Meet at Central Park Car Park on A18 Kingsway, Scunthorpe	2.4 miles
Thurs 27 January 10.30am	Scotton	Meet at Scotton village hall car park . DN21 3RB	2.9 miles
Tues 1 February 10.30am	Belton Railway Line	Meet at playing fields car park, off Jeffrey Lane, Belton. DN9 1LT	3.5 miles
Tues 1 February 11am	<u>Short Walk</u> Central Park, Scunthorpe	Meet at Central Park Car Park, Kingsway Scunthorpe	1.5 mile
Thurs 3 February 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 3 February 1.30pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	2.7 miles
Tues 8 February 10.30am	Hibaldstow	Meet Hibaldstow War Memorial Club car park, West Street Hibaldstow DN20 9NY	3 miles
Tues 8 February 10.30am (H2H)	Epworth South	Meet at Holmes and Gardens garden centre, Epworth.DN9 1JL.	2.7 miles
Thurs 10 February 10.30am	Messingham	Meet at Memorial Fields sports ground, Northfield Road, Messingham , DN17 3SA	2.5 miles
Thurs 10 February 1.30pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum, Oswald Road, Scunthorpe, DN15 7BD	2.7 miles
Mon 14 February 10.30am	*Longer shared walk* Epworth	Meet at Holmes and Gardens garden Centre, Epworth, DN9 1JL	5 miles
Tues 15 February 10.30am	Broughton East Woods	Meet at Phil Grundy Sports Centre – Playing field car park, Scawby Road, Broughton	3.2 miles
Tues 15 February 11am	<u>Short Walk</u> Ashby Ville lagoons	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 17 February 10.30am	Humber Bridge to Far Ings Nature Reserve	Meet Humber Bridge viewing area Car park, Waterside Road, Barton On Humber	3 miles
Thurs 17 February 1.30pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	2.7 miles
Tues 22 February 10.30am	Scotter	Meet at Scotter Village Hall car park, Scotton Road, Scotter DN21 3SB	2.5 miles
Tues 22 February 10.30am (H2H)	Winterton to Roxby	Meet at All Saints Church, Market Place, Winterton (Please park carefully in nearby streets)	3 miles

Thurs 24 February 10.30am	West Butterwick Fields	Meet at Village Hall, Ulliyet Lane, off West Street, West Butterwick DN17 3LD	3 miles
Thurs 24 February 1.30pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum, Oswald Road, Scunthorpe, DN15 7BD	2.7 miles
Tues 1 March 10.30am	Haxey Circular	Meet at Haxey Church, High Street, Haxey. DN9 2HY	2.7 miles
Tues 1 March 11am	<u>Short Walk</u> Central Park, Scunthorpe	Meet at Central Park Car Park, Kingsway Scunthorpe	1.5 mile
Thurs 3 March 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	3.1 miles
Thurs 3 March 1.30pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	2.7 miles
Tues 8 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 8 March 10.30am(H2H)	Churchtown, Belton	Meet at playing field car park, off Jeffrey Lane, Belton, DN9 1LT	3 miles
Thurs 10 March 10.30am	Ferriby Sluice to Horkstow Bridge	Meet at Nelthorpe Arms public car park, Skinners Lane, South Ferriby	3 miles
Thurs 10 March 1.30pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum, Oswald Road, Scunthorpe, DN15 7BD	2.7 miles
Mon 14 March 10.30am	*Longer shared walk* Broughton Woods	Meet at Phil Grundy Sports Centre – Playing field car park, Scawby Road, Broughton	5 miles
Tues 15 March 10.30am	Winterton	Meet at All Saints Church, Market Place, Winterton (Please park carefully in nearby streets)	3 miles
Tues 15 March 11am	<u>Short Walk</u> Ashby Ville lagoons	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 17 March 10.30am	Wrawby Two Counties	Meet at Jolly Miller public house , Melton Road, Wrawby, Brigg. DN20 8SL(use rear car park)	2.5 miles
Thurs 17 March 1.30pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	2.7 miles
Tues 22 March 10.30am	Westwoodside, Upperthorpe and Haxey	Meet at Westwoodside playing field car park, Akeferry road, Westwoodside.DN9 2DS	2.6 miles
Tues 22 March 10.30am (H2H)	Messingham Nature Reserve (No Dogs Allowed)	Meet at Messingham Nature Reserve car park, Kirton Road, Messingham , Nearest post code DN17 3RD	2.8 miles
Thurs 24 March 10.30am	Manton (Demanding Hill)	Meet large layby on B1398 near turn off to Manton	3.4 miles
Thurs 24 March 1.30pm	Park walk from North Lincolnshire Museum	Meet in front of the Museum, Oswald Road, Scunthorpe, DN15 7BD	2.7 miles
Tues 29 March 10.30am	Goxhill	Meet near All Saints Church, King Street, Goxhill. Refreshments may be available after the walk	2.9 miles
Tues 29 March 11am	<u>Short Walk</u> Atkinsons Warren, Scunthorpe	Meet in the Car Park off Ferry Road, Scunthorpe, DN15 8JA (on left if coming from Scotter Road)	1 mile
Thurs 31 March 10.30am	Willoughton Hemswell Walk	Meet at the Village Green in Willoughton, near the bus shelter off B1398, Kirton Lindsey Road, DN21 5RT	3.5 miles
Thurs 31 March 1.30pm	Park walk From Sainsbury's	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	2.7 miles

Would you like to set up health walks in your own local community as part of the health walk scheme, all training will be given.

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

Or e.mail: christine.johnson@northlincs.gov.uk

All walks correct at time of printing.