

Wellbeing Walks



Newark and Sherwood

TUESDAY

Collingham, 10am

Lincolnshire Co-op Food Store, High Street, NG23 7LB

Idle Valley Nature Reserve, 10.30am

Visitor Centre, North Road, Retford, DN22 8RQ

Winthorpe, 2pm

Village Hall, 63 Gainsborough Rd, Winthorpe, NG24 2NR

WEDNESDAY

Ollerton, 10am (1st Wednesday of every month)

Hop Pole Hotel, Main Street, NG22 9AD

Long Bennington, 11.15am (3rd Wednesday of every month)

Front of Long Bennington Medical Centre, 10 Valley Lane, NG23 5FR




Idle Valley Nature Reserve, 1.30pm

Visitor Centre, North Road, Retford DN22 8RQ

THURSDAY

Newark, 10.30am

YMCA Newark & Sherwood Community Village, Lord Hawke Way, NG24 4FH

-  Join our free and friendly short walk
-  At your own pace and suitable for all abilities
-  Friendship, fresh air and fitness



For more info contact: T: 01522 544 632 E: wellbeingwalks@lincolnshire.coop
W: lincolnshire.coop/wellbeing-walks