

Walk grading / symbols

First Moves	Beginners walk: 30 minutes/gentle pace. Distance: 1 mile - 1.5 mile
Steady Moves	Intermediate walk: 30 - 60 minutes/ moderate pace. Distance: 1 mile - 3 miles
Moving On...	Intermediate walk: 60 minutes or more/ moderate pace. Distance: 3 miles +



Refreshments available



Toilets available



Wheelchair/pushchair friendly



Walk includes some hills/inclines



Bus route near start



Car park nearby

Don't forget to bring a drink, comfortable walking shoes and clothing appropriate for the weather

...and remember to have fun!

Walking is a great way to become active; to learn about your local area and to meet new people!

Our walks are led by volunteer walk leaders who are friendly and welcoming and will ensure that you enjoy your walk with us.

The walks are graded and so ensure that we cater for those who are new to walking, are recovering from an injury or illness or who are just lacking in a little confidence.

Prior to taking part in any of our walks you will be required to complete an outdoor health questionnaire.

All details are subject to change. Please check before attending.

For further information about any of the sessions please contact the Healthy Lifestyles Team -
Telephone: (01522) 873581
Email: get.active@lincoln.gov.uk
Website: www.lincoln.gov.uk/healthylifestyles

If you would like information in another language or format, please ask us.

The timetable is available in large print

The City of Lincoln Council does not accept responsibility or liability for any loss, damage or injury sustained during a visit, activity or programme except when caused through the negligence of the City of Lincoln Council.



Led walks in Lincoln

Group Walking Programme
January - March 2012



**Free... fun... friendly...
...for everyone!**

Meet new people and explore



JANUARY

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
						1
2	3 14	4 1	5	6 15	7 7	8
9 3	10 14	11 1	12	13 15 2	14	15 5
16	17 14	18 1	19	20 15	21 8	22
23 3	24 14	25 1	26	27 15 2	28	29 6

FEBRUARY

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
30	31 14	1 1	2	3 15	4 9	5
6 3	7 14	8 1	9	10 15 2	11	12 4
13	14 14	15 1	16	17 15	18 10	19
20 3	21 14	22 1	23	24 15 2	25	26 5
27	28 14	29 1				

MARCH

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
			1	2 15	3 11	4
5 3	6 14	7 1	8	9 15 2	10	11 6
12	13 14	14 1	15	16 15	17 12	18
19 3	20 14	21 1	22	23 15 2	24	25 4
26	27 14	28 1	29	30 15	31 13	

1 Hartsholme Country Park Walk

- Meet 1pm at Hartsholme Park Café, LN6 0EY
- 1.5 or 3 mile walk - Approx 1 hour



2 Whisby Wander

- Meet 1.30pm at Whisby Nature Park car park, LN6 9BW
- 3 mile walk - Approx 1 hour



3 Branston Health Walk

- Meet 11.30am at Branston Café, Rectory Lane, LN4 1NA
- 1.5 - 3 mile walk - Approx 1 hour



4 Fossdyke Canal Walk

- Meet 10.30am at The Barge on the Brayford, LN1 1YW
- 3 mile walk - Approx 1.5 hours



5 Arboretum Wander

- Meet 10.30am at The Collection, Danes Terrace, LN2 1LP
- 1.5 mile walk - Approx 1 hour



6 Boultham Park Walk

- Meet 10.30am at St Helen's Church, Hall Drive, LN6 7SW
- 1.5 mile walk - Approx 1 hour



7 Lincoln to North Hykeham

- Meet 10am at The Plough Pub, Newark Road, LN6 8RJ
- 5 mile walk - Approx 3 hours



8 Bracebridge Walk

- Meet 10am at The Priory Centre, St Catherine's, LN5 8DW
- 3 mile walk - Approx 1.5 hours



9 Lincoln to Burton Waters

- Meet 10am at The Barge on the Brayford, LN1 1YW
- 6 mile walk - Approx 3 hours



10 Lincoln to Fiskerton

- Meet 10am at the Central Market, main entrance, LN5 7ET
- 6 mile walk - Approx 3 hours
- (At Fiskerton walkers have the option of making their own way back to Lincoln or catching Bus No. 15)



11 South Common Stroll

- Meet 10am by Eastholme Nursing Home on South Park, LN5 8ES
- 3 mile walk - Approx 1.5 hours



12 Lincoln to Skellingthorpe

- Meet 10am at The Barge on the Brayford, LN1 1YW
- 6 mile walk - Approx 3 hours



13 Millenium Green Walk

- Meet 10am at the Memorial Hall car park, Newark Road, LN6 9RY
- 5 mile walk - Approx 3 hours



14 Uphill Lincoln Walk

- Meet 10.45am at Yarborough Leisure Centre café, LN1 3SP
- 3 mile walk - Approx 1 hour



15 Gentle Walk for Chronic Conditions

- Meet 10am at Hartsholme Park Café, LN6 0EY
- 1 mile walk - Approx 40mins
- For anyone with a chronic health condition that wants to walk at a gentler pace and shorter distance.
- All welcome. Please contact us for more details.

