

Wellbeing Walks

South Kesteven



MONDAY

Caythorpe Strollers and Striders, 10am - Hammond Pavilion, Old Lincoln Road, NG32 3DF

Striders walk 60 – 90 minutes Strollers walk 50 – 60 minutes Stragglers walk – 30 minutes

The first Monday of each month is an away walk (car share available) – meet at 9.45 for 10am start. Please contact one of the walk leaders in advance for further details: Gordon & Margaret 07779 214209 / Andrew 07834 338949

WEDNESDAY

Bourne Leisure Centre, 10.30am – Queens Road, Bourne, PE10 9DX

Grantham 'Best Foot Forward' Walk Group, 1pm - Manners Street Community Room, NG31 8AR

The first Wednesday of each month is an away walk (car share available). Please contact one of the walk leaders in advance for further details: Sue Ellison 01476 560569 / Jill Short 07397 186590

THURSDAY




Stamford Leisure Pool 1.30pm – Drift Road, Stamford, PE9 1UZ

FRIDAY

Bourne Leisure Centre, 10.30am – Queens Road, Bourne, PE10 9DX

Grantham 'Funky Feet' Walk Group, 10.30am -Wyndham Park Band Stand, Wyndham Park, 3 Hill Avenue, NG31 9BA

The group frequently have away walks (car share available). Please contact one of the walk leaders in advance for further details & a walk programme: Sue Ellison 01476 560569 / Jill Short 07397 186590

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

 RAMBLERS

**WELLBEING
WALKS**

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