

# Walking the way to health

in North Lincolnshire

Timetable of led walks May to August 2020



North  
Lincolnshire  
Council  
[www.northlincs.gov.uk](http://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](http://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 1.30pm**

**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

<b>EVERY FRIDAY 10.30am</b>	<b>Normanby Park Walks</b>	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
<b>EVERY WEDNESDAY 11am</b>	<b>Central Park Short walk</b>	Meet at Central Park Car Park, Kingsway Scunthorpe We welcome users of Wheelchairs and Walking Aids on this walk	1 – 1.5 miles
<b>MONDAYS &amp; THURSDAYS 10.30am</b>	<b>Nordic Walking Barton upon Humber</b>	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

Tues 5 May 10.30am	<b>Barton Town and Baysgarth Park</b>	Meet at Baysgarth Leisure Centre, lowere car park, Brigg Road, Barton upon Humber, DN18 5DT	2.7 miles
Tues 5 May 10.30am (H2H)	<b>Haxey Graiselound</b>	Meet at Haxey Church, Church Street, Haxey DN9 2JA	3.2 miles
Thurs 7 May 10.30am	<b>West Halton, Alkborough Lane</b>	Meet at the car park on the Village Green, West Halton. DN15 9BD	2.7 miles
Thurs 7 May 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Mon 11 May 10.30am	<b>*Longer shared walk* West Butterwick</b>	Meet at Village Hall, Ulliyet Lane, off West Street, West Butterwick DN17 3LD	5 miles
Tues 12 May 10.30am	<b>South Ferriby</b>	Meet at Nelthorpe Arms public car park, Skinners Lane, South Ferriby	3 miles
Tues 12 May 11am	<b>Short Walk Bottesford Beck</b>	Meet St Peters Church car park. off School Lane, Bottesford. DN16 3RD	1 mile
Thurs 14 May 10.30am	<b>Winteringham Circular</b>	Meet between Low Burgage and Winteringham Haven, Winteringham. DN15 9PF. Careful parking on verge	2.7 miles

Thurs 14 May 1.30pm	<b>Park walk From Sainsbury's</b>	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 19 May 10.30am	<b>Ealand</b>	Meet in Bonnyhale Road, Asquith Avenue, Ealand, DN17 4JH Careful parking on the road past the houses	3 miles
Tues 19 May 10.30am (H2H)	<b>West Halton, Whitton Road</b>	Meet at the car park on the Village Green, West Halton. DN15 9BD	2.7 miles
Thurs 21 May 10.30am	<b>Melton Ross airport view walk</b>	Meet at Hilltop Road junction above New Barnetby, on Bigby Road, take first left after Mill Farm	3 miles
Thurs 21 May 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum, Oswald Road, Scunthorpe DN15 7BD	3 miles
Tues 26 May 10.30am	<b>Belton Railway Line</b>	Meet at Belton picnic area car park, off A161 between Belton and Epworth. DN9 1PB	3 miles
Tues 26 May 11am	<b>Short Walk Ashby Ville lagoons</b>	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 28 May 10.30am	<b>Barnetby and the Viking Way</b>	Meet near Railway bridge, Victoria Road, Barnetby. Careful roadside parking nearby	2.5 miles
Thurs 28 May 1.30pm	<b>Park walk From Sainsbury's</b>	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 2 June 10.30am	<b>Twigmoor Woods</b>	Meet at Twigmoor Woods car park, on B1398 between Holme Lane and Greetwell Crossroads	2.5 miles
Tues 2 June 10.30am (H2H)	<b>Belton Fields</b>	Meet at playing fields car park, off Jeffrey Lane, Belton. DN9 1LT	3 miles
Thurs 4 June 10.30am	<b>Owston Ferry</b>	Meet near St Martins Church, Church street, Owston Ferry, DN9 1RG. Careful roadside parking	2.9 miles
Thurs 4 June 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum, Oswald Road, Scunthorpe DN15 7BD	3 miles
Mon 8 June 10.30am	<b>*Longer shared walk* Worlaby</b>	Meet at Worlaby Village Hall recreation ground, Off Low Road, Worlaby, DN20 0NA	5 miles
Tues 9 June 10.30am	<b>Wrawby Two Counties</b>	Meet at Jolly Miller public house, Melton Road, Wrawby, Brigg. DN20 8SL(use rear car park)	2.5 miles
Tues 9 June 11am	<b>Short Walk Central Park, Scunthorpe</b>	Meet at Central Park Car Park, Kingsway Scunthorpe	1 mile
Thurs 11 June 10.30am	<b>Alkborough Flats Has one demanding Hill</b>	Meet at Julian's Bower, Back Lane, Alkborough DN15 9JN	3.25 miles
Thurs 11 June 1.30pm	<b>Park walk From Sainsbury's</b>	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 16 June 10.30am	<b>Kirton Lindsey North (Demanding Hill)</b>	Meet at Fair gardens Garden Centre car park, Station Road, Kirton Lindsey, DN21 4JR	3.2 miles
Tues 16 June 10.30am (H2H)	<b>Redbourne</b>	Meet at the village green, near Red Lion Public house, Redbourne. DN21 4QR.(careful roadside parking please)	3 miles
Thurs 18 June 10.30am	<b>Amcotts</b>	Meet Ingelby Arms Car Park, Church Street, Amcotts DN17 4AJ. Refreshments may be available after the walk	3.2 miles
Thurs 18 June 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum, Oswald Road, Scunthorpe DN15 7BD	3 miles
Tues 23 June 10.30am	<b>Worlaby Wold</b>	Meet at Worlaby Village Hall recreation ground, Off Low Road, Worlaby, DN20 0NA Refreshments available in Church after the walk	3.1 miles
Tues 23 June 11am	<b>Short Walk Ridge walk, Scunthorpe</b>	Meet at Ridge walk car park, Kingsway, Scunthorpe.	1 mile
Thurs 25 June 10.30am	<b>Brigg and River Ancholme</b>	Meet at Ancholme Leisure Centre car park, Scawby Road, Brigg. DN20 9JN	2.8 miles
Thurs 25 June 1.30pm	<b>Park walk From Sainsbury's</b>	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 30 June 10.30am	<b>Flixborough Grange</b>	Meet at the Fenestra conference centre, High Street, Flixborough. DN15 8RL, refreshments available after the walk	3.2 miles
Tues 30 June 10.30am (H2H)	<b>Ealand</b>	Meet in Bonnyhale Road, Asquith Avenue, Ealand, DN17 4JH Careful parking on the road past the houses	3 miles
Thurs 2 July 10.30am	<b>Messingham Nature Reserve (No Dogs Allowed)</b>	Meet at Messingham Nature Reserve car park, Kirton Road, Messingham, Nearest post code DN17 3RD	2.8 miles
Thurs 2 July 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum, Oswald Road, Scunthorpe DN15 7BD	3 miles
Tues 7 July 10.30am	<b>Scunthorpe Woodlands</b>	Meet at Central Park car park, Kingsway Scunthorpe	3 miles
Tues 7 July 11am	<b>Short Walk Ashby Ville lagoons</b>	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles

Thurs 9 July 10.30am	<b>Brocklesby Park, Great Limber</b>	Meet at Brocklesby estate walk car park, Great Limber.DN37 8LB	3.5 miles
Thurs 9 July 1.30pm	<b>Park walk From Sainsbury's</b>	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Mon 13 July 10.30am	<b>*Longer shared walk* Epworth</b>	Meet at Holmes and Gardens Garden Centre, Epworth, DN9 1JL	5 miles
Tues 14 July 10.30am	<b>Keadby Canal</b>	Meet Canal & River Trust car park, at side of canal. Station Road, Keadby.DN173BP. Left after disused Barge Inn	3 miles
Thurs 16 July 10.30am	<b>Willoughton Hemswell Walk</b>	Meet at the Village Green in Willoughton, near the bus shelter off B1398, Kirton Lindsey Road, DN21 5RT	3.5 miles
Thurs 16 July 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 21 July 10.30am	<b>Haxey Circular</b>	Meet at Haxey Church, High Street, Haxey. DN9 2HY	2.7 miles
Tues 21 July 11am	<b><u>Short Walk</u> Central Park, Scunthorpe</b>	Meet at Central Park Car Park, Kingsway Scunthorpe	1 mile
Thurs 23 July 10.30am	<b>Humber Bridge to Far Ings Nature Reserve</b>	Meet Humber Bridge viewing area Car park, Waterside Road, Barton On Humber	3 miles
Thurs 23 July 1.30pm	<b>Park walk From Sainsbury's</b>	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 28 July 10.30am	<b>Burton on Stather, Little Normanby</b>	Meet at Burton Stather playing fields car park, Burton on Stather. DN15 9ES	3.2 miles
Tues 28 July 10.30am (H2H)	<b>Burton on Stather Has one demanding Hill</b>	Meet at Burton Stather playing fields car park, Burton on Stather. DN15 9ES	3.2 miles
Thurs 30 July 10.30am	<b>Whitton</b>	Meet at junction of Main Street and Church Hill, Whitton DN15 9LL (careful roadside parking please) Refreshments may be available in the village hall after the walk	2.3 miles
Thurs 30 July 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 4 August 10.30am	<b>Epworth East</b>	Meet at Holmes and Gardens Garden Centre, Epworth, DN9 1JL	2.55 miles
Tues 4 August 11am	<b><u>Short Walk</u> Atkinsons Warren, Scunthorpe</b>	Meet in the Car Park off Ferry Road, Scunthorpe, DN15 8JA (on left if coming from Scotter Road)	1 mile
Thurs 6 August 10.30am	<b>Barrow upon Humber</b>	Meet near the Church, High Street, Barrow upon Humber. Careful roadside parking please	2.7 miles
Thurs 6 August 1.30pm	<b>Park walk From Sainsbury's</b>	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Mon 10 August 10.30am	<b>*Longer shared walk* Alkborough</b>	Meet car park on Whitton Road, Alkborough	5 miles
Tues 11 August 10.30am	<b>Redbourne</b>	Meet at the village green, near Red Lion Public house, Redbourne . DN21 4QR.(careful roadside parking please)	3 miles
Tues 11 August 10.30am (H2H)	<b>Brigg and River Ancholme</b>	Meet at Ancholme Leisure Centre car park, Scawby Road, Brigg.DN20 9JN	2.8 miles
Thurs 13 August 10.30am	<b>Westwoodside, Upperthorpe and Haxey</b>	Meet at Westwoodside playing field car park, Akeferry road, Westwoodside.DN9 2DS	2.6 miles
Thurs 13 August 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	3 miles
Tues 18 August 10.30am	<b>Barton Waters Edge</b>	Meet at Waters Edge car park, Maltkiln Road, Barton on Humber DN18 5JR	3 miles
Tues 18 August 11am	<b><u>Short Walk</u> Ashby Ville lagoons</b>	Meet Morrisons car park, near Ashby ville Roundabout, Scunthorpe	1.5 miles
Thurs 20 August 10.30am	<b>Croxtan Plantation</b>	Meet on Race Lane, (left turn in Melton Ross off A18) DN38 6AA	3.2 miles
Thurs 20 August 1.30pm	<b>Park walk From Sainsbury's</b>	Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ	3 miles
Tues 25 August 10.30am	<b>Ashby Ville lagoons</b>	Meet Morrisons car park, near Ashby Ville Roundabout, Scunthorpe	3 miles
Tues 25 August 10.30am (H2H)	<b>West Halton</b>	Meet at the car park on the Village Green, West Halton.DN15 9BD	2.7 miles
Thurs 27 August 10.30am	<b>Scawby, Sturton and Ermine Street</b>	Meet near Village hall, Scawby, DN20 9AS	2.75 miles
Thurs 27 August 1.30pm	<b>Park walk from North Lincolnshire Museum</b>	Meet in front of the Museum , Oswald Road , Scunthorpe DN15 7BD	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.**