

RUSHCLIFFE 'MOVE AND MINGLE'

HEALTH WALKS

An accredited Walking for Health scheme, our free friendly walks are a great way to meet new people and socialise whilst walking to benefit your health. Walks are led by trained leaders and you can walk at your own pace. Every week, except on the main Bank Holidays. No need to book. If coming for the first time, please arrive 10 minutes early to complete a short health questionnaire. No dogs please, except Assistance Dogs.

Tuesday Meet 11 am Poppy and Pint pub off Pierrepont Road, Lady Bay. Walks of about 90 minutes along the River Trent and round Holme Pierrepont. Options to turn back for shorter walks.

Wednesday Meet 10.30 am Rushcliffe Country Park, Ruddington. Meet at the Education Centre by the lake. Choice of walk to suit your fitness and ability level - 30 mins walk around the lake, or up to an hour.

Friday 2.00 pm Rose and Crown Pub, Cotgrave.

Meet at the pub car park to walk for about an hour around Cotgrave Country Park. Options to turn back for shorter walks.

For more information, find Rushcliffe Health Walks on
www.walkingforhealth.org.uk

MANSFIELD INSTEP

FREE GUIDED WALKS AROUND MANSFIELD

Guided walks in and around Mansfield, Monday, Thursday and Sunday mornings. All walks start at **10.00 am** and last about 2 hours. Copies of the programme are available from www.mansfieldinstep.org or pick up a paper copy from Libraries, Council Offices or Doctors' Surgeries, in the Mansfield area. Or Contact:

07951 968366 for Sunday walks **07951 945407** for Monday walks

07563 702547 for Thursday walks