

RUSHCLIFFE 'MOVE AND MINGLE' HEALTH WALKS

We walk every week, led by trained leaders, and you can walk at your own pace. No need to book. No walks on the main Bank Holidays.

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 11.00 am Poppy and Pint pub off Pierrepoint Road, Lady Bay. Walks of about **90 minutes along the River Trent** and round Holme Pierrepoint. 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 longer walk up to an hour.**

Thursday Meet 10.30 am Radcliffe-on-Trent in front of Grange Hall. A friendly new group led by Radcliffe locals. All abilities welcome to join us. Village walks to suit your fitness level **from 30 minutes to up to an hour.** Refreshments at St Mary's Church Hall after the walk.

Friday Meet 2.00 pm Rose and Crown Pub, Cotgrave. Meet at the pub car park to walk for **around an hour** around Cotgrave Country Park. Options to turn back for shorter walks. Drinks after.

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