



**NEWARK &
SHERWOOD**
DISTRICT COUNCIL

Newark & Sherwood Health Walks

Walking can help with your general health, improve your fitness, help you to 'de-stress' - an activity that can be enjoyed by the whole family.

The Ramblers and Macmillan Cancer Support's Walking for Health website has lots of information if you want to walk your way to health.

Our Tourist Information Centres can provide advice on local walking routes that are suitable for all abilities, as well as providing free maps and leaflets and books to purchase.

The Sherwood Foragers

This group covers the areas of Ollerton and Clipstone. The Ollerton group meets every Wednesday at **1:30 pm** at various locations. The Clipstone Group meets every Wednesday at **10 am** at various locations, and holds a Luncheon Club the third week of the month, with day trips to other areas.

Ollerton Walks – Daphne Bowler on **01623 860 096**

Clipstone Walks - Christine Johnson on **01623 428 578**

Besthorpe Bummelers

Walk with the Besthorpe Bummelers to improve your physical and mental health. Their Walking for Health leader-led walks are suitable for complete novices to regular walkers. Suitable footwear is a **MUST** as rural footpaths are used. The walks last up to 60 minutes although you can stop at any time to suit you. Join the group for a tea and coffee at the end.

Walks begin at **10.00 am** every Tuesday and start from the car park at Old School Lane, Besthorpe, **NG33 7GZ**. Call Karen on **07976 433 988** or email besthorpebummelers@gmail.com or just turn up on the day.

Southwell Strollers

Meet at Southwell Methodist Church car park (behind the Saracens Head Hotel) **NG25 0JH** on the second Wednesday of each month at **10.00 am**.

We walk about 2.5 – 3.0 miles and finish with tea / coffee in a local café.

For more information contact Stephen Dando on **01636 815 363**