

Walking for Health in Newark & Sherwood

Walking can help with your general health, improve your fitness, help you to 'de-stress' and is an activity that can be enjoyed by the whole family. The Ramblers and Macmillan Cancer Support **Walking for Health** website has lots of information if you're interested in walking your way to health.

The following Walking for Health Groups offer a programme of walks in Newark and Sherwood District.

The Sherwood Foragers

This group of walkers covers the areas of Ollerton and Clipstone. The Ollerton group meets **every Wednesday at 1:30 pm** at various locations. The Clipstone Group meet **every Wednesday at 10.00 am** at various locations, and also hold a Luncheon Club every third week of the month and occasional day trips to other areas.

Ollerton Walks – Daphne Bowler on 01623 860096

Clipstone Walks - Christine Johnson on 01623 428578



Besthorpe Bummelers

This Walking for Health group no longer meets. Please delete all references, contact numbers and addresses.

Southwell Walkers

(formerly Southwell Strollers and Workhouse Walkers) Our walks are free, fun and friendly - perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point where one of our trained walk leaders can take your details.

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