

On Your Doorstep

Local Health Walks for Mansfield and Ashfield

This scheme has been set up by members of Mansfield & Sherwood Ramblers in partnership with Orchard Medical Practice, Mansfield.

It offers walks of up to 90 minutes every **Tuesday** from various locations around Mansfield and Sutton-in-Ashfield. There are also walks every **Thursday** around the Sutton Lawn and King's Mill Reservoir area and every **Friday** from the centre of Mansfield Market Place. All walks start at 11 am and last for no more than 90 minutes. Every walk finishes with the opportunity to socialise over tea/coffee. You simply need to turn up on the day. There's no need to book a place and all the walks are free. First-timers will need to complete a registration form.

These walks are taken at an easy pace and are suitable for anyone who is looking for some regular exercise. They also offer a chance to meet and make new friends. Many of the pubs we use offer food, so it is possible to combine a walk with a meal. The scheme shares a social calendar with Mansfield & Sherwood Ramblers ensuring a varied programme.

Tuesday walks are over uneven ground—just one has stiles. Some may be muddy in parts after rain. Thursday and Friday walks are on good paths, pavement or tarmac. Well-behaved dogs may come on the Tuesday and Thursday walks but not on Fridays.

We rely on the good will of pubs that allow us to use their car parks. In return, we ask that those who park in them should buy something from the pub or we may be refused permission to use the car parks in the future.

Contact Keith for more details on 07527 160 339 or email

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