

# *On Your Doorstep*

## **Local Health Walks for Mansfield and Ashfield**

This scheme offers walks every day from **Monday to Friday**.

All walks start at 11.00 am and last up to 90 minutes.

Shorter options are available on **Mondays, Wednesdays and Thursdays – just ask.**

**Monday** walks start from Brierley Visitors Centre, Huthwaite.

**Tuesday** walks start from a different location every week – check programme.

**Wednesday** walks start from Pleasley Pit cafe.

**Thursday** walks start from the Masons Arms on the corner of Eastfield Side and Unwin Road, Sutton-in-Ashfield.

**Friday** walks start from the centre of Mansfield Marketplace, besides the Bentinck Memorial.

The Scheme also operates a monthly Sunday walk of **4 to 5 miles** at a faster pace for those wanting to push themselves a little more – see the main pages in this booklet for details.

A social programme is offered to walkers who walk with the Scheme on a regular basis.

To see more details of all of our walks, search for walks at **Mansfield on the Walking for Health website** or **contact Keith for a printed programme.**



**Contact Keith for more details on 07527 160 339 or**

**email [keithwallacewfh@gmail.com](mailto:keithwallacewfh@gmail.com)**