

# NEWARK & SHERWOOD

## Wellbeing Walks



### TUESDAY

#### **Collingham, 10am**

Lincs Co-op Food Store, High St, Collingham,  
NG23 7LB

#### **Retford, Idle Valley, 10.30am**

Idle Valley Nature Park, North Rd, Retford,  
DN22 8RQ

#### **Winthorpe, 2pm**

Winthorpe Village Hall, 63 Gainsborough Rd,  
Winthorpe, Newark, NG24 2NR

### WEDNESDAY

#### **Retford, Idle Valley, 1pm**

Idle Valley Nature Park, North Rd, Retford,  
DN22 8RQ

#### **Long Bennington, 10.00am (3rd Wed of the month).**

Front of The Medical Centre, 10 Valley Lane,  
Long Bennington, NG23 5FR

#### **Ollerton, 10am**

Every Wed (except the 3rd Wed in the month)  
from St Paulinus Church, Church Circle, New  
Ollerton, NG22 9SZ

3rd Wed of the month is from Gray Bridge  
Entrance, Colliers Way, Edwinstowe, Mansfield,  
NG21 9SL

-  Free and friendly short walks in your area
-  At your own pace and suitable for all abilities
-  Friendship, fresh air and fitness
-  No pre-booking needed
-  Over 80 weekly walks across Lincolnshire & Nottinghamshire
-  Suitable footwear and clothing advised

 RAMBLERS

**WELLBEING  
WALKS**