

## On Your Doorstep - Local Health Walks for Mansfield & Ashfield



There's no need to join anything. Anyone can come along. All the walks are led by trained walk leaders and they're **FREE**

Walks last between 10 minutes and 90 minutes so whatever your starting point, there's something **FOR YOU!**

Walkers coming with us for the first time will be asked to fill in a short questionnaire.

At the end of every walk there is the opportunity to enjoy a cup of tea/coffee and a chat

Joining one of our walks could help you feel more confident, introduce you to new friends and help you take those first steps to a more active lifestyle

## On Your Doorstep

Local Health Walks  
for Mansfield & Ashfield



We all know that walking is good for us so why don't we do more of it? Walking is a low impact exercise and regular walking is the easiest and cheapest way to stay fit.

## New Year – New Me FREE - short, easy, local walks

Walks take place every Thursday and Friday

Whether you want to get fitter, lose weight, make new friends or just get out more – these walks are for you.

For more information contact Keith on 07527 160 339 or Andy on 07756 350 250 or email [wfh@mansfieldramblers.org.uk](mailto:wfh@mansfieldramblers.org.uk)

See our Facebook Page - [onyourdoorstepwfh](https://www.facebook.com/onyourdoorstepwfh)



Supporting you to  
get active and stay active

## Thursday Walks

These all start at 11am from the Masons Arms on the corner of Eastfield Side and Unwin Road, Sutton

**Easy Walks** are on pavements and tarmac and cross a couple of roads. There are no inclines, steps or stiles. There is the opportunity for a toilet stop half way around.

**Sutton Lawn Walk** goes through Sutton Lawn and out towards Sutton Parkway Railway Station. It is on mainly good paths of tarmac and pavement with a stop half way around (toilets). There is a small section of uneven ground on this walk.

**Sutton Reservoir Walk** This walk completes a circuit of the reservoir and also visits the heronry. There is a stop half way around (toilets).

### WALK DATES

#### Easy Walks (60 mins)

Jan 5<sup>th</sup> and 19<sup>th</sup>    Feb 2<sup>nd</sup> and 16<sup>th</sup>    March 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup>

#### Sutton Lawn (90 mins)

Jan 12<sup>th</sup>    Feb 9<sup>th</sup>    March 9<sup>th</sup>

#### Sutton Reservoir (90 mins)

Jan 26<sup>th</sup>    Feb 23<sup>rd</sup>    March 23<sup>rd</sup>

## Very Short Walks

On 5<sup>th</sup> Jan, 2<sup>nd</sup> Feb and 2<sup>nd</sup> March we also offer a 30-minute walk, starting and finishing at the cafe on Sutton Lawn – 10am start – just turn up.

## Friday Walks

These walks all start at 11am from the centre of Mansfield Market Place, at the Bentinck Memorial.

**Short Walk** - this walk lasts for 30 minutes and goes mainly around Titchfield Park. It is also suitable for buggies/pushchairs.

**Medium Walk** – this walk lasts up to 60 minutes. It goes around Titchfield Park and the Quarry Lane Nature Reserve.

**Longer Walk** – these walks lasts up to 90 minutes and may involve the crossing of a bridge over the railway line.

### WALK DATES

**Short Walk**                    13<sup>th</sup> Jan                    10<sup>th</sup> Feb                    10<sup>th</sup> March

**Medium Walk** 27<sup>th</sup> Jan                    24<sup>th</sup> Feb                    24<sup>th</sup> March

**Longer Walk** All other Fridays of every month

**All walks are at a steady pace with trained walk leaders  
no need to book – just turn up**

**Orchard Medical Practice  
supports  
Walking for Health**



**Every Step Counts - Change your life**