

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

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 5th and 19th Feb 2nd and 16th March 2nd, 16th and 30th

Sutton Lawn (90 mins)

Jan 12th Feb 9th March 9th

Sutton Reservoir (90 mins)

Jan 26th Feb 23rd March 23rd

Very Short Walks

On 5th Jan, 2nd Feb and 2nd 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 13th Jan 10th Feb 10th March

Medium Walk 27th Jan 24th Feb 24th 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