

Walks for Health

Get fit and meet new friends

These are short organised walks, designed with health in mind, which are perfect for those who would like to become more active or perhaps lack the confidence and knowledge about where to walk.

Why you should come along

- You can visit some interesting and beautiful areas of Doncaster
- Meet new people
- Take part in a gentle form of exercise
- The walks are suitable for all abilities and are **FREE** of charge

What you should bring

- A bottle of water
- Comfortable shoes
- Loose fitting clothing suitable for the weather
- A waterproof jacket



The walks are run by trained Walk Leaders whose aim is to ensure that you enjoy being outdoors by pointing out interesting facts along the way. Some of the walks will use the same routes each week in the local area.

The walks are delivered by Norton Health Walks, Woodlands Walking Group, Sue Ryder Care, Olive and Denis Wall and South Yorkshire Community Woodland Rangers, Natural England and Doncaster Council.

Volunteer walk leader training

This one-day course is for anyone willing and able to lead walks in the community. The minimum age for training is 18. The course is £15 for staff or free of charge for volunteers working with Doncaster residents. For further details please contact Chris Bell on 01302 300798.

Information can be made available in other languages, or other formats such as Braille or Audio Tape, on request. Please ask a member of our staff for more information, or if you need any other help or advice. They can arrange to speak to you in your own language if you need them to.

Timetable

Walk around	Day	Time	Details	Contact
Dunsville Quarry Park	Mondays	10.30am	Meet at Community Centre, next to Post Office on High Street in Dunsville,	(01302) 882081
Thorne	3 rd Mon of every month	10am	Walk location varies with details advertised in the Thorne Gazette.	01405 812357
Askern	Monday	1.30pm	Meet at Askern Day Centre, Spa Pool Road, Askern. (A very short gentle walk)	(01302) 735150
Thorne	Tuesdays	11am	Meet at Delves Café, Selby Road, Thorne, DN8 4JD.	01405 812357
Sandall Beat Wood	Tuesdays	10.30am	Meet at Environment Centre in Sandall Beat Wood, Off Leger Way. A gentle walk by Sue Ryder Care that is suitable for disabled people. Please call for more details.	(01302) 300798
Cusworth Hall	Wednesdays	11am	For parents/ carers with a child in a buggy to get out in the fresh air. Meet in Cusworth Hall car park .The walk is at a steady pace for 1 hour round the grounds of Cusworth.	(01302) 786457
Armthorpe Amble	Thursdays	10am	Armthorpe Library, Church Street, Armthorpe, Doncaster, DN3 3AL .	(01302) 832714
Sandall Beat Wood	Thursdays	10am	Meet at Environment Centre in Sandall Beat Wood, Off Leger Way.	(01302) 300798
Rossington	Thursdays	10.30am	Meet at the Pavillion on Brodsworth Way, Rossington, DN11 0FD	(01302) 539398
Woodlands	Thursdays	1.30pm	Meet at Woodlands All Saints Community Centre, Central Avenue, Woodlands.	(01302) 727209 (01302) 722560
Hatfield Moor	2 nd Sunday of every month	10am	Meet at Boston Park car park, off the A614, south of HMP Lindholme, opposite the Maize Maze.	01302 736000 01942 334500
Norton	Every Other Sun	10.30am	Please contact us to find out where the walks are taking place.	(01302) 700772

Please telephone the numbers above to confirm the details before attending the walk.

For more information contact:

Write to: Doncaster Council, Scarborough House, Chequer Road, Doncaster, DN1 2DB
 Telephone: 01302 737616
 Email: clare.henry@doncaster.gov.uk
 Website: www.doncaster.gov.uk

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