

walking - your gp's favourite exercise!

The Bassetlaw Walking Festival 2010 is supported by:

Bassetlaw District Council, Hardwick Strollers, National Trust, Natural England, NHS Bassetlaw, Nottinghamshire County Council Libraries, Ramblers Association, Retford Museum, Rural Bassetlaw Befriending, Smiley Milers, Step2It Dukeries, Step2It Langold, Step2It Retford, Nottinghamshire Wildlife Trust, Tourist Information Centres.

Walk Leaders

Volunteer walk leaders who have attended an accredited training course recognised by exercise health care professionals lead many of our walks. The walks will all be informal and everyone is welcome to take part. If you have any concerns the walk leaders will be happy to discuss them with you.

How to keep your heart healthy and happy by walking your way to health

Exercise doesn't have to mean exhausting runs, buying fancy equipment or joining an expensive health club. Walking gives your heart the workout it needs. All you need to do is build brisk walking into your daily routine.

What better way of stepping up your activity than by joining one of the many walks in Bassetlaw? All Festival Walks have a walk leader or guide who will be making sure that all ages and abilities are catered for.

Simply walking for 30 minutes at least five times a week, without over exerting yourself, can make you healthier. It doesn't even have to be in one session; you can break it down into two or three 10-15 minutes sessions.

Walking in Bassetlaw 2010 and Doorstep Walk Packs

Bassetlaw District Council have produced guides to led and independent walks in the area suitable for all types of walkers. The Walking in Bassetlaw 2010 booklet lists dates, times, venues and contact details for all led walks in the district while each Doorstep Walks Pack includes points of interest about the route and a map showing the route. Available to download from our website www.bassetlaw.gov.uk or on request by emailing sports.development@bassetlaw.gov.uk or calling 01909 534523.

Make a Change4Life

Making a Change4Life doesn't need to be difficult. With a little help, it can be really rewarding and fun! Here are some suggestions for small changes with big benefits.

Walk to work

Summer's fast approaching and what better way to enjoy the nice weather during the working week than walking to work. If you drive or take public transport then park further away than usual or get off a stop early and finish the rest of your commute with a refreshing brisk walk. It will set your thoughts free and is a great way to start the day.

Walk the dog

If you have a dog, grab the lead and get walking. If you walk your pooch once a day try adding an extra outing, fido will love you for it! If you don't have a dog then go with a neighbour or friend who does. It's a great way to get some exercise and fresh air with your best friend.

Lunch in the park

Don't sit at your desk with the distraction of work when you are on your break. Make time to walk to the nearest park enjoy the fresh air and tranquillity you'll be amazed how much better you feel when you return to the office.

For more hints and tips go to www.change4life.co.uk

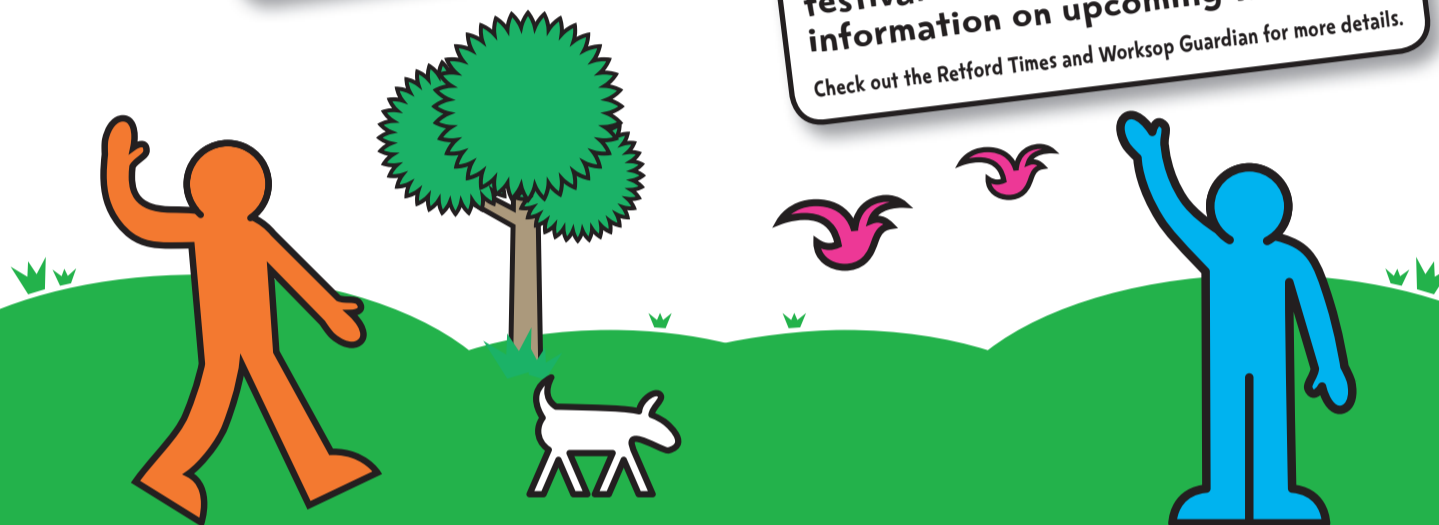
things to note

While every effort has been made to ensure the safety of walkers on the walks advertised, Bassetlaw District Council and its Walking Festival partners cannot accept any responsibility for any personal injury or loss of or damage to property.

All walkers take part at their own risk, and we recommend that you visit your GP before taking part in any type of physical activity. Organisers of the walking festival reserve the right to cancel any event without notice in the interest of public safety.

- We recommend that you bring a drink for all walks
- Whilst we make all our walks as safe and enjoyable as possible, any event attended is done so at your own risk
- Please let your walk guide know if you have any health problems
- Under 16s must be accompanied by an adult
- Sensible footwear and clothing appropriate to weather should be worn

Listen to **TraxFM** throughout the festival on 107.1 and 107.9 FM for information on upcoming walks. Check out the Retford Times and Worksop Guardian for more details.



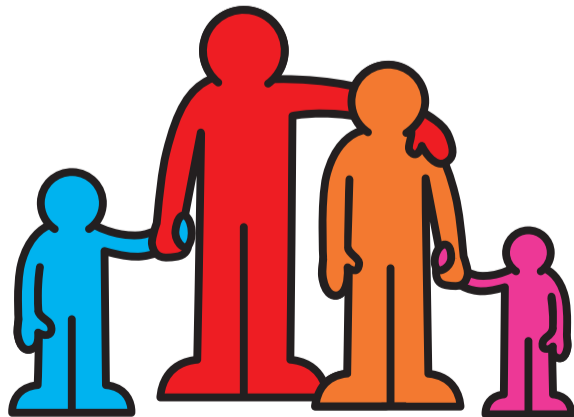
walks information

The walking festival is a great way for families to do things together in a friendly and relaxed environment. We have a range of walks to suit all interests, ages and abilities. You can take the walks at whatever pace suits you.

The key overleaf tells you how easy the walks are. The accessibility logo appears when events are suitable for wheelchair and pushchairs so please bear this in mind when deciding if an event is appropriate for you.

For further information please find our contact details at the bottom of this page.

Enjoy and let us know what you think, we'd love to hear from you!



Festival Information

Email: sports.development@bassetlaw.gov.uk to get a copy of the free walking festival guide.

Visit: www.bassetlaw.gov.uk to download information about the festival walks and to find a list of all local walking groups or, to complete a "Comments, Compliments and Complaints" form.

In partnership with:

National Trust



ramblers
at the heart of walking

NHS

Bassetlaw



Nottinghamshire
County Council



THE WILDLIFE
TRUSTS



Rural Bassetlaw
Befriending

walk 4 life

bassetlaw
walking
festival
guide

14-27 june 2010

All events are free



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Eat well Move more Live longer

Change4Life is here to help us all.

Sign up to Change4Life today and receive a personalised pack full of tips, tools and activities to help you start to eat better and move more, go to

www.change4life.co.uk

or call 0300 123 4567*.

We're open from 9am to 8pm 7 days a week.

*Calls to 03 numbers should cost no more than geographic 01 or 02 calls, and may be part inclusive minutes subject to your provider and your call package.

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walk 4 life

change
4 life
Eat well Move more Live longer

bassetlaw walking festival guide 14-27 june 2010

KEY: ♥ Up to 1-mile (flat) ♥♥ between 1-3 miles (and/or some uphill) ♥♥♥ between 3-5 miles (and/or moderate uphill) ♥♥♥♥ 5 miles+ (and/or some moderate uphill)



Bring packed lunch.



Dogs on a short leash allowed.



Accessible to wheelchairs and pushchairs.



Monday 14

Festival Launch and Medieval Town Walk

The Crossing, Worksop

Festival Launch 11.30am - 1.30pm and

Medieval Town Walk 12.00pm - 1.00pm

Drop in on your lunch break or stop by to find out all about the festival walks and organisers and join us as we explore the medieval history of Worksop Town.

Please contact 01909 533468 or 01909 501148 for details



Step2it Dukeries

Kilton Forest Golf Club

6.30pm - 7.30pm

Join this weekly walking group as they enjoy a brisk 3-mile walk around the golf course and surrounding fields. Great for your health!

Please contact 07599 340551 for details



Tuesday 15

Misterton Library Story Walk

10.00am - 11.00am

Bring the kids down to the library and join the staff on this short walk with a tale to tell.

Please contact 01427 890646 for details



Step2it Retford

Retford Leisure Centre

10.00am - 11.30am

Join this weekly walking group as they enjoy a brisk walk around the Retford area. Great for your health!

Please contact 01777 702204 for details



Retford Library Ghostly & Ghastly Walk

7.00pm - 9.00pm

A 'terror-ific' evening. All are welcome for this fun evening walk around Retford Town where you'll learn all about its spooky past.

Please contact 01777 708724 for details



Wednesday 16

Smiley Milers - Men's Health Walk

Start: Bircotes Leisure Centre

End: Harworth Sports and Social Club

10.00am - 11.30am

Smiley Milers and NHS Bassetlaw bring you a 4-mile walk to promote men's health week. Gentlemen, bring your friends and family, it's great way to keep healthy.

Please contact 01909 731508



Step2it Langold

10.00am - 11.30am Andy's Café at Langold Park

Join this weekly walking group as they enjoy a brisk 3-mile walk around the park, lake and surrounding fields. Great for your health!

Please contact 01909 540335 for details



Step2it Retford

Retford Leisure Centre

6.30pm - 8.30pm

Join this weekly walking group as they enjoy a summer evenings walk around Retford

Please contact 01777 702204 for details



Bassetlaw Befriending

Parish Oven Car Park, Thorpe Salvin

10.30am

Meet 10.30 at the Parish oven car park (permission granted to park) Fields, woods, canal towpath scenic & easy 5 miles.

Please contact 01777 871482 for details



Worksop Ramblers

Meet at Worksop Memorial Car Park and car share to Carlton-in-Lindrick

6.30pm - 8.30pm

A gentle evening walk around the area of Carlton taking in Wallingwells Wood

Please contact 10909 565470 for details



Hardwick Strollers

Hardwick Village, Clumber Park

7.30pm - 8.30pm

A terrific way to spend your evening; walking through this truly magnificent park.

Please contact 01909 531430 for details.



Ladies Evening Walk

Hardwick Village, Clumber Park

7.30pm - 8.30pm

For the ladies who'd like a bit of 'me' time. Leave the stress of the day behind; also a great way to catch up with friends.

Please contact 01909 544917 for details.



Thursday 17

Worksop Ramblers

Meet at Worksop Memorial Car Park and car share to Carlton-in-Lindrick

9.00am - 3.30pm

This is a real opportunity to explore Bassetlaw and a terrific way to spend your day. Taking in the area of Carlton, Langold Lake, Letwell and Wallingwells.

Please contact 01909 487823 for details



Step2it Dukeries

Kilton Forest Golf Club

10.00am - 11.30am

Join this weekly walking group as they enjoy a brisk walk around the golf course and surrounding fields. A 3 & 5-mile walk are available. Great for your health!

Please contact 07599 340551 for details



Friday 18

Retford Library Story Hullabaloo

2.00pm - 3.00pm

Fun and stories are afoot as the library invites children and their families to join them on a short walk to King's Park.

Please contact 01777 708724 for details



Saturday 19

Langold Library Story Walk

10.00am - 11.30am

Bring the kids down to the library and join the staff on this 1-3 mile walk with a tale to tell.

Please contact 01909 730363 for details



Sunday 20

Retford Ramblers

Meet at Chapel Gate Car Park, Retford and car share to Bridge Inn Car Park, Dunham-on-Trent

for 10.00am start

What better way to spend your Sunday than exploring the beautiful countryside of Retford, having a stop-off for a picnic - perfect!

Please contact 01777 248371 for details



Monday 21

Step2it Dukeries

Kilton Forest Golf Club

6.30pm - 7.30pm

Join this weekly walking group as they enjoy a brisk 3-mile walk around the golf course and surrounding fields. Great for your health!

Please contact 07599 340551 for details



Tuesday 22

Step2it Retford

Retford Leisure Centre

10.00am - 11.30am

Join this weekly walking group as they enjoy a brisk walk around the Retford area. Great for your health!

Please contact 01777 702204 for details



Misterton Library Story Walk

1.30pm - 2.30pm

Bring the kids down to the library and join the staff on this short walk with a tale to tell.

Please contact 01427 890646 for details



Idle Valley Nature and Wildlife Walk

The Wildlife Trusts

6.00pm - 7.30pm

Discover the natural oasis on your doorstep and witness nature in this special guided tour of Idle Valley nature reserve.

Please book in advance by

calling 01777 713945



Wednesday 23

Smiley Milers

Bircotes Leisure Centre

10.00am - 11.30am

Join this weekly walking group as they enjoy a brisk walk around the Scrooby area. 2 & 4 mile walks available. Great for your health!

Please contact 01909 731508 for details



Step2it Langold

10.00am - 11.30am Andy's Café at Langold Park

Join this weekly walking group as they enjoy a brisk 3-mile walk around the park, lake and surrounding fields. Great for your health!

Please contact 01909 540335 for details



Step2it Retford

Retford Leisure Centre

6.30pm - 8.30pm

Join this weekly walking group as they enjoy a summer evenings walk around Retford

Please contact 01777 702204 for details



Wildlife Walk at Clumber Park

7.30pm - 9.30pm Meet at Conservation Centre

Explore the parkland and wildlife of Clumber Park on this evening walk when the crowds have gone and it's nice and quiet.

Please contact 01909 496592 for details.



Thursday 24

Step2it Dukeries

Kilton Forest Golf Club

10.00am - 11.30am

Join this weekly walking group as they enjoy a brisk walk around the golf course and surrounding fields. A 3 & 5-mile walk are available. Great for your health!

Please contact 07599 340551 for details



Retford Library Rattle, Rhyme & Roll Walk

2.00pm - 3.00pm

Bring the kids down to the library and join in the noise and fun of this very musical walk.

Please contact 01777 708724 for details



Saturday 26

Bircotes Library Story Walk

11.00am - 12.00pm

Bring the kids down to the library and join the staff on this short walk with a tale to tell

Please contact 01302 742834 for details



Story Walks at Clumber Park

Meet at Conservation Centre

Morning walk 10.30am

Afternoon walk 2.30pm

The mobile library will be visiting Clumber Park to deliver one morning and afternoon story walk along with their terrific selection of books to entertain you and the kids.

Please contact 01777 708724 for details



Sunday 27

Worksop Ramblers

Meet at Worksop Memorial Car Park and car share to Welbeck

10.00am - 3.30pm

Enjoy your Sunday with a walk through Manor Park, Welbeck, Truman's Lodge, Clumber and Hannah Park.

Please contact 01909 720898 for details



Retford Museum Town History Walk

1.00pm - 2.00pm

Learn about the heritage of this pretty market town and enjoy the delights of the Farmer's Market.

Please contact 01777 860780 for details

