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**Pilkington Walking Club** We're a friendly group of walkers who meet on the 2nd Sunday of each month, with coach travel provided from Thorne, kirk Sandall and Clay Lane. Our walks are generally 6 to 8 miles, usually with a shorter option for those who prefer something

doncasterramblers.org

**Doncaster Ramblers** Doncaster Ramblers group walk twice a week throughout the year and three times in the summer. Membership secretary is Catherine Palmer. Call: 01302 783613 or visit: www.

**Doncaster Walking for Health** Enjoy free, short, organized walks in Doncaster that are less than three miles or under an hour, designed with health in mind. For a timetable or more information call: 01302 735403 or visit: www.doncaster.gov.uk/walking

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Hatfield Moors Free, organised walks of varying length available at Hatfield Moors, Boston Park car park, Hatfield every 1st and 3rd Wednesday of the month, starts at 9.30am. For more information, call:

**Doncaster Outsiders Walking Club** Walk once a month on a Sunday for a full fun day out. The coach picks up at 8am from Doncaster Markets car park. For programme and details visit our website. For brogramme and details visit our website. For brogramme and details of NS83 953212 or visit:

dearnevalleyramblers.org.uk

**Dearne Valley Ramblers** We are a small, friendly group of walkers, which promotes walking and protection of access to the countryside. Based in the Dearne Valley, the group's members are mainly from the Doncaster, Barnsley and Rotherham areas. Our walks vary in length from 5 to 10 miles. We welcome responsible dog owners and their from 5 to 10 miles. We welcome responsible dog owners and their from 5 to 10 miles. We welcome responsible dog owners and their from 5 to 10 miles. We welcome responsible on our walks, call: 01709 586870 or visit: www.

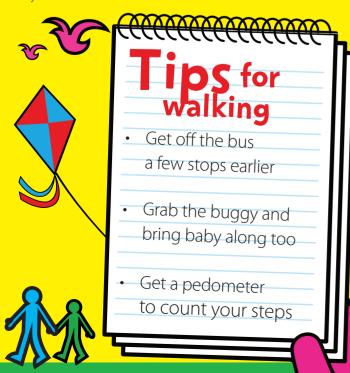
Weekend Wanderers The coach picks up every 1st Sunday of every month from outside Ward Bros, Wood Street. A friendly group of walkers with the sole intent of enjoying fresh air and taking in amazing scenery, whilst enjoying friendships old and new. Walker are usually 8 miles, with nothing too strenuous. Non-walkers are also welcome, enjoying trips to tearooms or a spot of shopping. Call: 01302 851905 or visit: www.weekendwanderers.org.uk

Walking opportunities

# Making a Change4Life doesn't need to be difficult. With a little help, it can be really fun and rewarding!

## Why walking is good for you:

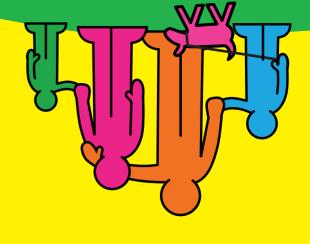
- Good for bones and muscles: walking is good for bone density and posture and helps keep bodies lean and supple.
- Builds up stamina: walking gets your whole body used to being healthy.
- Burns calories: a brisk walk can burn calories and help keep you trim. The brisker the better but you should still be able to hold a conversation.
- Helps beat stress: walking can make you feel good, especially if you're out and about in surroundings that you love.
- Sociable: take a friend or family and have a natter while you walk.





If you've been on one of tweet your picture or comments

#getdoncastermoving



### www.doncaster.gov.uk/walking

These are weekly walks delivered in and around Doncaster for people to get involved in and get active. We have over 10 walks that take place on a weekly basis with the emphasis of getting fit and active and most of the walks being under an hour. For more information on regarding the Walking for Health scheme, please call 01302 735403 or visit

# doncaster walking for health

Our lifestyles can be more unhealthy than we think. reh One You son score.





If you are interested in supporting or assisting in any of the planned walks or would like to get involved in the future, then we can provide you with free, nationally accredited training to do so. For more information on the training and when the next course is taking place, call: 01302 735403.

Volunteer Walk Leader Training

Do you fancy becoming a walk leader?

# Things to note

- Whilst we make all of our walks as safe and enjoyable as possible, any event attended is done so at your own risk.
- Please let the walk leader know if you have any health problems.
- Under 16s must be accompanied by an adult.
- We recommend that you bring a drink and wear appropriate clothing and footwear for the walks.
- We recommend that you ensure that you are fit and able to participate in the walk.
- Doncaster Council and partners cannot accept any responsibility for any personal injury or loss of or damage to property.
- The walks may be cancelled without any notice in the interest of public safety.
- Please be aware that there may not be toilet facilities available at the walks owing to their location.
- All start times are prompt so please arrive in good time for registration.
- When taking part in dog friendly walks, please note that dogs must be kept on a lead at all times.
- You can plan your journeys to and from our walks by bus and train by calling Travel South Yorkshire on 01709 515151 or using the journey planning tools online at www.travelsouthyorkshire.com/journeyplanning

Information can be made available in 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.

2016DCGDW

free from our website: www.doncaster.gov.uk/walking

distances and start and finish locations. Maps and detailed route information can be downloaded for

As well as guided organised walks listed in the programme, you can also access a number of self-led walks which you can enjoy by yourself, or with your family and friends, whenever the mood takes you. All the routes have been pre-walked and provide you with step-by-step directions,

## Mapped Walking Routes

L/Cpl Ben Parkinson MBE will again be leading the first walk of the festival. The walk will be delivered in partnership with Club Doncaster Foundation and all proceeds raised on the day will be donated to Ben's charity, Pilgrim Bandits. Ben will also be the official match day mascot for the Doncaster to the walk will be entitled to reduced price match day tickets for the game. (Please see enclosed for more day tickets for the game. (Please see enclosed for more information and details).

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Get Doncaster Walking festival is here again encouraging Doncaster residents to get more active out in their local community, appreciate Doncaster's large open green spaces and have

It's a great honour to announce that Doncaster's Paratrooper,



get Dencaster Walking

A programme of walks
21 January - 23 May 2017









www.doncaster.gov.uk/walking 01302 735403

# get bencaster Walking

# A programme of walks 21 January - 23 May 2017

www.doncaster.gov.uk/walking 01302 735403

#getdoncastermoving



Means fully accessible for wheelchairs and pushchairs



Times shown are prompt starting times

Sat 21 Jan-1.5 miles-10.30am-Stroller

The Lakeside Ben Parkinson sponsored walk in partnership with Club Doncaster and supported by Pilgrim Bandits Charity

Meet at Keepmoat Stadium, Car Park 3, Stadium Way, DN4 5JW. The walk will commence from the East Stand reception (next to the sculpture). The first walk of the 2017 program and it's a great honour to announce that Paratrooper, L/Cpl Ben Parkinson MBE will again be leading this walk in his home town of Doncaster for a second consecutive year. It would be great to see as many people turn up and get involved in supporting Ben lead this walk. All attendees at the event will be entitled to a reduced price match ticket for the Doncaster Rovers Vs Crewe FC fixture (£10 adults, £5 seniors & 17-21 year olds, £1 for 16 and under). Also, if you would like to support Ben and raise money for Pilgrim bandits, please visit http://pilgrimbandits.org/donate/

### Tues 24 Jan-1.5 miles-9.30am-Stroller **Denaby Treasures Walk**

Meet at Denaby Children Centre, School Walk, DN12 4HZ. A short walk around Denaby designed to bring the community together and the opportunity to discover some of Denaby's treasures along the way. Come along and meet some new people.

#### Sun 29 Jan-4 miles-10.30am-Stroller **Doncaster Ramblers Two Villages Walk**

Meet at Finningley Village Green, DN9 3BW. A walk to Blaxton across the fields visiting 'Pond 'o' the Hill' and the ancient Castle Mount and back to Finningley. For more information please call 07786530460.

#### Tues 31 Jan-3.5 miles-10.30am-Strider **Guided walk around Potteric Carr**

Meet at Sedum House (Potteric Carr main entrance), DN4 8DB. Beautiful scenery at this local wetland nature reserve, with lots of wildlife to see too! Café available at the end of the walk or you can bring a packed lunch and explore the rest yourself.

#### Sat 4 Feb-3 miles-10.30am-Stroller **Edlington Pit Wood Walk**

Meet at Edlington Pit Top main entrance, off Broom House Lane, Edlington, DN12 1ES. Come and join us on a beautiful 3 mile walk around the establishment of the community woodland.

# Sun 5 Feb-5.5 miles-10.30am-Stroller

**Doncaster Rambers Hooton Roberts Circular** 

Meet at Earl of Strafford pub, lower car park, Doncaster Road, S65 4HN. This is a lovely walk from the pretty village of Hooton Roberts. It mostly follows tracks and footpaths, some rarely walked, through some gently undulating countryside. Parking is by kind permission of the owner of the Earl of Strafford, so you would be welcome to call in for Sunday lunch after the walk. For more information please call 07841254095.

#### Sun 12 Feb-4 miles-10.30am-Stroller **Snowdrop Festival Walk (Barnby Dun)**

Meet at The Swing Bridge, Forstead Lane, Barnby Dun. A stroll along the canal at Barnby Dun to view the snowdrops, afterwards. All welcome.

### Sat 18 Feb-4 miles-10.30am-Stroller **Edlington Martinwells Lake and surrounding** countryside Walk

Meet at Martinwells Centre, Thompson Avenue, Edlington, DN12 1JD. Come and join us on a beautiful 4 mile walk around the transformed Martinwells lake



### Sat 25 Feb-5 miles-10.30am-Stroller-DF Let's Get Active Askern Walk

Meet at Askern Boating Lake car park, Askern, DN6 0JA. Come and join us for a pleasant 5 mile walk taking in the surrounding areas of Askern Lake, Campsall Country Park, Campsall and Norton before returning back to the boating lake. This walk takes approx. 2 hours.

#### Sun 26 Feb-3 miles-10.30am-Stroller

Adder Spotting Guided Walk on Hatfield Moors - part of Humberhead Peatlands National Nature Reserve

Meet at Hatfield Moors-Boston Park car park, SE683 048 (No Post Code). The Humberhead Peatlands National Nature Reserve is home to a sizable population of adders. Did you know that adders dance? Come and find out more about this protected species with the NNR volunteers on a family walk. Booking is essential. Call 07766 420290 to book and for further information about this event.

#### Tues 28 Feb-3.5 miles-10.30am-Strider **Guided walk around Potteric Carr**

Meet at Sedum House (Potteric Carr main entrance), DN4 8DB. Beautiful scenery at this local wetland nature reserve, with lots of wildlife to see too! Café available at the end of the walk or you can bring a packed lunch and explore the rest yourself.

#### Sat 11 Mar-6 miles-10.30am-Stroller Let's Get Active Hexthorpe Riverside

Meet at Delves Café, Hexthorpe Park Gates, DN4 0HY. Enjoy the sights and sounds of the river and surrounding countryside on this lovely 6 mile round walk of the river Don. Leaving the rear of the park, walking up to the Boat Inn pub and returning.

#### Tues 14 Mar-3.5 miles-10.30am-Strider **Guided walk around Potteric Carr**

Meet at Sedum House (Potteric Carr main entrance), DN4 8DB. Beautiful scenery at this local wetland nature reserve, with lots of wildlife to see too! Café available at the end of the walk or you can bring a packed lunch and explore the rest yourself.

# Sun 19 Mar-5 miles-10.30am-Strider

**Doncaster Ramblers Campsall Canter** 

Meet at Campsall Country Park car park, Churchfield Road, DN6 9LT. Come and join us on a pleasant 5 mile circular walk around part of the park and then along some of the lanes, paths and byways in the Campsall and Norton area. For more information please call 07729120900.

# Sat 25 Mar-5 miles-10.30am-Stroller

**Mexborough Circular Walk** 

Meet at Mexborough Day Centre, Harlington Road, S64 0QG. Come and join us for a 5 mile walk taking in the surrounding areas of Mexborough, Harlington and Denaby Ings before returning back to Mexborough Day Centre via the River Dearne & River Don path. Car parking available in the Day Centre car park. This walk takes approx.  $2-2\frac{1}{2}$ 

#### Sun 26 Mar-4.5 miles-10.30am-Strider **Doncaster Ramblers Over the Hill to a Different Place**

Walk

Meet at the car park at the end of the straight mile, Off Leger Way, Sandall Beat Road, DN2 6JP. Walk through Sandall Beat Woods, over the railway track, up to Markham Top and over the Hill. Through some more woods, a park and back to where we started. It can be muddy through the woods so good footwear needed. An easy walk for a spring day but one you can easily do with friends on other dates. For more information please call 07849370178.

#### Sun 2 Apr-2 miles-10.00am-Stroller Sandall Park Stroll

Meet at Sandall Park car park, DN2 5DY. An easy walk taking in the history of the park and future developments.

# Sat 8 Apr-2.5 miles-10.30am-Stroller Pigotts Park and Minneymoor Walk

Meet at Conisbrough Castle Visitor Centre, Castle Hill, Conisbrough, DN12 3BU. A walk through the historic village of Conisbrough and its environs with spectacular views of the castle, village and surrounding countryside. Pace is relaxed and history notes given throughout. Easy walk, though there are steep hills and could be muddy

# Sun 9 Apr-4.5 Miles-10.30am-Stroller

**Doncaster Ramblers Barnburgh Circular** 

Meet at St Peters Church, Church Lane, Barnburgh, DN57HL (please park Considerately). A relatively easy walk along the lanes and footpaths around this pretty village. There are excellent views of the countryside from the track along Barnburgh Crag. Bring a drink and snack for a short break around the half-way point. For more information please contact 07796206376.

## Wed 12 Apr-2 miles-1pm-Stroller

Edlington Easter Egg Hunt

Meet at Yorkshire Main Community Centre, Edlington Lane, DN12 1AB. Come and join us for a fun afternoon: Starting off at Yorkshire Main Community Centre to make an Easter Basket then we take a walk up to and around Martinwells Lake for an Easter Egg Hunt.

#### Sun 23 Apr-2 miles-10.30am-Stroller **Doncaster Lakeside Walk**

Meet at Cheswolds Pub (near the Vue Cinema), Doncaster Leisure Park, Herten Way, DN4 7NW. Come and join members of the Doncaster Lakeside Wildlife Action Group to see the early signs of spring in this beautiful place. There should be a number of different species of birds on the lake and they will be identified should anyone wish to find out more. Also some of the wild flowers will be starting to

## Tues 25 Apr-3.5 miles-10.30am-Strider

show. The area is accessible for all.

**Guided walk around Potteric Carr** 

Meet at Sedum House (Potteric Carr main entrance), DN4 8DB. Beautiful scenery at this local wetland nature reserve, with lots of wildlife to see too! Café available at the end of the walk or you can bring a packed lunch and explore the rest yourself.

## Sat 6 May-6 miles-10.30am-Stroller

Let's Get Active Cusworth Circular Walk

Meet at Cusworth Hall (main doors), off Cusworth Lane, DN5 7TU. Come and join us for a beautiful 6 mile walk taking in the surrounding areas of Cusworth and Sprotbrough before returning back to Cusworth Hall. Car park charges apply. This walk takes approx. 2 1/2 hours.

# Sat 13 May-3 miles-10.30am-Stroller

**River Don and Viaduct Walk** 

Meet at Conisbrough Castle Visitor Centre, Castle Hill, Conisbrough, DN12 3BU. A walk along the historic River Don and woodland from Conisbrough Castle, with spectacular views of the castle, village and surrounding countryside from the Pennine Trail and viaduct. Pace is relaxed and history notes given throughout. Easy walk, though there are a couple of scambles and could be muddy underfoot.

#### Sun 14 May-5 miles-10.30am-Strider **Doncaster Ramblers Bentley Community Woodland Walk**

Meet at Bentley Park car park, Cooke Street, Bentley, DN5 0EA. A 5 mile walk from Bentley along the TPT to Bentley Community Woodland where we do a circular walk that gives varied views of north of Doncaster to all points of the compass. For more information please call 07546526302.

#### Wed 17 May-4.5 miles-6.30pm-Strider Evening Walk on Hatfield Moors - part of Humberhead **Peatlands National Nature Reserve**

Meet at Hatfield Moors - Boston Park car park, SE683 048 (No Post code). Hatfield Moors early summer evening walk around this unique and beautiful Reserve – part of the Humberhead Peatlands National Nature Reserve hoping to see deer and owls.

## Tues 23 May-3.5 miles-10.30am-Strider

**Guided walk around Potteric Carr** 

Meet at Sedum House (Potteric Carr main entrance), DN4 8DB. Beautiful scenery at this local wetland nature reserve, with lots of wildlife to see too! Café available at the end of the walk or you can bring a packed lunch and explore the rest yourself.

