

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.

Tips for walking:

- Get off the bus a few stops earlier
- Grab the buggy and bring baby along too
- Get a pedometer to count your steps

For more useful tips on how to eat well, move more and live longer visit www.nhs.uk/Change4life



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 a walking guide know if you have any health problems.
- Under 16s must be accompanied by an adult.
- We recommend that you bring a drink and wear appropriately Clothing and Footwear for the walks.
- We recommend that you ensure that you are fit and able to participate in the walk.
- Doncaster Council, NHS Doncaster 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.

Buses and Trains

Telephone Travel South Yorkshire on 01709 515151 for full details of all bus and train services, or visit

www.travelsouthyorkshire.com

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.

Get Doncaster Walking

A festival of walks

8 January - 26 May 2012



www.doncaster.gov.uk/walking

After the hugely successful award winning Get Doncaster Walking Festival 2011 where over 1000 residents took part in our walks, this year we have decided to deliver bigger and better walks throughout the whole year.

We have a whole range of different walks with something to suit everyone. You can take part at what ever pace suits you. This event leaflet lets you know how easy or hard each walk is and the orange circle symbolises the events which are suitable for wheelchairs and pushchairs. The dog icon symbolises the walk is dog friendly but dog must be kept on a lead at all times.

Information about the walks

If you need any further details about any of the listed walks, please call the numbers provided or alternatively call **01302 735403** for general information.

Walking opportunities

Walking for Health – All year round

Enjoy free, short, organised walks in Doncaster that are less than 3 miles or less than an hour, designed with health in mind. They currently take place at Dunsville Quarry Park, Hexthorpe, Hatfield Moors, Melton Wood, Sandall Beat Wood, Thorne and Woodlands. For a timetable please call **01302 735403** or visit www.doncaster.gov.uk/walking

Doncaster Ramblers Group

Doncaster's Ramblers Group walk twice a week throughout the year and three times in the summer. Membership secretary is Catherine Palmer. Tel: **01302 783613** or visit www.doncasterramblers.org

Volunteer walk leader training

Do you fancy becoming a walk leader?

We can provide nationally accredited training free for volunteers. Training takes place throughout the year. To book a place call **01302 735403**.

Doncaster council's countryside team

Based at Sandall Beat Wood, the team provide a series of varied events to help you explore Doncaster's countryside, wildlife and heritage including regular walks through the year.

For information contact **01302 300798** or visit www.doncaster.gov.uk/countryside



Get Doncaster Walking

A festival of walks 8 January - 26 May 2012

www.doncaster.gov.uk/walking



Means fully accessible for wheelchairs and pushchairs



Dog Friendly

Times shown are prompt starting times

Sun 8 Jan-10.30am-4.5 miles-Moderate
Get Doncaster Walking Festival Launch Bentley Walk

Meet at Bentley Pavilion, Askern Road, DN5 0HU. Join us on a gentle walk to kick start the Get Doncaster Walking Festival. The walk is part of the Bentley Hit Squad campaign, with refreshments and health services available in the pavilion before and after the walk.



Sun 15 Jan-10.30am-4 miles-Easy
Doncaster Ramblers Bessacarr Walk

Meet at Car park at Vue Cinema, Lakeside, DN4 7NW. Join Doncaster Ramblers for a walk around the lake, up the small hill, through the lanes to the Flying Childers pub, then return back to the car park.



Sun 22 Jan-10.30am-9 miles-Hard
Doncaster Rovers Beat the Bounds Walk

Meet at Armthorpe Community Centre, The Gables, Church Street, DN3 3AN. The walk covers the vast majority of the boundaries around the village of Armthorpe. The walk is intense and involves walking on designated farm land and a series of public footpaths and bridleways.



Sun 29 Jan-10.30am-5 miles-Moderate
Doncaster Ramblers Hooton Pagnell Walk

Meet at with the vicinity of the village church, DN5 3BT. We set off from Hooton Pagnell using field tracks towards Hampole before returning back to the start of the walk through the woods.



Wed 1 Feb-9.30am-2.5 miles-Easy
Hatfield Moors Health Walk

Meet at Hatfield Moors-Boston Park, car park. Join us on a 2/3 mile walk around the stunning Hatfield Moors. Your guide will take you on a different route each time, at a pace that suits all.



Fri 3 Feb-10.30am-1 mile-Easy
Town Centre Heritage Walk

Meet at Tourist Information Centre, The Blue Building, High Street, DN1 1DE. Come and join the Tourist Information staff on a 2 hour walk around the town centre looking at some of its most interesting buildings. Please note a cost of £4 per participant.



Sun 5 Feb-10.30am-3 miles-Easy
Cantley Woodland Wander

Meet at Cantley Sports Pavilion, Cantley Park, Aintree Avenue, DN4 6HR. Walking through Cantley Park into Crowther Wood taking in a glimpse of Cantley Hall and its grounds followed by a refreshing walk round the woods. The Pavilion will be open to purchase hot and cold drinks.



Tue 7 Feb-10.00am-5 miles-Easy
Thorne Moors-Springs on its way Walk

Meet at Recreation Ground car park, end of Grange Road, DN8 4NA. A lovely morning walk on Thorne Moors, looking for signs that spring is just around the corner-part of Humberhead Peatlands National Nature Reserve.



Wed 8 Feb-5.45pm-1.5 miles-Easy
Healthy Weight Solutions Lakeside Walk

Meet at The Cheswold Pub, Herten Way, DN4 7NW. Come and join us in a short distance health walk around lakeside. Suitable for beginners.



Sun 12 Feb-10.30am-4 miles-Easy
Snow Drop Festival-Barnby Dun to Kirk Bramwith Walk

Meet at Swinbridge, Forestead Lane, Barnby Dun. Everyone is welcome on this stroll along the canal to view the snowdrops and enjoy the craft fayre at Kirk Bramwith church. Tea, coffee and snacks will be available.



Sun 19 Feb-10.30am-6 miles-Moderate
Austerfield Amble

Meet at Austerfield Study Centre, Hight Street, DN10 6RG. Enjoy this six mile circular walk around the quiet historical village of Austerfield, the birth place of William Bradford.



Sun 26 Feb-10.30am-5 miles-Moderate
Doncaster Ramblers Tickhill Walk

Meet at the Buttercross in the centre of Tickhill, DN11 9LZ. There is no better way on a Sunday morning to stretch your legs, put lots of fresh air into your lungs and see Tickhill in a different perspective.



Mon 27 Feb-10.00am-8 miles-Easy but long
Civic Mayor's Charity Walk Askern

Meet at Alexander House, Askern DN6 0AB. Parking at Alexander House. Come and join us on a beautiful 8 mile walk. Get fit and at the same time help local organisations.



Fri 2 Mar-10.30am-1 mile-Easy
Town Centre Heritage Walk

Meet at Tourist Information Centre, The Blue Building, High Street, DN1 1DE. Come and join the Tourist Information staff on a 2 hour walk around the town centre looking at some of its most interesting buildings. Please note a cost of £4 per participant.



Sun 4 Mar-10.30am-7.5 miles-Moderate
Doncaster Ramblers Scrooby Walk

Meet at Scrooby Church, DN10 6AJ. Join Doncaster Ramblers for a lovely 7.5 mile walk which includes lanes, fields, streams, woodland, a short stretch of road walking, a couple of stiles and level crossings. Allow about 4 hours for this walk.

Mon 5 Mar-10.00am-13 miles- Easy but long
Civic Mayor's Charity Walk Moorends

Meet at Hedgerow Childrens Centre, Marshland Road, Moorends, DN8 4SB. Come and join us on a beautiful 13 mile walk. Get fit and at the same time help local organisations.



Sun 11 Mar-10.30am-5 miles-Moderate
Doncaster Ramblers Brodsworth Walk

Meet at Brodsworth Community Woodland, Long Lands Lane, DN5 7XB. Come and join us on a 5 mile walk around the beautiful new woodland on the old pit top site, with extensive views from the top and onto Highfields Park.



Mon 12 Mar-10.00am- 9 miles- Easy but long
Civic Mayor's Charity Walk Mexborough

Meet at Mexborough Library S69 9HS. Come and join us on a beautiful 9 mile walk. Get fit and at the same time help local organisations and parking available at Mexborough Interchange.



Sat 17 Mar-10.30am -4 miles-Easy
Hexthorpe River Walk

Meet at Hexthorpe Park entrance, DN4 0HY. Take in the historic and picturesque Hexthorpe Park and follow a route along the river, cross over the River Don at the old railway bridge, towards Sprotborough falls and back again.



Mon 19 Mar - 10.00am- 8 miles-Easy but long
Civic Mayor's Charity Walk Tickhill

Meet at Tickhill Library DN11 9QU. Come and join us on a beautiful 8 mile walk. Get fit and at the same time help local organisations. Parking available Tickhill Library.



Sat 24 Mar-10.30am-2 miles-Easy
Dunsville/Quarry Park Walk

Meet at Dunsville Community Centre, High Street, Dunsville, DN4 7BX. An excellent opportunity to take in the beautiful surroundings of Quarry Park, during this easy walk.



Sun 25 Mar-10.30am-6 miles-Moderate
Doncaster Ramblers Barnburgh Circular Walk

Meet at Coach and Horses Pub, Barnburgh, DN5 7EP. Join us in Barnburgh village for a circular walk around Barnburgh and the High Melton area. Good tracks and footpaths throughout, with only a few uphill sections. Short break for drinks at 11.45am, so bring a flask.



Sat 31 Mar-10.30am-5 miles-Moderate
Doncaster Ramblers Finningley Walk

Meet at Finningley Village Green, DN9 3DW. Join us on a 5 mile walk from Finningley, towards Austerfield and then returning via the side of the Airport.



Sun 1 Apr -10.30am-2miles or 5 miles-Easy
Potteric Carr Walk

Meet at Potteric Carr Nature Reserve, Sedum House, Mallard Way, DN4 8DB. Come and discover Yorkshire Wildlife Trust's flagship nature reserve, to get a flavour of this wonderful wetland and the wildlife found here. Join us for a family friendly route of 2 mile or enjoy a 5 mile hike around this exciting wetland habitat. Booking is essential for both guided walks. Please contact 01302 570077 for more details or to book a place.



Wed 4 Apr-9.30am-2.5miles-Easy
Hatfield Moors Health Walk

Meet at Hatfield Moors-Boston Park, car park. Join us on a 2/3 mile walk around the stunning Hatfield Moors. Your guide will take you on a different route each time, at a pace that suits all.



Sun 8 Apr-10.30am-5.5miles-Moderate
Conisbrough-Kings Trail & Miners Trail combined walk

Meet at the Castle Inn Pub, Minneymoor Hill, Conisbrough. From the Castle Inn we walk towards the Conisbrough Viaduct, across the River Don and onto the Earth Centre on the Pennine Way. From the Earth Centre onto Conisbrough Castle and then returning back to the Castle Inn.



Fri 13 Apr-10.30am-1mile-Easy
Town Centre Heritage Walk

Meet at Tourist Information Centre, The Blue Building, High Street, DN1 1DE. Come and join the Tourist Information staff on a 2 hour walk around the town centre looking at some of its most interesting buildings. Please note a cost of £4 per participant.



Sat 14 Apr-10.30am-2.5miles-Easy
Thorne Walk

Meet at Vermuyden Centre, Field Side, Thorne, DN8 4BQ. Bring the family along for a pleasant stroll around the historical village of Thorne.



Sun 15 Apr-10.30am-4.5miles-Moderate
Levitt Hagg Walk

Meet at Mill Lane, Sprotborough. (Car park on the island, between the two bridges). This walk takes us past the remains of the village of Levitt Hagg, then crossing the impressive viaduct over the river and returning along the riverside path then up to Pot Ridings Wood and returning to the start.



Sun 22 Apr-10.30am-4miles-Easy
Sprotborough & Cusworth Walk

Meet at Cusworth Hall, DN5 7TU. The walk begins from Cusworth and heads towards Sprotborough, using the Trans-Pennine Trail and local footpaths before returning back to the beautiful grounds of Cusworth Hall.



Sun 29 Apr-10.30am-3miles-Easy
Cantley to Armthorpe Pit Top Walk

Meet at Cantley Sports Pavilion, Cantley Park, Aintree Avenue, DN4 6HR. From Cantley Pavilion, this walk heads through Cantley woodland onto the former Pit Top site. You can see for miles across the borough on a clear day! You can take a short breather at the 'summit' before we descend back down through the woods and park. The pavilion will also be open to purchase hot and cold drinks.



Wed 2 May-9.30am-2.5miles-Easy
Hatfield Moors Health Walk

Meet at Hatfield Moors-Boston Park, car park. Join us on a 2/3 mile walk around the stunning Hatfield Moors. Your guide will take you on a different route each time, at a pace that suits all.



Fri 4 May-10.30am-1mile-Easy
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Sat 5 May-10.30am-2mile-Easy
Rossington Roam

Meet at Brodsworth Way, Rossington, DN11 0FD. Come and join us in a lovely walk around the countryside of Rossington. If you're lucky enough, you may even see a wild deer.



Wed 9 May-5.45pm-2miles-Easy
Healthy Weight Solutions Town Fields Walk

Meet at Town Fields Pavilion, Thorne Road, DN1 2JS. Come and meet us outside the Town Fields Pavilion for a short health walk. The walk can be divided into two distances, so we can accommodate various abilities. If 2 miles is too far, you can opt for a shorter 1 mile route.



Sun 13 May-10.30am-5miles-Moderate
Doncaster Ramblers Pickburn & Hampole Wood Walk

Meet at The Pickburn Arms Country pub car park, Doncaster Road, DN5 7UZ. A circular walk from Pickburn around Hampole Wood, giving extensive views of the countryside to the North of Doncaster. Walking boots or shoes are advised for this walk.



Sat 19 May-10.30am-4.5 miles-Moderate
Hatfield Countryside Walk

Meet at Hatfield Water Park, Thorne Road Hatfield, DN7 6EQ. Come and join us on a beautiful country side walk around the historical village of Hatfield.



Sun 20 May-10.30am-5miles-Moderate
Doncaster Rovers Armthorpe to Hatfield Moors Walk

Meet at Armthorpe Community Centre, The Gables, Church Street, DN3 3AN. A great walk with fantastic views of Hatfield Moors. Walkers will have the opportunity to explore Hatfield Moors before we return back to Armthorpe.



Sat 26 May-10.30am-3miles-Easy
Campsall Country Park (Askern) Walk

Meet at Campsall Country Park car park, Churchhill Lane, DN6 9LN. This walk will take in the scenic surroundings of Campsall Country Park and then on up to Warren House Park, which has been transformed into a public open space and wildlife haven.

