walking for health

Step2it Retford

Programme of events

2015

Tuesday 10am **Retford Cricket Club** **Walk Option 1** Grade 1 walk- suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes, mainly firm surfaces with no steps or slopes	✓				✓	✓				✓		✓	✓
Tuesday 10am **Retford Cricket Club** **Walk Option 2** Grade 2 walk - suitable for people who are looking to increase their activity levels. Thay are between 30 - 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles		✓			✓		✓			✓		✓	✓
Tuesday 10 am **Retford Cricket Club** **Walk Option 3** Grade 3 walk - for people looking for more challenging walks and increasing their levels of physical activity. They are generally 45 - 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.			✓		✓		✓	✓		✓		✓	✓
Tuesday 10am **Retford Cricket Club** **Walk Option 4** Grade 4 (progressive) walk - These walks are more than 90 minutes in duration and are likely to include slopes, steps,uneven surfaces and muddy surfaces. This is more challenging than grade 3 walks.				✓	✓		✓	✓	✓	✓		✓	✓

Short Up to 30 minutes

Medium 30-60 minutes

Longer 45-90 minutes

Toilets Available

Wheelchair

Uneven Ground

Inclines

May be Muddy Underfoot

Refreshment

Rest Opportunities

Accessible Via Public Transport

Car Parking Available

Beyond Walking for Health Walks more than 90 minutes duration and likely to include slopes, steps, stiles and uneven surfaces.

Getting active can be hard, but we're here to help.

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks today.

www.walkingforhealth.org.uk

WE ARE MACMILLAN. CANCER SUPPORT

ramblers

Supporting you to get active and stay active

Walk Title

Walk Date
Walk Location
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Short
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Medium
30-60 minutes

Longer
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Beyond Walking for Health
Walks more than 90 minutes duration and likely to include slopes, steps, stiles and uneven surfaces.