

Being regularly active can help you control your weight, maintain good health, and lower your risk of getting major diseases including obesity, heart disease stroke, diabetes and some cancers.

Aim for 30 minutes on five or more days of the week, and for children, an hour per day, every day.

SKEGNESS WALKS LIST

Please note that all walks are led by qualified walk leaders. Participants take part at their own risk and must inform the walk leader of any medical conditions that could have an impact on their ability to take part in an activity.

Walks last for around one hour and we always make time for tea and coffee afterwards.

January 2009

20th January, 10.00am.

Gibraltar Point Visitor Centre Car Park

A favourite with the Skegness walking group, beautiful scenery whatever the weather although it can be quite bracing, so wrap up warm if it looks chilly outside.

27th January, 10.00am

Tesco Skegness

It may not sound exciting but we will be heading out towards Coronation Walk which is a nice wooded area in the centre of Skegness and returning to Tesco for tea and coffee.

February 2009

3rd February, 10.00am

Renaissance Hotel, Beach side entrance

Situated at the far south end of Skegness we will walk along the seafront taking in Lagoon walk and the boating lake.



10th February, 10.00am

Welcome Inn, Burgh Rd

The King George walk is another Skegness gem, weather permitting we will head over to Winthorpe, so this one can be a little longer than usual but there is the option to cut back early.

17th February 10.00am

Xsite Skatepark, Car Park

Starting at the far end of North Parade we will head towards the beach and follow the outskirts of the skatepark. Budding skateboarders welcome!

24th February 10.00am

Vine Hotel, nr Drummond Rd

This walk takes in part of Coronation walk with a stretch of beach walking if the weather has been kind to us.

March 2009

3rd March 10.00am

Ye Olde Burgh Inn, High St, Burgh Le Marsh

A new one for the Skegness walking group, if anybody can offer a lift to other members of the group it would be much appreciated.

10th March 10.00am

Gibraltar Point Visitor Centre Car Park

There are numerous walks around the reserve, so prepare for something different to our last visit here.

17th March 10.00am

Embassy Theatre/Swimming Pool

The theatre based in the centre of Skegness provides a good starting point for us to take in Tower Gardens.



24th March 10.00am

Welcome Inn, Burgh Rd

This is another popular location which provides an opportunity to explore different routes, so prepare for something different to our last visit here.

31st March 10.00am

Tesco Skegness

This time we will be heading over to the Seagull recycling owned environmental site to see how spring has changed the site following our walk here in December 2008.

April 2009

7th April 10.00am

Renaissance Hotel, Beach side car park

Some beach walking planned for this walk; though it may change if the weather looks like making it hard work.

If you have any queries about the above walks or require general information about the East Lindsey Active scheme, please contact Alex Woollen, Scheme Coordinator:

e-mail alex.woollen@sustrans.org.uk or call 0750 0079287.

