

NAVENBY HEALTH WALKS – 2017

The list below gives a rough idea of the walks undertaken during the Navenby Health Walk between May to August 2017. You may notice that sometimes longer distances take less time than shorter distances – this is not an error but reflects the pace of the different individual walkers involved each week, the number of total walkers and brief stops included at points of interests, or for groups of different paces to re-join. We do not have a standard set pace, as the activity is not a race or a Rambo-style demonstration – the Social Strollers is an important part of the name! In general, the more walkers there are, the longer it takes to cross roads etc safely, so the total time taken reflects this.

The route normally involves a distance of between 2 and 4 miles and a maximum walking time of 1 hour 30 mins, although the total time involved may sometimes exceed this, including travelling to and from a remote start point. Whether the walk actually starts from the meeting point at The Surgery, Grantham Rd, Navenby each Friday at 1000 or from a point further away (e.g. Temple Bruer church) depends on various factors such as prevailing weather (fog), the number of car seats available vs the total number of walkers and whether anyone is very time limited, needing to get back early. Also, some walkers often choose to go for a drink together afterwards at a convenient hostelry/café but, like the walk itself, there is no expectation to do so each week. If the café is at a remote location, there can be the option of one or more cars returning direct to Navenby for those who need to get back.

The actual route is selected by the Walk Leader to account for many factors, such as the needs of individual walkers who turn up (e.g. unable to manage steep hills), the weather (e.g. avoiding open spaces in strong headwinds/driving rain) and terrain (e.g. avoiding footpaths through muddy fields following heavy rain or fields with livestock). For all these reasons, the Walk Leader only decides upon the route when all the walkers have gathered at The Surgery on the morning of the walk, so it is not possible to announce the route in advance, before the start of each weekly event.

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<u>Date</u>	<u>Distance/ Time</u>	<u>Area or Route</u>	<u>No of Walkers</u>	<u>Weather/Notes</u>
7 Apr	3.5miles/1h:30m	Wellingore Lowfields	9	Fine & dry
14 Apr	3.0/1:20	Wellingore – Viking Way - Navenby	9	Cloudy with light rain
21 Apr	2.5/1:15	Wellingore Airfield	12	Dry but overcast & windy
28 Apr	3.0/1:15	Navenby – Boothby Graffoe	8	Fair with light cloud
5 May	3.0/1:15	Navenby – Viking Way - Wellingore	11	Bright & sunny- NE wind
12 May	2.0/1:00	Welbourn village	12	Warm with light showers
19 May	2.5/1:15	Wellingore – High Dike -Navenby	7	Light rain - very wet underfoot
26 May	3.0/1:20	Wellingore – Viking Way - Navenby	12	Dry, sunny & hot
2 Jun	3.0/1:20	Coleby – Boothby - Coleby	12	Live chat with BBC Radio Lincs
9 Jun	3.0/1:30	Navenby – High Dike - Wellingore	10	Fair with light cloud
16 Jun	3.75/1:20	Temple Bruer Church/Airfield/High Dike	10	Fair & warm but windy
23 Jun	3.0/1:20	Wellingore Lowfields	14	Occasional light rain
30 Jun	3.75/1:30	Boothby Graffoe/Coleby	12	Very humid, thick cloud
7 Jul	1.5/0:45	Woodland Waters, Ancaster	11	Very hot, dry & sunny
14 Jul	4.0/1:30	Wellingore Airfield/Navenby	7	Dry
21 Jul	2.5/1:15	Bloxholm Wood	14	Dry but windy
28 Jul	3.0/1:15	Temple Bruer/Gorse Plantation	11	Dry but windy
4 Aug	2.5/1:20	Bracebridge/Boultham Park	13	Dry & warm but windy
11 Aug	3.3/1:30	Bassingham/Carlton-le-Moorland	10	Fair
18 Aug	2.5/1:10	Scopwick/Kirkby Green	16	Scopwick War Graves
25 Aug	3.0/1:15	Wellingore Lowfields	16	Dry & bright

1 Sep	2.5/1:20	Wellingore – Ridge – Open Space - Venue	20	Superb - Navenby Activity Day
8 Sep	3.75/1:30	Surgery – Boothby Graffoe and Return	15	Very heavy shower but warm
15 Sep	3.5/1:20	Boothby Graffoe xroads – Coleby & return	17	Mainly dry – few spots of rain
22 Sep	No Social	Strollers official walk due to Walk Leader Area Event held at Market Rasen racecourse		
29 Sep	3.5/1:30	Navenby & Wellingore villages	18	Dry but very wet underfoot

Photos from 25 August Walk:



Metheringham walk 7th October 2017

