walk & talk

Programme of walks

Walks are free, no need to book. Everybody is welcome!

April 2012- March 2013

www.broxtowe.gov.uk/walking

Walk & Talk offers regular short walks in Broxtowe Borough. They give you the chance to improve your health, make new friends and get to know the local environment.

Broxtowe Sport
Broxtowe Borough Council

THE wildlife TRUSTS
NOTT NGHAMSHIRE

WALKING FOR HEALTH Accredited Scheme

Walk & Talk offers different types of walks, so that you can find a walk suitable for you. Please call if you need to discuss your needs.

♥ **Short walks**, between 45 minutes and one hour. Good surfaces on a fairly flat route with no stiles. They are suitable for newcomers to physical activity.

♥♥ **Longer walks**, up to 90 minutes, along a mixture of canal towpaths, lanes, footpaths and public rights of way across fields. Surfaces may be uneven or muddy in places, there may be slopes and some stiles. Please wear appropriate footwear for the conditions.

NORTH BROXTOWE

♥ **Short Walks**

COLLIERS WOOD/MOORGREEN

(route will vary depending on group and weather)
Meeting point: The Horse and Groom (rear car park), Church Road, Moorgreen.
Every Monday (except bank holidays and the 24th/31st Dec)
Every Wednesday 2pm (Except 26th Dec)

♥♥ **Longer Walks – Thursday Mornings 10.30am**
(route will vary depending on group and weather)
Walks will leave the start point at 10.30am

SPRING 2012

Date	Start Point	
5th April	Durban Hs, Eastwood	
12th April	Durban Hs, Eastwood	
19th April	Broad Oak, Strelley	
26th April	Broad Oak, Strelley	
3rd May	Gate Inn, Awsworth	* AGM
10th May	Gate Inn, Awsworth	
17th May	Royal Oak, Watnall	
24th May	Royal Oak, Watnall	
31st May	Royal Oak, Watnall	

SUMMER 2012

Date	Start Point	
7th June	Greasley Church***	
14th June	Greasley Church***	Peter Cook Memorial Walk
21st June	Three Ponds, Nuthall**	New start points
28th June	Three Ponds, Nuthall**	

* AGM to be held after the walk. 12 noon at The Gate Inn Awsworth

5th July	Crown Inn, Awsworth	
12th July	Crown Inn, Awsworth	
19th July	Great Northern, Langley Mill	
26th July	Great Northern, Langley Mill	
2nd August	Festival Inn, Trowell**	New start points
9th August	Festival Inn, Trowell**	
16th August	Gardeners Inn, Cossall	
23rd August	Gardeners Inn, Cossall	
30th August	Gardeners Inn, Cossall	

AUTUMN 2012

Date	Start Point
6th Sept	Nelson & Railway, Kimberley
13th Sept	Nelson & Railway, Kimberley
20th Sept	White Lion, Swingate
27th Sept	White Lion, Swingate
4th October	Horse & Groom, Moorgreen
11th October	Horse & Groom, Moorgreen
18th October	Broad Oak, Strelley
25th October	Broad Oak, Strelley
1st November	The Farmhouse, Brinsley
8th November	The Farmhouse, Brinsley
15th November	Great Northern, Langley Mill
22nd November	Great Northern, Langley Mill
29th November	Great Northern, Langley Mill

WINTER 2012

Date	Start Point	
6th December	Hayloft, Giltbrook**	New start points
13th December	Hayloft, Giltbrook**	
20th December	Brinsley Village Hall*	
10th January	Nelson & Railway, Kimberley	
17th January	Nelson & Railway, Kimberley	
24th January	Durban Hs, Eastwood	
31st January	Durban Hs, Eastwood	
7th February	Gate Inn, Awsworth	
14th February	Gate Inn, Awsworth	
21st February	Horse & Groom, Moorgreen	
28th February	Horse & Groom, Moorgreen	

SPRING 2013

Date	Start Point
7th March	White Lion, Swingate
14th March	White Lion, Swingate
21st March	Royal Oak, Watnall
28th March	Royal Oak, Watnall

* Christmas social ** New start points *** Park in layby in front of church, not in church car park

SOUTH BROXTOWE

Tuesday Mornings 10.30am
Walks will leave the start point at 10.30am

SPRING 2012

Date	Start Point
10th April	Bramcote Leisure Centre, Derby Road, Bramcote
24th April	Old Cross, Church Street, Stapleford
8th May	The Festival Inn, Ilkeston Road, Trowell
22nd May	Attenborough Nature Centre, Barton Lane (no stiles)

SUMMER 2012

Date	Start Point
5th June	Manor Farm recreation grounds, Toton
19th June	Jolly Anglers, Meadow Road, Beeston Rylands (no stiles)
3rd July	Bardill's Garden Centre, A52 By-pass, Stapleford
17th July	Nottingham Tennis Centre car park, University Boulevard (no stiles)
31st July	Bramcote Leisure Centre, Derby Road, Bramcote
14th August	Old Cross, Church Street, Stapleford
28th August	The Festival Inn, Ilkeston Road, Trowell

AUTUMN 2012

Date	Start Point
11th September	Attenborough Nature Centre, Barton Lane (no stiles)
25th September	Manor Farm recreation grounds, Toton
9th October	Jolly Anglers, Meadow Road, Beeston Rylands (no stiles)
23rd October	Bramcote Leisure Centre, Derby Road, Bramcote
6th November	Bardill's Garden Centre, A52 By-pass, Stapleford
20th November	Old Cross, Church Street, Stapleford

WINTER 2012/13

Date	Start Point
4th December	The Festival Inn, Ilkeston Road, Trowell
18th December	*Nottingham Tennis Centre car park, University Boulevard (no stiles)
8th January	Bramcote Leisure Centre, Derby Road, Bramcote
22nd January	Manor Farm recreation ground, Toton
5th February	Jolly Anglers, Meadow Road, Beeston Rylands (no stiles)
19th February	Bardill's Garden Centre, A52 By-pass, Stapleford

SPRING 2013

Date	Start Point
5th March	The Festival Inn, Ilkeston Road, Trowell
19th March	Attenborough Nature Centre, Barton Lane (no stiles)

* Christmas social

ATTENBOROUGH NATURE RESERVE

Saturday and Monday walks –
10 am start. Suitable for beginners
45 minutes to 1 hour in duration

- Saturday 7th April
- Monday 23rd April
- Saturday 5th May
- Monday 14th May
- Tuesday 22nd May
- Saturday 2nd June
- Monday 11th June
- Monday 7th July
- Monday 23rd July
- Monday 4th August
- Monday 4th August
- Saturday 20th August
- Saturday 1st September
- Tuesday 11th September
- Monday 17th September
- Saturday 6th October
- Monday 15th October
- Saturday 3rd November
- Monday 12th November
- Saturday 1st December
- Monday 10th December

2013

- Saturday 5th January
- Monday 14th January
- Saturday 2nd February
- Monday 11th February
- Saturday 2nd March
- Monday 11th March
- Tuesday 19th March

NORDIC WALKING

Learning to Nordic Walk means you can get more benefits from your time out walking. It burns as many calories as running – but without the impact on your joints.

It also tones the arms, stomach and back muscles at the same time. It's probably the most satisfying way to get rid of frustration and tension, by using poles with this new Nordic walking technique.

Learn to Nordic Walk – Attenborough Nature reserve – Starting Thursday 5th April, and then continuing the first Thursday in every month.

Booking is compulsory, to reserve a set of poles and confirm meeting place.

Contact Angela Quartly – Mobile: 07933 306199
Email: angela.q@virgin.net Fee £6 per session.
Start time 9.30am Duration 1.5hrs

BRITISH NORDIC WALKING

WALKS AFTER WORK

Fancy a walk after work? All the walks after work meet at **5.45pm** from the various start points, and start the walk at **6pm**.

The walks will take approximately **1hr 15 mins**.

Two trained walk leaders will be present throughout the walk, one will lead the walk, the second will follow at the rear of the group.

All of the walks are flat, with NO obstacles or stiles. Walking boots are not required but suitable footwear should be worn on all walks.

Tuesday 15th May	Beeston Square – Bandstand
Tuesday 29th May	Attenborough Nature Centre – Barton Lane. Meeting at the notice board on the roundabout within the car park.
Tuesday 12th June	Jolly Anglers – Meadow Road, Beeston Rylands. Meet in the pub car park.
Tuesday 26th June	Chilwell Olympia Sports Centre, Bye Pass Road, Chilwell.
Tuesday 10th July	Lower Road Beeston – At the seat on the junction of Lower Road/Queens Road
Tuesday 24th July	Jolly Anglers – Meadow Road, Beeston Rylands. Meet in the pub car park.
Tuesday 7th August	Beeston Square – Bandstand
Tuesday 21st August	Lower Road Beeston – At the seat on the junction of Lower Road/Queens Road
Tuesday 4th September	Attenborough Nature Reserve Barton Lane. Meeting at the notice board on the roundabout within the car park.
Tuesday 17th September	Beeston Square – Bandstand

LUNCHTIME WALKS **All start at 12.30pm**

18th April	Council Offices Beeston, Foster Avenue
23rd May	Council Offices Beeston, Foster Avenue
20th June	Council Offices Beeston, Foster Avenue
18th July	Council Offices Beeston, Foster Avenue
15th August	Council Offices Beeston, Foster Avenue
12th September	Council Offices Beeston, Foster Avenue

BUGGY WALKS – AT ATTENBOROUGH NATURE RESERVE

Buggy Walks – the easy way to exercise with your baby!
In partnership with Broxtowe Sport we are introducing free buggy walks around the Reserve. These sessions will be led by an instructor and will offer new mothers the chance to exercise without the need for childcare and in a supportive environment with other mums. The walks will take place every Tuesday morning for 10 weeks and will last about an hour.

Starting 24th April until 4th September – 10am start – Free.

You must book prior to attending each session by contacting Melissa Jennings at Broxtowe Sport on (0115) 917 3572 or Melissa.jennings@broxtowe.gov.uk

WOLLATON PARK AND LENTON HEALTH WALKS

'Best Foot Forward' (the Walking for Health Scheme for Nottingham City) offers a programme of short guided health walks in Nottingham City. For more information about walks in this area, please call Ali Allen on 0115 919 4877.

How can walking improve your health?

Did you know that regular walking could improve your health? Moderate exercise, that makes you feel warmer and breathe a little faster, is enough to make a difference. Even short amounts of activity count, like walking to the shops, or getting off the bus a stop early. Adults should aim to be moderately active for 30 minutes on at least 5 days a week.

Getting physically active can boost mental wellbeing by lifting your mood, reducing tensionand stress and giving you more energy.

Take Time Your Mind

Two trained leaders will be present during the walks. One will lead the walk the other will follow at the rear of the group.

Starting Times
You will need to complete brief health and registration forms before your first walk. On subsequent walks you will need to sign the register. To allow time for this please arrive a few minutes before the start of the walk.

General Information
There is no need to buy any equipment to take part, just turn up on the day.

Dress sensibly for the weather and wear appropriate footwear for the conditions.

You might like to take a bottle of water with you, particularly in warmer weather.

Dogs are not allowed, with the exception of guide dogs.

Smoking is not allowed during the walks or at the meeting point.

If you have any health concerns, you may wish to check with your doctor before taking part and please bring any medication you may need.

Children under 14 would need to be accompanied by an adult.

All walkers are welcome to join the group for refreshments following the walk.

Find out more about Walking for Health at www.whi.org.uk

If you are unsure whether a route will be suitable for you, please phone so that your needs can be discussed in advance with a walk leader.

Do you want longer walks? Why not try www.ramblers.org.uk

For information on bus routes and timetables phone Traveline on 0871 200 2233

Walk & Talk is a partnership of local organisations and individuals who aim to promote walking for health and enjoyment. For further information about Walk & Talk please contact Julie Cole, Broxtowe Sport (0115) 9173572

WALKING FOR HEALTH

NATURAL ENGLAND

Broxtowe Sport
Broxtowe Borough Council

The Wildlife Trusts
Nottinghamshire