

Best Foot Forward Walks

A weekly programme of guided health walks in open spaces around Nottingham, funded by Nottingham City Council and accredited by Walking for Health. There is a health questionnaire to complete before your first walk.

Bestwood Walk: 1 to 3 miles. Meet at the Southglade Access Centre, Southglade Road **NG5 5GU** every Monday at 1.15 pm.

Woodthorpe Grange Park: 1.5 to 2 miles. Meet at Sherwood Community Centre, Mansfield Rd **NG5 3FN** Monday at 10.30 am.

Nuthall Railway: 3 miles. Meet at Snape Wood Community Centre **NG6 7GH** every Tuesday at 10.30 am.

Strelley Woodland: 4 miles. Meet first Wednesday of every month 10.15 am at Broad Oak Public House, Strelley Village. **NG8 6PD**. Please note this walk is slightly harder—not suitable for buggies.

City Parks Walks: 2 miles. Meet at the Victoria Leisure Centre Bath St. **NG1 1DB** every Wednesday 10.30 am.

Forest & Arboretum: 1.5 to 3 miles. Meet inside Mary Potter Health Centre (North Entrance) Gregory Boulevard **NG7 5JD** every Thursday 10.30 am.

Wollaton Park: 1.5 to 3 miles. Meet at Wollaton Park, in the first car park, **NG8 2AE** every Friday 10 am.

Old Basford: 2 miles. Meet at the Garage, Mill St. every Friday 10.30 am. Park at the Mill on Bagnall Road **NG6 OJY**. Return there for refreshments.

Victoria Embankment: 2 and 3 miles. Meet at 10.30 am at the gate entrance of Embankment/Trent Bridge, London Road **NG2 2JY**

For more information on any of the above walks, including how easy or hard they are, visit www.ageuknotts.org.uk or www.walkingforhealth.org.uk or contact Age UK Notts on **0115 844 0011** or email: info@ageuknotts.org.uk