



Health and
Wellbeing
Community
Champions

Best Foot Forward

Guided Wellbeing Walks



Health & Wellbeing

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www.ageuknotts.org.uk



What is Best Foot Forward?

A weekly programme of guided wellbeing walks in open spaces around Nottingham.

Best Foot Forward offers different types of walks, so that you can find a walk that is suitable for you. There are usually two walk leaders present, one leads from the front and the other follows at the back of the group. So all walkers can find their own pace.

Best Foot Forward is accredited to Rambler's wellbeing walks.

The walks offer the opportunity to improve your health, make new friends, have fun and get to know your local environment.

What are the benefits of joining in with Best Foot Forward?

Walking can:

- Make you feel good
- Give you more energy
- Help you sleep better
- Reduce blood pressure
- Help to manage weight
- Help you reduce stress

Why attend a walk?

It's a chance to meet local people and make friends

Walking is a safe way to improve your health and fitness

How much does it cost?

All walks are free

Who is this service for?

Anyone who feels it is for them. People under 18 must be accompanied by an adult. We do not allow dogs (except guide dogs) or smoking on any of our walks.

What do I need?

No special equipment is required however we advise you to wear suitable comfortable shoes or trainers which give your feet some support, and clothing to suit the climate (e.g. waterproofs). It is a good idea to bring some water, especially in hot weather, and, if necessary, a snack and sun cream.

Walk times:

All times given are the times the walks set off. Please allow time to register and if it is your first walk to introduce yourself to the leaders.

Wellbeing walks

www.ramblers.org.uk/wellbeing-walks

A national organisation run by The Ramblers. Wellbeing walks is England's largest network of wellbeing walks with over 400 active schemes, helping people across the country lead a more active lifestyle.

Go to the website to:

- View our calendar of walks
- Register for our walks
- Find other wellbeing walks across the country
- Learn more about the health benefits of walking

Grade

Starter - Walks between 10 - 20 minutes. Encouraging those with limited mobility to enjoy a short walk in the fresh air.

Easy - Walks between 20 minutes and one hour. Good surfaces on a fairly flat route. They are suitable for newcomers to physical activity.

Moderate - Walks between 45 minutes and 1hr. May include uneven surfaces (across grass/fields) some slight inclines and a few steps. May make your heart work a little bit harder.

Hard - Walks between 45 minutes and 1½ hours. These walks are a little more challenging and may include steeper slopes, steps, uneven surfaces and stiles.

For more information on any of our services, please contact us:

Age UK Nottingham & Nottinghamshire

The Lifestyle Centre, 16-18 Bridgeway Centre, Nottingham NG2 2JD

0115 844 0011

or visit us at www.ageuknotts.org.uk

Mondays

Woodthorpe Grange Park Walk

The Grange is a 19th century Grade II listed manor which sits amidst a mix of landscapes, including formal gardens. There is also an innovative train sculpture and 'sunken garden' with water feature.

Meeting place:
Sherwood Community Centre,
Mansfield Rd. NG5 3FN
Time: 10:30am
Getting there: By bus - Lime 56, 57, 58, 59 (Magnus Road), Purple 88, 89 (Sherwood Manor stop).
Parking - Community Centre Car Park.
Grade: Moderate
Walk length: 1.5 - 2 miles
Duration: 45 minutes
Terrain: Varied inclines and some steep steps

Bestwood Walk

We explore a variety of walks in the Bestwood area which may include Bulwell Forest, Southglade Park and the linear walkway alongside Hucknall Road following the route of an old railway line.

Meeting place:
Inside Southglade Access Centre,
Southglade Rd,
Bestwood Estate NG5 5GU
Time: 1:30pm
Getting there: By bus - Brown 16 (Padstow Rd), Brown 17 (Gorse Court Stop).
Parking - On the Southglade site
Grade: Moderate
Walk length: 1 and 3 miles
Duration: 40-90 minutes
Terrain: Fairly flat - Mostly on pavements and paved paths, may include footpaths and grassed areas.

Tuesdays

Nuthall Railway Walk

Part of the old Great Northern Line, this is a new footpath which passes fields of barley, rape seed and corn. Stop halfway for a coffee at Three Ponds Pub at Nuthall.

Meeting place: The bus stop outside the Snapewood Community Centre, Snape Wood Rd.NG6 7GH (opposite St John's Family Centre).

Time: 10:30am

Getting there:

By bus - Yellow 68,69 (Corben Gardens stop).

Parking - St Johns' family centre.

Grade: Easy to moderate

Walk length: 3 miles

Duration: 2 hours (with a halfway stop)

Terrain: Fairly flat (may include a walk across fields or woods if it is dry, for those who wish to)

"I feel that walking has made me feel much fitter. It lifts my moods because I suffer [from] depression, I enjoy the company of the other walkers and [the] walk leaders."



Tuesdays

Forest Recreation Ground Walk (Short Walk)

This walk is a gentle introduction for anyone who wants to start walking and is designed for all levels of mobility. It is a short walk on established pathways within 'The Forest'. The walking time is typically between 10 and 30 minutes with opportunities to rest and enjoy the views of the city as well as a café stop.

Meeting place: Forest Tram Stop

Time: 10:15am

Getting there: By bus - Turquoise 80 (Claypole Rd stop). By Tram - NET Tram (Forest Tram Stop).

Parking - Forest Ground Park and Ride (10 mins walk)

Grade: Starter

Walk length: 0.3 - 1 mile

Duration: 40-60 minutes

Forest Recreation Ground Walk (Longer Walk)

This walk further explores different routes around and between the Forest Recreation Ground and the Arboretum. The walk follows established pathways and offers extensive views of the city within lovely, wooded areas.

The walking time is typically between 30 and 90 minutes with opportunities to rest and enjoy the views of the city as well as a café stop.

Meeting place: Forest Tram Stop

Time: 10:15am

Grade: Easy to moderate

Walk length: 1 - 3 miles

Duration: 30-90 minutes

Wednesdays

Strelley Woodland & Countryside Walk

This walk runs on the 1st Wednesday of each month. We explore a variety of routes from Strelley village which may take in the stones of the monks way, Strelley Hall and All Saints Church, Oldmoor Wood, Shaws Plantation, Strelley Park Farm, Swingate Water Tower, Trowell Garden Centre, Broxtowe Country Park and Stonepit Plantation.

Meeting place: Broad Oak Pub, Strelley village NG8 6PD

Time: 10:15am

Getting there: By bus - Turquoise 77 (The Rose stop). Parking - At the Broad Oak

Grade: Moderate to hard

Walk length: 4 - 5 miles

Duration: 90 minutes to two hours

Terrain: Varied – may include open fields, woodland paths, sometimes muddy and hilly at times. Suitable footwear recommended



Fridays

Wollaton Park Walk

A number of pleasant walking routes in Wollaton Park, with its 16th Century Hall, lake and deer park.

Meeting place: Opposite the children's playground, Wollaton Park, Wollaton Rd. NG8 2AE

Time: 10:00am every Friday from 7th October

Getting there: By bus - Pink 30 (Wollaton Hall stop). Parking - Ask the walk leader for a free parking pass.

Grade: Moderate (walk is mainly off paths)

Walk length: 2 miles

Duration: 60 minutes

Terrain: Often off footpaths so uneven ground and some inclines, sensible shoes for walking are necessary.

If you wish to join the group for coffee either bring a flask or money to buy one.

Victoria Embankment Walk

This is a steady walk along the beautiful tree-lined embankment; we may include a visit to the Memorial Gardens or Wilford Village.

Those wishing to do a shorter walk (20 minutes) can leave the walk when we reach the tram line at Wilford Bridge and catch the tram from the Meadows Embankment stop.

Meeting place: On the corner of London Rd (A60) and Victoria Embankment (city side of river Trent just before Trent Bridge).

Time: 10:30am

Getting there: By bus - 5, 6, 7, 8, 9, 10, 11 (Trent Bridge Embankment stop). Parking - None. Only limited blue badge parking available..

Grade: Easy to moderate

Walk length: 2 and 3 miles

Duration: 60-90 minutes (short walk option 30 minutes)

Terrain: Flat

Fridays

Bulwell Bogs Riverside Walk

A flat walk with benches at intervals. Lots of interesting wildlife can be found along the way.

Meeting place: Bulwell Bogs at the bridge opp The Moon and Stars (public house)

Time: 10:30am

Getting there: By bus - Yellow 70,71 (Sellers Wood stop).

Parking - Free parking at Bulwell Station Car Park.

Grade: Easy to moderate

Walk length: 2 miles

Duration: 45 - 60 minutes (short walk option 30 minutes).

Terrain: Flat



Veterans Camaraderie Walk

Join us for a leisurely stroll in the company of other veterans for a walk and chat.

Enjoy the camaraderie of being with ex-service personal.



Tuesdays

Kingsmill Reservoir Walk

This walk runs on the 2nd & 4th Tuesday of each month. Join us for a leisurely stroll around Kingsmill Reservoir, The walk takes approximately one hour followed by coffee in the café for those who want to stay.

Meeting place: Outside the café at Kingsmill Reservoir

Time: 12:00 noon every 2nd and 4th Tuesday of each month

Getting there: By bus - Rainbow 1 Tollhouse Hill

Parking - Main Car Park, NG17 4PA, 1st hour free, £1 an hour thereafter

Grade: Easy to moderate

Walk length: 1.5 miles

Duration: Approx 60 minutes

Terrain: Fairly flat - Mostly on pavements and paved paths, may include footpaths and grassed areas.

Gentle Walk & Talks



Wednesday

Arnot Hill Gentle Walk and Talk

Walking is a great way to be more active, increase strength and stability and to make new friends.

This walk is aimed at people who are wanting to become more mobile or has a long-term health condition and would like to meet new friends.

It is a gentle walk around the park on established pathways. Followed by coffee and a chat at a local café.

Meeting Place: Inside the park entrance off Nottingham Road

Time: 11am

Getting there by bus: from the city centre

The following buses pass the park Number 59, 25,53 and 58

Grade: starter

Walk length: 0.5 – 1mile

Duration: 30 – 40 minutes.

Friday

Sutton Lawns Gentle Walk and Talk

Walking is a great way to be more active, increase strength and stability and to make new friends.

This walk is aimed at people who are wanting to become more mobile or has a long-term health condition and would like to meet new friends.

It is a gentle walk around the lawns on established pathways. Followed by coffee and a chat at Rumbles café situated within the park.

Meeting Place: Outside Rumbles Café on Sutton Lawns

Time: 10.30am

Getting there by bus:

The following buses pass Sutton Lawns 33, 90, 103

Grade: starter

Walk: length 0.5 – 1 mile

Duration: 30 – 45 minutes

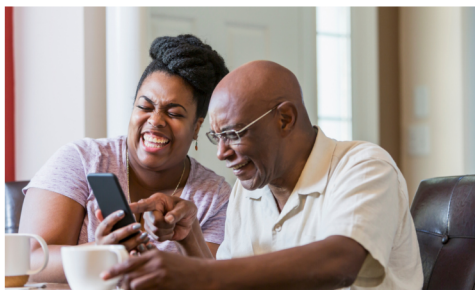
**“It’s so much
more than just a
walk.”**



Our vision is for a world in which older people flourish

Every year we help over 45,000 people

We're local and independent - here to help people in Nottingham & Nottinghamshire



Can you help us make a difference?

Yes! Whether it is by volunteering, fundraising, or telling your friends and neighbours about our services, you can help us reach more local people in need.

Get in touch with us today! Check out our website for more information and to sign up to our monthly email newsletter.



This leaflet is sponsored by:

The Lifestyle Centre

Scooters & Wheelchair, Stairlifts, Beds & Riser chairs and much more....

www.advantagemobility.co.uk

The Lifestyle Centre

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