

Best Foot Forward

Guided Wellbeing Walks



Health & Wellbeing

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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.

There is a brief health questionnaire to complete before your first walk.

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 suncream.

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

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

Age UK Nottingham & Nottinghamshire takes a zero-tolerance approach to abuse of any kind.

Monday



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: Outside Southglade Access Centre, Southglade Rd, Bestwood Estate NG5 5GU

Time: 1:30pm every 2nd and 4th Monday of each month

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.

"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

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).

Wednesdays

City Parks Walk

A walk along the boundaries of Sneinton & St Ann's passing through Victoria Park conservation area, King Edward Park, Stonebridge city farm and may include Green's Windmill (depending on the walkers' ability).

Meeting place: Victoria Leisure Centre, Bath St NG1 1DB

Time: 10:30am every 2nd and 4th Wednesday of each month

Getting there: By bus - Lilac 25, 27 Local link 9 (Southwell Rd stop) Blue 39 (Roden St stop). Parking - Nottingham Arena Car Park (£3.40 for 4hrs) Blue Badge holders (4 hrs, Free).

Grade: Moderate to Hard

Walk length: 2 miles

Duration: 45 - 90 minutes

Terrain: Varied (steep hill to Green's Windmill)



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

Thursdays

Forest & Arboretum Walk

Temporarily suspended - a shorter walk is being trialled starting 15th March please call 0115 896 6906 for details.

A varied walk around 'The Forest' following established pathways, with extensive views of the city from lovely wooded areas.

Meeting place: Forest Tram stop

Time: 10:30am

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: Easy to moderate

Walk length: 1.5 and 3 miles

Duration: 40 - 90 minutes

Terrain: Wooded areas



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 playpark, Wollaton Park, Wollaton Rd. NG8 2AE

Time: 10:00am every 2nd and 4th Friday of the month.

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

Old Basford Walk

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

Meeting place: At the Jet petrol station, Mill St. NG6 0JW (B6004)

Time: 10:30am

Getting there: By bus - Yellow 70,71 (Mill St stop). Parking - We park free at The Mill pub on Bagnall Road, New Basford NG6 0JY and return there for refreshments after the walk.

Grade: Easy to moderate

Walk length: 2 miles

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

Terrain: Flat

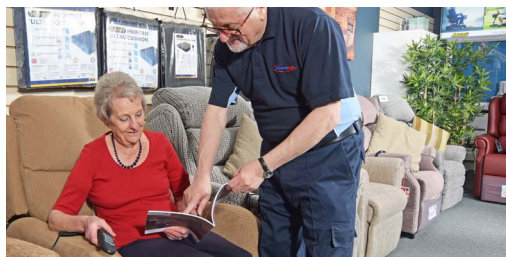
Our vision is for a world in which older people flourish
Every year we help over 45,000 people
We're local & independent - we're here to help people in
Nottingham & Nottinghamshire



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.

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