



	ACTIVITY	WHERE	TIME	FREQUENCY	COST	NOTES
WEDNESDAY	GENTLE WALK AND TALK - ARNOT HILL	CONTACT : 0115 896 6906	11.00 AM	WEEKLY	FREE	½ - 1 MILE APPROX 40 MINS
FRIDAY	BULWELL BOGS RIVERSIDE WALK	BULWELL BOGS AT THE BRIDGE OPP THE MOON AND STARS (PUBLIC HOUSE)	10:30 AM	WEEKLY	FREE	2 MILES. 45 - 60 MINS (SHORT WALK OPTION 30 MINUTES).
FRIDAY	WOLLATON PARK WALK	OPP CHILDREN'S PLAYPARK NG8 2AE	10:00 AM	WEEKLY	FREE	2 MILES 60 MINUTES
FRIDAY	VICTORIA EMBANKMENT WALK	ON THE CORNER OF LONDON RD (A60) AND VICTORIA EMBANKMENT	10:30 AM	WEEKLY	FREE	2 AND 3 MILES 60-90 MINS (SHORT WALK 30 MINUTES)
FRIDAY	GENTLE WALK AND TALK - SUTTON LAWNS	RUMBLES CAFE - NG17 5FU	10.30 AM	WEEKLY	FREE	½ - 1 MILE APPROX 40 MINS