

It's more than just a walking group, because when we walk together, we go further, feel better, and grow stronger.

Monday

Arboretum Walk

Enjoy a 1-mile stroll through the historic Arboretum with over 800 trees, wildlife, and scenic spots. Highlights include the tree trail, bandstand, bell tower, and seasonal café. Easy access from the city centre; mostly firm terrain with a few slopes.



EVERY MONDAY
10.30AM



Waverley Street,
Nottingham,
NG7 4HF
Meet at Bottom Gate



30
mins



1 mile

Wednesday

Highfields Park Walk

Join us for a scenic walk through one of Nottingham's most picturesque spots. The route takes you past the tranquil lake, historic Grade II listed features, and wildlife. Enjoy views across the boating lake to the iconic Trent Building on the University campus.



EVERY WEDNESDAY
10.30



Highfields Park
University Blvd,
Nottingham
NG7 2RD - Meet at Front of
Pavilion Cafe (near Lake)



35 - 45
mins



1.5 miles

Thursday

Sneinton Urban Walk

An urban route strolling through Victoria and King Edward Parks, explore Sneinton Market's cultural heritage, and optionally visit Stonebridge City Farm & Gardens (free entry, donations welcome). Mostly flat and accessible, with a few uneven spots.



EVERY THURSDAY
10.30



Victoria Leisure Centre,
Gedling Street,
Nottingham,
NG1 1DB
Meet at Front entrance



35 mins



1.2 miles

Walk Your Way to Wellness - Join the Journey  **togetherwewalk@ageuknotts.org.uk**  **0115 896 6906**