



funded by Active Travel England



Nottingham
City Council

Together We Walk



Walk Your Way to Wellness - Join the Journey

 togetherwewalk@ageuknotts.org.uk

 0115 896 6906

 www.ageuknotts.org.uk

 Charity no 1067881



Together We Walk

Our walking groups promote better health and wellbeing through regular exercise and the chance to build strong social connections within our beautiful city and county. Whether you are here for fitness, friendship or fresh air, you'll be part of a supportive and inclusive group.

Here's what some of our walkers have said about the benefits they feel:

“

Walking with this group has improved my health and given me new friends.

I feel more connected to nature and less stressed after every walk.

”

“

I did not speak to anyone for 6 days until I came on the walk, I don't know what I would do if I did not have it to look forward to



Our walks

We're currently offering gentle walks in Sneinton, the Arboretum and Highfields and we're adding new walks all the time. You can find out more about the walks (what you'll see, the terrain etc) on our website.

www.ageuk.org.uk/notts/activities-and-events/togetherwewalk

All walks are led by qualified volunteer Walk Leaders.

Costs

We're pleased to offer the first 12 weeks of membership for free for everyone. Thereafter, membership costs £10 per month (payable by Direct Debit). Discounts may apply for carers please ask us for details.

Included in that membership fee is:

- Access to as many walks as you want to do
- 10% discount on any tickets purchased for Social Calendar events
- Access to free events as and when they become available (subject to maximum numbers permissible by the organisers)
- Our Local Loop e-newsletter sent directly to your email inbox on a monthly basis

How to join

We'll discuss your needs, your current levels of activity and your preferred location(s) and complete all necessary paperwork ahead of your first walk.

To find out more, contact



Call Paul Goddard on 0115 896 6906



email: togetherwewalk@ageuknotts.org.uk



visit us at www.ageuknotts.org.uk





Everything we do, we do to make a positive difference to everybody that we interact with.

We show integrity and treat each other with respect, kindness, and compassion, celebrating our differences and our diverse community.

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



info@ageuknotts.org.uk



www.ageuknotts.org.uk



www.ageuk.org.uk/notts/get-involved/donate/

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Registered office: The Sybil Levin Centre, 577a Nuthall Rd, Nottingham NG8 6AD.
Together We Walk funded by Active Travel England. Together We Walk. V1.2
January 2026

