

Walk Week 2007: 19th – 27th May : Programme of events

All walks and events are free. No booking is required, unless specified.

* = weekly event

Date	Event Name	Details	Meeting Point and time	Contact
Saturday 19th May 2007	Orienteering for all	Come and learn the ropes of orienteering at beautiful Wollaton Park and choose from different length courses. Everybody welcome, from beginners to experts!	Drop in anytime between 10am and 12pm – meet at the car park off Wollaton Road entrance.	Catherine Hughes – 0115 877 4089
Saturday 19th May 2007	Nordic Walking try out session	Burn more calories than ordinary walking by adding a pair of poles! Try “Nordic Walking” at beautiful Wollaton Park. Everybody welcome for this one hour session.	12pm – meet at the car park off Wollaton Road entrance.	Catherine Hughes – 0115 877 4089
Saturday 19th May 2007	Nature walk at Attenborough Nature reserve	Led by the Beeston Wildlife Group, all welcome. Walk is approx 3 miles, taken at a leisurely pace.	Meet at the Visitors centre at Attenborough Nature Reserve at 10am. The walk lasts up to 3 hours.	Karen Bennett 0115 9721777 Or Mr Wheatley (Wildlife group) 0115 9250208
Sunday 20th May 2007	Instep Mansfield Teversal Trail	Intermediate health walk on the Teversal Trail	10am (come 10 mins earlier if it's your first walk) Visitors Centre, Teversal Grange, on the B6014	Call walk leader on 07951 945407 for more information



Monday 21st May 2007	Greasley Footpaths	Part of a series of walks exploring the parish of Greasley. This walk goes from Greasley Parish Church along the Gilt Brook and up Gilt Hill to Mill Lawn-the former site of three windmills. Return via Reckoning House Farm and Watnall Woods.	The lay-by in front of Greasley Church on B600-between Moorgreen and Watnall 6.45pm	Jeff Catherines 01773 710759
Monday 21st May 2007	Walk to School Week	Is your school taking part?		Natasha Mellors - County 0115 9773869 Diane Toppie Nottingham City 0115 915 5555
Monday 21st May 2007	Hucknall Taking Steps. Monday Health Walk*	Gentle walk for the not so agile. Walks followed by tea and coffee. All welcome.	Meet at Under One Roof, 3A Vine Terrace, Hucknall, Nottingham, at 9.50 a.m.	Chairperson on 0115 9640393.
Monday 21st May 2007	Mary Potter Walk* (Best Foot Forward scheme in Hyson Green)	Join Colin and June for a fairly level walk around the 'Forest' following established pathways with extensive views from lovely wooded area, leading to the beautiful Arboretum. .	Meet 10.30am at the Mary Potter Health Centre	Christine Adams 0115 942 0323 www.getmovingnottingham.nhs.uk
Monday 21st May 2007	Short health walk around Moorgreen*	A 45 minute stroll, part of the Walk & Talk programme. Good surfaces, no stiles, may be some slopes (route	Meet at 11.10am at the Horse and Groom Pub, Church Road, Moorgreen	For any queries about Walk & Talk contact Liz on 0115 8752098



		varies depending on group or weather).		
Monday 21st May 2007	Health Walk at Rufford*	Enjoy the lake and grounds of Rufford Country Park with this weekly walk.	Meet in the Craft Centre Courtyard, Rufford Abbey at 2pm.	Steve Koefoed (Ranger), Tel: 01623 821335. e-mail: steve.koefoed@nottscc.gov.uk
Tuesday 22nd May 2007	Nordic Walking taster session	Free event as part of Greenwood Parklife Festival and hosted by Walk & Talk. Numbers limited so places must be booked in advance.	Meet at Bramcote Hills Park, 10am	To book a place contact Liz on 0115 8752098
Tuesday 22nd May 2007	Best Foot Forward, Bilborough*	A reasonable flat walk around Bilborough Park and surrounding area. Various routes using tarmac paths and grassed areas.	Meet 10.30am at Harvey Hadden Sports Complex, Wigman Road, Bilborough.	Harvey Hadden Sports Complex 0115 915 1515 www.getmovingnottingham.nhs.uk
Tuesday 22nd May 2007	Urban Poling <i>(To be confirmed – book your place to get confirmation)</i>	Burn more calories than ordinary walking by adding a pair of poles! Try “Nordic Walking” around the new Old Market Square. All City workers welcome, but booking is essential by telephoning Catherine Hughes.	Meet at the Council House steps in Old Market Square, 12.30pm.	Catherine Hughes – 0115 877 4089
Tuesday 22nd May 2007	Best Foot Forward, Nottingham Canal walk*	With views of the Castle, this is a flat and very pleasant walk along the Nottingham Canal.	Meeting point at the ‘Exchange Diner’, off Queens Drive, Castle Marina at 2pm.	Christine Adams 0115 942 0323 www.getmovingnottingham.nhs.uk



		Following the edge of the old King's Deer Park, the Canal is an important link from the Trent to the Midland's waterways.		gham.nhs.uk
Tuesday 22nd May 2007	Wilford Circular walk*.	A short walk along a flat route around a small meadow, duck pond and Compton Acres.	Meet in the reception of Rushcliffe Arena, Rugby Road at 10.30am	Rachael Terry 07725151035
Tuesday 22nd May 2007	'Walk after work' in Beeston*	An early evening walk, lasting up to 90 minutes on good surfaces, no stiles. Part of the Walk and Talk series.	Meet at 5.15pm, corner of Lower Road & Queens Road, Beeston (near University Park)	For any queries about Walk & Talk contact Liz on 0115 8752098
Wednesday 23rd May 2007	Walk to Work Wednesday	Is your workplace taking part?		Jeremy Prince 0115 9155141
Wednesday 23rd May 2007	'Activity Friends' walk*	Variety of short, medium and long walks in various locations in the Nottinghamshire & Derbyshire area.	Meet at 9.30am at the Tin Hat Centre, Selston.	June Heald - 01773 775 802
Wednesday 23rd May 2007	Hucknall Health Walk*	Run by Hucknall Taking Steps, this walk is for the more active. Walks followed by tea and coffee. All welcome.	Meet at Under One Roof, 3A Vine Terrace, Hucknall, Nottingham, at 9.50 a.m.	Chairperson on 0115 9640393
Wednesday 23rd May 2007	Get Going In Gedling*	Free health walk around the Carlton area lasting around 45 minutes. Afterwards, refreshments are available at the leisure centre.	Meet at 11am at the Richard Herrod Leisure Centre.	Amy Hodgkinson 07725151033 or 0115 9013700 www.gedling.gov.uk



Wednesday 23rd May 2007	Best Foot Forward, Melbourne Park*	Join June for a new, pleasant and flat circular walk around Melbourne Park, Aspley.	Meet 10.30am at the Aspley Centre, Melbourne Park, Melbourne Road Entrance.	Christine Adams 0115 942 0323 www.getmovingnottingham.nhs.uk
Wednesday 23rd May 2007	Best Foot Forward, Wollaton Park*	Mick & Stewart lead a number of pleasant walking routes in Wollaton Park, with its 16 th Century Hall, lake and deer herd.	Meet at 12pm. Meeting point is at Wollaton Park, 1 st car park, Wollaton Road entrance.	Christine Adams 0115 942 0323 www.getmovingnottingham.nhs.uk
Wednesday 23rd May 2007	Rushcliffe Country Park walk*.	A fairly level walk lasting 45 minutes around the beautiful and interesting setting of Rushcliffe Country Park. Sights include wildlife on and around the lake and the brilliant wood carvings and natural sculptures made by the Friends of Rushcliffe Country Park.	Meet at the Education Centre at 10.30am	Rachael Terry 07725151035
Wednesday 23rd May 2007	Walk & Talk, health walk around Moorgreen*	A 45 minutes walk on good surfaces, no stiles, may be some slopes (route varies depending on group or weather).	Meet at 2pm at the Horse and Groom Pub, Church Road, Moorgreen	For any queries about Walk & Talk contact Liz on 0115 8752098
Thursday 24th May 2007	Best Foot Forward, Hyson Green*.	Join Colin & Sue for a fairly level walk around the 'Forest' following established pathways with extensive views from lovely wooded area, leading to the beautiful Arboretum.	Meet 10.30am at the Mary Potter Health Centre.	Christine Adams 0115 942 0323 www.getmovingnottingham.nhs.uk



Thursday May 2007	24th	Walk & Talk longer health walk*	This walk lasts approx 90 minutes and takes in the Brinsley area. Surfaces may be uneven or muddy and there may be slopes and stiles. Please wear appropriate footwear for the conditions.	Walk starts 11am, Robin Hood Inn, Hall Lane, Brinsley.	For any queries about Walk & Talk contact Liz on 0115 8752098
Thursday May 2007	24th	Dog walk at Rushcliffe Country Park	Come along with your pooch (or without) to celebrate International day of Parks! An hour's stroll around Rushcliffe Country Park, whilst the Rushcliffe Borough Council dog warden is on hand to offer advice and poop bags!	Meet at the education centre (off the car park) at 12.30. Dogs must be kept on the lead at the meeting point.	Rachael Terry 07725151035
Thursday May 2007	24th	Instep Mansfield : Blidworth Bottoms	Intermediate health walk around Blidworth Bottoms, graded easy/intermediate	10am (come 10 mins earlier if it's your first walk) Fox and Hounds pub car park off B6020, Blidworth Lane	Call walk leader on 07951 945407 for more information
Friday 2007	25th	Best Foot Forward, Old Basford*	A level walk along the River Leen with benches at intervals, and interesting wildlife can be found along the way. Walk Leader = Christine Adams.	Meet every Friday at 10.30am, at the Garage on Mill Street, Old Basford.	Christine Adams 0115 942 0323 www.getmovingnottingham.nhs.uk
Friday 2007	25th	Launch of West Bridgford calorie map			Claire Fleming 0115 977 4658



Saturday 26th May 2007	Best Foot Forward, Bulwell*	Brian leads you along the River Leen on a flat and pleasant walk with benches at intervals along route. Refreshments and shopping are found in Bulwell's bustling Market Place.	Meet at 1.50pm at the railway station car park at the footbridge.	Christine Adams 0115 942 0323 www.getmovingnottingham.nhs.uk
Saturday 26th May 2007	Rufford Health Walk*	Free walk around Rufford Country Park – these take place every Saturday	Meet in the Coach House Cafe, Rufford Abbey at 2pm.	Ranger Steve Koefoed, 01623 821335
Saturday 26th May 2007 and Sunday 27th May 2007.	Self guided walk at East Midlands Airport	Take the family out on the Airport trail; a six mile walk circling the East Midlands Airport site. Recent developments include the introduction of picnic benches, the planting of trees and some artwork (in association with local primary schools), as well as bat boxes and hedgehog hotels.	Print the route from the website http://www.eastmidlandsairport.com/documents/trail-leaflet.pdf Take the Skylink bus to the airport FREE when you print off our voucher. See website for details.	
Saturday 26th May 2007	Health walks at Attenborough nature reserve.	Health walk at Attenborough nature reserve. One and a half hours - Intermediate level. Part of the Walk and Talk series.	Meet at Attenborough visitors centre at 10am.	Karen Bennett 9721777



Sunday 27th May 2007	Beeston Heritage trail walk	Join Robin for an enlightening walk around Beeston taking in the buildings and places of historic interest. The walk is two miles and lasts 2 hours.	Meet at 2pm outside the town hall on Foster Avenue in Beeston.	Joyce Brown 0115 9259044
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If you would like to participate in any of these events, you can pledge in advance and receive a free gift on the day!

To pledge, follow the link from www.walkweek.org.

Where possible, please try to take public transport to the event. Details are available on the Walk Week website.