

Broxtowe Walk and Talk

Our short walk programmes are ideal for people who are new to exercise or to walking. The circular walks are between 45 minutes to an hour and are on good surfaces, flat routes with no stiles. All walks are taken by qualified, friendly walk leaders. To encourage beginners onto the walks, we will offer a shorter version of the route—approximately 30 minutes. Please speak to your walk leader on the day. No need to book, just turn up. Dress for the weather conditions and wear sensible footwear. We meet every week apart from bank holidays. Meet at The Horse and Groom, Moorgreen, **NG16 2FE** in the rear car park.

Mondays 11:10am and Wednesdays 2.00pm

ATTENBOROUGH NATURE RESERVE WALKS

Join us for a short healthy walk for up to an hour. Please come dressed for the weather and wear stout shoes or boots. **No dogs please.** Meet at the Nature Centre for a 10.00 am start on the following days:

Sat. 1st April

Sat. 6th May

Sat. 3rd June

Sat. 1st July

Sat. 5th August

Sat. 2nd September

Sat. 7th October

Sat. 4th November

Sat. 2nd December

Other short walks are available in the Beeston/Chilwell area after work at 5.45pm from May through to December.

For further information please visit

<http://www.broxtowe-walkandtalk.com>

BUGGY WALKS 2017 Buggy Walks – the easy way to exercise with your baby! Liberty Leisure are providing free buggy walks. These walks will be led by a qualified walk leader and will offer new parents the chance to exercise without the need for childcare in a supportive environment with other parents. For further information contact Liberty Leisure Get Active. Tel: **0115 917 3572**, or e-mail: getactive@liberty-leisure.org.uk or visit the website www.liberty-leisure.org.uk/getactive.