

Get Going Gedling

Walking for Health Walks in Gedling Borough

About Us

Health Walks are short, social walks with the emphasis on improving health and making new friends. Eighty per cent of people who walk with us regularly say that it has benefitted their physical or mental health, and a third say it has helped them with an existing health condition. Over ninety per cent say they have made new friends.

Our Walks

Monday – Mapperley 10.00 am outside Alfresco Coffee Shop, Mapperley Shopping Precinct, Plains Road, Mapperley.

Wednesday – Gedling Country Park 10.30 am Main Car Park, Spring Lane.

Wednesday – Carlton 11.00 am The Richard Herrod Centre, Foxhill Road (**Note: Term time only**)

Thursday – Arnot Hill Park 11.15 am The Kiosk, next to the pond, Arnot Hill Park

Thursday – Killisick 6.00 pm Killisick Post Office, Beechwood Road (May - Oct)

Friday – Killisick 11.00 am Meet at the Bus Terminus, Killisick Road, Arnold.

All walks are 1 hour duration.

If you are interested in attending one of the health walks we advise that you get in touch via the following contact details **0115 9013635**, to ensure that that the walk is taking place that week. Please turn up 10 minutes early for your first walk to introduce yourself to the Volunteer Walk Leader and to complete a short health questionnaire. For further information please visit

www.gedling.gov.uk or contact 0115 901 3635