

Get Going Gedling

Health Walks in Gedling Borough

The following take place in Gedling Borough every week

- 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 at Gedling Country Park.
- Wednesday** **Carlton 11.00 am** The Richard Herrod Centre, Foxhill Road (**Term time only**)
- Thursday** **Arnold 12.15 pm** 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** The Bus Terminus, Killisick Road,

Ten to thirty minute walks are available at all sessions. Please ask your walks leader for further information. Programme subject to change. It is advisable to telephone to confirm.

Anyone can attend the walks but children and vulnerable adults must be accompanied by someone aged 18 or over. You can simply turn up on the day; there is no need to book. Please arrive 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

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

The following non-accredited Walking for Health Walks also take place weekly;

Monday - Calverton 11.00 am outside the Library, St. Wilfrid's Square.

Tuesday– Netherfield 10.00 am St George's Centre, Victoria Road.