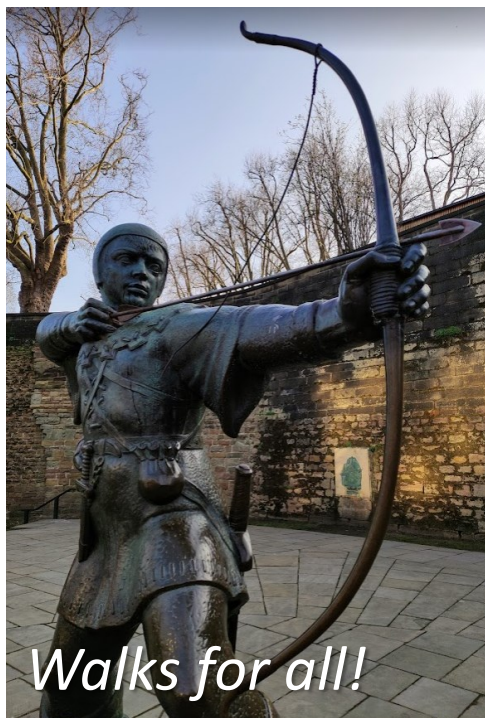


**April to
December 2023**

**Published by the
Nottinghamshire
Guided Walks Partnership**

Nottinghamshire Guided Walks Programme



A compilation of guided and wellbeing walks

for those who want to improve their fitness, enjoy our countryside and make friends

Although most are free, a few walks by wild-life or preservation societies may cost a small fee. Details are given where this applies.

Please read information on *both inside covers* before taking part

See ***www.nottsguidedwalks.co.uk*** for the latest walk information

*and updates throughout the year
and be prepared to enjoy yourself!*



Routes and distances Distances and routes are approximate. Leaders may vary the published route according to weather and other conditions.

Wheelchair users Although most footpaths are not suitable for wheel chair users, town walks are usually accessible. Check with the leader.

Dogs Dogs are permitted on most guided walks, but should always be kept on a lead. Some Well Being Walks may not allow them. Check first.

What to Bring A suggested list: comfortable waterproof boots or stout shoes, packed lunch/tea with flask and water, light mat to sit on, torch, map, first-aid kit, waterproof clothing, small rucksack. In winter, extra layers, hat and gloves. In summer, wide hat, sun cream and glasses.

Children Those under sixteen are welcome but must be accompanied by parent, close relative or someone legally authorised to give permission for medical treatment if necessary.

Walkers for Health & Special Needs/ Disabled We cannot provide carers, but carers are very welcome to walk with Well Being Walks. If in doubt, check with the leader. For further information see Rambler Well Being Walks at the back of this booklet.

Love wildlife?

As a Nottinghamshire Wildlife Trust member, you will help restore wildlife & wild places across our county, as well as inspire thousands of people about nature every year. Your support really makes a difference.

<https://www.nottinghamshirewildlife.org/become-a-member>

THE PARTNERSHIP

The Nottinghamshire Guided Walks Partnership is presently made up of:

Paddy Tipping

Former MP & Notts Police Commissioner. President Ramblers Notts Area.

Financial Adviser to Notts Guided Walks Partnership.

Chris Thompson

Ramblers Notts Area

Tourism & Heritage Path Officer, Chair - Robin Hood Way Association.

Nottingham City Council & Nottinghamshire County Council Local Access Forum Member
Lead member Notts Guided Walks Partnership.

Nigel Sarsfield

Ramblers Associated Member

Nottingham City Council Local Access Forum Member

Secretary, Press Officer

These booklets are available from all County Libraries and Information/Visitors Centres from April onwards.

It is a free publication relying only on grants and some advertising. Any small contributions from walkers would be most gratefully received.

Cover pictures

Left Statue of Robin Hood in front of Nottingham Castle.

Right Owl wood carving in a dead tree in the Nottingham Arboretum.

A WARM WELCOME FROM PADDY TIPPING PRESIDENT NOTTINGHAMSHIRE RAMBLERS

A warm welcome to this year's Nottinghamshire Guided walks programme 2023. A wide variety of walks across the County are available and I hope to see you on some of them. The pandemic made walking together difficult for a while. However, it highlighted the importance of getting out from home and walking freely in the green spaces. It's good for all of us in so many ways.

I want to say a big thank you to all who have suggested walks and will lead them. We are always looking for more volunteers and walks. You can add more walks to our website and they will be fully promoted as are the brochure walks. For more information email Chris Thompson nottsrow15@outlook.com.

Thanks too to Nigel Sarsfield and Chris Thompson for all their work in designing the programme. Come along and enjoy their work.

Paddy Tipping
President Nottinghamshire Ramblers Association

Please read this carefully

Before leaving home, be sure you are fit enough and equipped sufficiently to undertake your walk. If you're unsure of your fitness level, try a short easy walk first-it's much better to find a walk a little too slow than to make yourself miserable and exhausted. Most of our walks are off-road in rural areas. Please have suitable footwear and clothing for both walk and weather (you can check our website for the day's weather). Bring some food and drink even if the walk includes a pub or café break. Leaders may possibly refuse to accept participants who are not adequately fit or equipped. If in doubt phone the leader first. For your own and others' safety, please abide by the advice herein and the instructions of the walk leader.



Although walking is one of the safest outdoor activities, none is completely without risk. It is your responsibility to behave sensibly and minimise the potential for accidents.

You are NOT covered by us or the leaders for personal injury or loss-the cost would have been too great and the scheme could not have gone ahead. It is your decision if you walk with us under these terms.

If you are unknown to your walking group, you may be asked for your name at the start. Please co-operate and give it, for other insurance purposes.



We are on Facebook search for [nottsguidedwalks](https://www.facebook.com/groups/nottsguidedwalks) for news and updates <https://www.facebook.com/groups/nottsguidedwalks>



Here are 8 reasons why walking is the bees' knees..

1. Walking strengthens your heart

Reduce your risk of heart disease and stroke by walking regularly. It's great heart exercise, reducing bad cholesterol, increasing good cholesterol. The Stroke Association says that a brisk daily 30-minute walk helps to control the high blood pressure that causes strokes.

2. Walking lowers disease risk

A regular walking habit slashes the risk of type 2 diabetes by around 60percent, and you're 20 percent less likely to develop cancer of the colon, breast or womb with an active hobby such as walking.

3. Walking helps you lose weight

You'll burn around 75 calories simply by walking at 2mph for 30 minutes. Raise that to 3mph and it's 99 calories, while 4mph is 150 calories equivalent to three Jaffa cakes and a jam doughnut! Work that short walk into your daily routine and you'll shed the pounds in no time.

4. Walking prevents dementia

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory. Since dementia affects 1 in 14 people over 65 and 1 in 6 over 80, that's a pretty good idea.

5. Walking tones up legs, bums and tums

Give definition to calves, quads and hamstrings while lifting your glutes (bum muscles) with a good, regular walk. Add hill walking and it's even more effective. Pay attention to your posture and you'll also tone your abs and waist.

6. Walking boosts vitamin D

We all need to get out more. Many people are vitamin D deficient, affecting things like bone health and our immune systems. Walking is the best way to enjoy the outdoors while getting your vitamin D fix.

7. Walking gives you energy

You'll get more done with more energy, and a brisk walk is one of the best natural energisers around. It boosts circulation and increases oxygen supply to every body cell, helping you to feel more alert and alive. Try walking in your lunch break to achieve more in the afternoon.

8. Walking makes you happy

It's true - exercise boosts your mood. Studies show that a brisk walk is just as effective as anti-depressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety. So for positive mental health, walking's an absolute must!

For more information about the benefits of walking visit the NHS Walking for Health website.
<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/walking-for-health/>

April

All Nottinghamshire Wildlife Trust walks are marked with a badger icon. For walk updates and to book visit the events webpage. 
<https://www.nottinghamshirewildlife.org/events>



Saturday 1st April at 10:00am Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve and its wildlife. Discover our history and hopes for the future whilst taking in spectacular views. This is a free event but booking is required to maintain a safe volume of attendees. Visit <https://www.nottinghamshirewildlife.org/events> to book a place.

Meeting point is the Apron (the place between the Nature Centre at Barton Lane and the car park with the picnic benches).

Grid Ref: SK 515 339
Post Code NG9 6DY
Distance 2 miles (1 hour 30 mins)
Contact Tel. 07736 684 268 / KT Smith

Saturday 1st April at 10:30am Tour de Donington

A tour around Castle Donington. CP, Airport perimeter (east), Diseworth, Tonge, Breedon on the Hill (PH), Cloud Trail, perimeter of motorsport circuit, CP

Start point: Airport viewing area parking on edge of Castle Donington.

Grid Ref: SK 443 263
Post Code DE74 2LZ
What3words ///listen.media.trees
Distance 14 miles
Contact <https://ndwg.org.uk/walks/>



Sunday 2nd April at 9:00am Attenborough Winter & Spring Bird ID Course

A walk with Steve Keller for those who wish to improve their identification of winter birds using sight and sound. Price £25, booking essential.



Sunday 2nd April at 10:30am Idle Valley Beaver Enclosure Tour

Join us for an exclusive 2 hour guided tour inside our beaver enclosure with a guide in search of signs of beaver activity and discover how they're transforming the habitat. Price £20, booking essential.



Friday 7th April at 10:00am Idle Valley Beaver Day

Join us on International Beaver Day to learn all about Nottinghamshire's only beavers! Bring the whole family for a free fun-packed day out. There will be beaver talks, guided walks, activities, pond dipping and games, as well as a pop-up beaver shop! All activities on the day will be free, no need to book ahead.



Saturday 8th April at 10:00am South Notts Out & About: Wilwell Farm Cutting in Spring

Come with Gordon to look at the first signs of spring and especially the early flowers of the season. Meet 10am at the Wilwell car park on the left, just before the ring road bridge on the B680 between Ruddington and Wilford (look out for reserve sign).

Contact Email. gordon.dyne@gmail.com

April

Thursday 13th April at 6.45pm River Meden Wander

Oxclose Wood, Northfield Lane, Sunnydale Farm, Littlewood Lane, River Meden, Little Matlock, St Chads Church, & return.

Meet Sue Rick (Mansfield & Sherwood Group) at Mansfield Woodhouse Railway Station Car Park.

Grid Ref: SK 530 631
Post Code NG19 8DA
What3words///admit.grabs.butter
Distance 4 miles
Contact Tel. 07799 764 848



Friday 14th April at 10:30am or 1:30pm Idle Valley Beaver Tour

Join us for an exclusive 2 hour guided tour inside our beaver enclosure with a guide in search of signs of beaver activity and discover how they're transforming the habitat. Price £20, booking essential.

Friday 14th April at 11:00am Four Summits Walk

We link the hills of Silverhill, Newtonwood Lane, Strawberry Bank and Herrod's Hill. These are the summit hills of Nottinghamshire. Join us on a lovely walk with excellent viewpoints.

Meet Chris Thompson (Gedling Ramblers) at Teversal CP Visitors' Centre, Carnarvon Street, (off Fackley Road) Teversal.

Grid Ref: SK 479 614
Post Code NG17 3HJ
Distance 6.9 miles
Contact Tel. 07719 827 808



Saturday 15th April at 1:00pm Sherwood Forest in search of Robin Hood

Visit St Mary's Church Edwinstowe site where Robin Hood married Maid Marian, then to Robin's famous hiding place, the Major Oak. Cross Birkland's Forest and heathland to Centre Tree, at the middle of the old forest.

Through the Plantation to Blackpool, the former site of 6th Duke of Portland's Russian Cottage. Nearby stood the Shambles Oak, Robin's larder, where the outlaws hung venison after stealing it from the King. The tree was blown down in a gale in the 1960's. See St Edwin's Chapel in part of what used to be the Royal Deer Park and what is now known as King John's Palace, some 3 miles away at Old Clipstone. Return to Sherwood Visitor Centre.

Meet Chris Thompson (Robin Hood Way Flexi Group) at St Mary's Church, Church Street, Edwinstowe (Porch Entrance).

Grid Ref: SK 626 668
Post code NG21 9QA
Distance 6.5 miles (3 hours)
Contact Tel. 07719 827 808



Sunday 16th April at 9:00am Attenborough Winter & Spring Bird ID Course

A walk with Steve Keller for those who wish to improve their identification of winter birds using sight and sound. Price £25, booking essential.

April

Thursday 20th April at 6.00pm Walk around Wellow Park

A walk and talk from Wellow Dam into medieval Woodland known as Wellow Park, which was once a Deer Park belonging to the Lords of the Manor. It was turned into a leisure facility in the 1730's by introducing a network of "rides" but was still used for commercial purposes. The walk is timed so that you will enjoy the extensive bluebells and other spring-time flora and fauna. The Walk leader is a community ranger who has wealth of knowledge to share. There is a gradual uphill through the woods.

Meet Amy Chandler Community Ranger (Forestry England) at Wellow Dam off Newark Road Wellow (Tea & Cold Drinks will be available after the walk in the school room).

Grid Ref: SK 668 664
Post Code NG22 0EA
Distance 2.5 miles
Contact Tel. 07443 536 811



Saturday 22nd April at 7:00pm Bat Walk at Attenborough Nature Reserve

Join us at Attenborough Nature Centre for an Introduction to Bats Evening Talk and Walk. We will meet at the centre for an introductory talk on bats with light refreshments. We will then head out on to the reserve with bat detector on a guided bat walk. Price £20, booking essential.



Sunday 23rd April at 10:30am Harston (Belvoir Castle)

Harston, Croxton Kerrial, Branston, Terrace Hills, Belvoir, Woolsthorpe by Belvoir, Harston. Meet walk leader at crossroads in village.

Grid Ref: SK 839 318
Post Code NG32 1PP
What3words:///bypassed.diets.splice
Distance 12 miles
Contact <https://ndwg.org.uk/walks/>



Sunday 23rd April at 10:00am Bunny Wood Open Day

See the Bluebells in bloom, learn about the woodland's history, guided walk at 11am and children's activities. Meet at car park on the left on the A60 climbing up out of Bunny village. All activities are free no need to book.



Sunday 30th April at 6:30am South Notts Out & About: Dawn Chorus, Sharphill Wood

Get up bright and early to enjoy the dawn chorus at Sharphill Wood on a walk led by John Elwell. Free no need to book. For more details visit <https://www.nottinghamshirewildlife.org/events>.



Sunday 30th April at 9:00am Attenborough Winter & Spring Bird ID Course

A walk with Steve Keller for those who wish to improve their identification of winter birds using sight and sound. Price £25, booking essential.

May

Wednesday 3rd May at 6.45pm Evening Walk No.1 Woodborough

Woodborough, Roe Hill, Bonner Lane, Crookdole Lane, Calverton, Bonner Hill, Fox Wood, Woodborough Park, Westfield Lane and return. Meet Chris Thompson (Gedling Ramblers) at Four Bells PH, Main Street Wooborough.

Grid Ref: SK 6307 4773
Post Code NG14 6EA
Distance 5 miles (2 hours)
Contact Tel. 07719 827 808



Friday 5th May at 7:00pm- 10:00pm Bat Walk at Attenborough Nature Reserve

Join us at Attenborough Nature Centre for an Introduction to Bats Evening Talk and Walk. We will meet at the centre for an introductory talk on bats with light refreshments. We will then head out on to the reserve with bat detector on a guided bat walk. Price £20, booking essential.



Saturday 6th May at 10:00am South Notts Out & About: Wilwell Farm Cutting in Spring

Join Gordon Dyne to look at the wildflowers at the height of the spring season around the reserve. Maybe some mud! Meet 10 am at the Wilwell car park on the left, just before the ring road bridge on the B680 between Ruddington and Wilford (look out for reserve sign). Free no need to book.



Saturday 6th May at 10:00am Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve. See 1st April event for full details on Page 3.



Sunday 7th May at 5:00am- 8:30am Attenborough Dawn Chorus with breakfast

Set your alarm early and join us for a Dawn Chorus Walk at Attenborough Nature Reserve with breakfast included. Price £25.



Sunday 7th May at 10:30am or 1:30pm Idle Valley Beaver Tour

Join us for an exclusive 2 hour guided tour inside our beaver enclosure with a guide in search of signs of beaver activity and discover how they're transforming the habitat. Price £20, booking essential.

Wednesday 10th May at 2:00pm Walk & Talk around the heritage village of Wellow

A walk and talk around the heritage of the village of Wellow, Nottinghamshire. You will be introduced to many properties ranging from Tudor construction to the 20th century. An opportunity to walk around parts of the mediaeval dyke that surrounds the village and listen to fascinating stories. Wellow is one of only two 'planted' villages in the county and has great tales to tell. There are no hills and the majority of the walk will be on hard surfaces. Meet Heather Laughton at Wellow Church Schoolroom, Newark Road, Wellow. (Tea & Cold Drinks will be available after the walk.

Grid Ref: SK 671 662
Post Code NG22 0EA
Distance 1.5 miles
Contact Tel. 07443 536 811

May

Wednesday 10th May at 6.45pm Evening Walk No.2 Strelley Bluebells

Oldmoor Wood, Robinettes Arm, Nottingham Canal, Cossall, Turkey Fields Farm and return. Meet Chris Thompson (Gedling Ramblers) Park roadside nr. Strelley Hall Main Street.

Grid Ref: SK 505 422
Post Code NG8 6PE
Distance 4 miles (2 hours)
Contact Tel. 07719 827 808



Sunday 14th May at 9:00am Attenborough Winter & Spring Bird ID Course

A walk with Steve Keller for those who wish to improve their identification of winter birds using sight and sound. Price £25, booking essential.

Wednesday 17th May at 6.45pm Evening Walk No. 3 Brinsley Headstocks & Aldercar Nature Reserve

Brinsley Headstocks, Stoney Lane, Church Walk, Aldercar Flash Nature Reserve, Hall Lane, Church Walk and return. Meet Chris Thompson (Gedling Ramblers) at Brinsley Headstocks car park off Mansfield Road Brinsley (A608).

Grid Ref: SK 464 485
Post Code NG16 5AE
Distance 3.5 miles (1 hour 30m)
Contact Tel. 07719 827 808

Friday 19th May 11.00am Farndon

Visit St Peters Church, Willow Holt, a remaining survivor of working willow holts, , Farndon Marina, views of New Staythorpe Power Station and Weir, then Farndon Windmill.

Meet Chris Thompson (Gedling Ramblers) at the Rose & Crown PH, Main Street, Farndon. Take the opportunity of a meal after the walk.

Grid Ref: SK 769 518
Post Code NG24 3SA
Distance 4.5 miles
Contact Tel: 07719 827 808



Saturday 20th May at 10:00am Local Access Forum: Dunkirk and Beeston Walk

Circular walk exploring Highfields Park, Beeston Sidings Nature Reserve, and Nottingham and Beeston Canal with fine views and peaceful surroundings with plenty of wildlife to see. Meet Nigel Sarsfield (Local Access Forum) at Lakeside Arts Centre in Highfields Park.

Grid Ref: SK 545 381
Post Code NG7 2RD
Distance 4 miles
Contact Tel: 07824 537 433

Saturday 20th May at 1:00pm North Wolds Walk

Grantham Canal, Vinny Ridge Farm, Jerico Farm, Stanton on the wolds, Stanton Lodge Farm, Widmerpool, A46, return. Meet Chris Thompson (Gedling Ramblers) at Neville Arms Kinoulton (Park carefully in the village).

Grid Ref: SK 681 309
Post Code NG12 3EH
Distance 6.1 miles
Contact Tel. 07719 827 808

May



Sunday 21st May at 9:00am **Attenborough Winter & Spring** **Bird ID Course**

A walk with Steve Keller for those who wish to improve their identification of winter birds using sight and sound. Price £25, booking essential.

Wednesday 24th May at 10:00am

Two canals and a viaduct Erewash & Nottingham Canal, Bennerley Viaduct

A circular walk linking Nottingham Canal across the Erewash Valley to link the Bennerley Viaduct, now restored for public access, returning down Erewash Canal to return. Please note (This is a Ramblers Newark Group Walk where public are welcomed to join. It is essential to book by 17th May 2023 online at <https://www.newarkramblers.org.uk/>. There will be a packed lunchbreak.

Meet Izzie Turner (Ramblers Newark Group) on roadside Linkmel Road, Langley Mill, between Travis Perkins and Great Northern PH.

Grid Ref: SK 455 470
Post Code NG16 4AA
Distance 10.5 miles
Contact Tel: 07733 655 279
What3Words: ///transit, overruns, aunts
Bus/train: Langley Mill Railway Station.

Wednesday 24th May at 6.45pm **Evening Walk No. 4 Fiskerton & Southwell Racecourse**

Fiskerton along River Trent, towpath, Morton, Fiskerton Railway Station, Southwell Racecourse, Rolleston, Fiskerton Mill and return. Meet Chris Thompson (Gedling Ramblers) Trent View layby off

Rolleston Road 500 metres east of Fiskerton.
Grid Ref: SK 740 513
Post Code NG25 0UJ
Distance 5 miles (2 hours)
Contact Tel. 07719 827 808

Thursday 25th May at 10:00am

In the Footsteps of DH Lawrence Walk No.1
Felley Mill, Weaver Lane, Annesley, Old Church & Annesley Hall, Kennel Lane, Kennel Lodge, Morning Springs Wood, (Excellent Viewpoint Felley Priory) return. Meet Chris Thompson (Gedling Ramblers) at roadside off Felley Mill Lane (North) Note Sheila Bamford DH Lawrence Society invited to highlight DH Lawrence.

Grid Ref: SK 484 501
Post Code NG16 5GT
Distance 4 miles
Contact Tel. 07719 827 808



Friday 26th May at 10:30am or 1:30pm Idle Valley Beaver Tour

Join us for an exclusive 2 hour guided tour inside our beaver enclosure with a guide in search of signs of beaver activity and discover how they're transforming the habitat. Price £20, booking essential.

Saturday 27th May at 2pm **Potwell Dyke Grasslands**

Within easy walking distance of Southwell Minster, these grasslands have been designated a Site of Importance for Nature Conservation (SINC), with around 200 species of flora identified. Potwell Dyke Action Group volunteer guides will take you for an informative

May/June

and leisurely stroll through this very special haven. Meet at the Memorial Drive car park (adjacent to the Scout hut).

Grid Ref: SK 701 535
Post Code NG25 0GD
Time 1.5 hours
Contact Tel. 01636 816 235



Wednesday 31st May at 6.45pm Evening Walk No.5 Selston

Hall Green, Hobsic Lane, Pinxton Wharf, River Erewash, Selston Green, St Helen's Church, Selston High Sch, Rosemary Hill, return. Meet Chris Thompson at Horse & Jockey PH, Church Street, Selston.

Grid Ref: SK 463 539
Post Code NG16 6FB
Distance 3.6 miles (1 hour 40m)
Contact Tel. 07719 827 808



Saturday 3rd June at 10:00am or 2:00pm South Notts Out & About: Wilwell Farm Cutting in Summer

Enjoy the wide range of wildflowers in bloom at this time of year including Southern Marsh Orchids, as well as birds and butterflies on site. With Reserve Warden Gordon Dyne. Meet 10am at the Wilwell car park on the left, just before the ring road bridge on the B680 btw Ruddington and Wilford (look out for reserve sign).



Saturday 3rd June at 10:00am Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve. See 1st April event for full details on Page 3.



Sunday 4th June at 9:30am - 11:30am South Notts Out & About: Keyworth Meadow

Join Neil Pinder for a walk around Keyworth Meadow Nature Reserve. Meet at burial ground, Wysall Lane, NG12 5AG.



Sunday 4th June at 10:30am or 1:30pm Idle Valley Beaver Tour

Join us for an exclusive 2 hour guided tour inside our beaver enclosure with a guide in search of signs of beaver activity and discover how they're transforming the habitat. Price £20, booking essential.

Tuesday 6th June at 10.30am River Meden, Warsop Vale

An easy walk along the River Meden to Warsop Vale, up to former Warsop Vale Pit tip, with views towards Clipstone, edge of Sookholme, to return along River Meden. Meet Sue Rick (Mansfield & Sherwood Group) at Carrs Car Park (A60) Church Road Church Warsop.

Grid Ref: SK 568 686
Post Code NG20 0SF
What3Words:///charities.convicted.stocked
Distance 5 miles
Contact Tel. 07799 764 848

June

Wednesday 7th June at 6.30pm Potwell Dyke Grasslands

Within easy walking distance of Southwell Minster, these grasslands have been designated a Site of Importance for Nature Conservation (SINC), with around 200 species of flora identified. Potwell Dyke Action Group volunteer guides will take you for an informative and leisurely stroll through this very special haven. Meet at the Memorial Drive car park (adjacent to the Scout hut).

Grid Ref: SK 701 535
Post Code NG25 0GD
Time 1.5 hours
Contact Tel. 01636 816 235

Wednesday 7th June at 6.45pm Evening Walk No.6 Normanton on the Wolds & Cotgrave Wolds

Normanton on the Wolds, Glebe Farm, Clipston, Mill Lane, Cotgrave Wolds, Cotgrave Forest, Clipston Wolds, Laming Gap Lane, return. Meet Chris Thompson (Gedling Ramblers) at roadside verge The Plough Inn Normanton on the Wolds, Old Melton Road.

Grid Ref: SK 622 328
Post Code NG12 5NN
Distance 5.2 miles (2 hours 20m)
Contact Tel. 07719 827 808

Wednesday 14th June at 6.45pm Evening Walk No.7 Nether Langwith

Nether Langwith, Limes Ave, Blue Barn Farm, Shireoaks Farm, Langwith Mill House, Cuckney Hay Wood, Warsop Wood, Boon Hills Wood, Top Farm, return. Meet Chris Thompson (Gedling

Ramblers) Jug & Glass PH Queens Walk Nether Langwith.

Grid Ref: SK 533 704
Post Code NG20 9EW
Distance 5.2 miles (2 hours 20m)
Contact Tel. 07719 827 808

Wednesday 21st June at 6.45pm Evening Walk No.8 Hardwick Hall

Hardwick Inn, Duck, Stainsby Mill, Stainsby, Astwith Duck Decoy Pond, Great Pond, Stainsby Mill, Stainsby, Hawking Lane, Astwith, descend to Hardwick Country Park, return. Meet Chris Thompson (Gedling Ramblers) at Hardwick Inn.

Grid Ref: SK 458 633
Post Code S44 5QJ
Distance 4.5 miles (2 hours)
Contact Tel. 07719 827 808



Friday 23rd June at 1:00pm Sherwood Forest in search of Robin Hood

See 15th April event for full walk details on Page 4. Meet Chris Thompson (Robin Hood Way Flexi Group) at St Mary's Church, Church Street, Edwinstowe (Porch Entrance).

Grid Ref: SK 626 668
Post code NG21 9QA
Distance 6.5 miles (3 hours)
Contact Tel. 07719 827 808

Don't forget full details of all our walks and updates can be found on Facebook and our Website.



facebook.com/groups/nottsguidedwalks/

June/July

Saturday 24th June at 10:00am

Local Access Forum: Old Basford and New Basford Walk

Circular walk from Vernon Park that explores the River Leen Greenway and the heritage of Old and New Basford. See Whitemoor NR, St Leodegarius Church and two huge old breweries. Meet Nigel Sarsfield (Local Access Forum) outside Basford Library/Vernon Road.

Grid Ref: SK 551 432
Post Code NG6 0AR
Distance 4 miles
Contact Tel: 07824 537 433

Saturday 24th June at 1:00pm

Laxton Open Fields/Holocaust Centre

Laxton Village Museum, St Michael The Archangel Church, Laxton Castle, Laxton open Fields, Kirton Woods, National Holocaust Centre & Museum, and return. Meet Chris Thompson (Gedling Ramblers) at Dovecote Inn (car park & museum to rear). Opportunity of a meal at the Inn after the walk.

Grid Ref: SK 723 671
Post code NG22 0SX
Distance 5.3 miles (2 hours 40m)
Contact Tel. 07719 827 808

Wednesday 28th June at 6.45pm

Evening Walk No.9 Normanton on Soar

Normanton on Soar, River Soar, Zouch Cut, River Soar, Devil's Elbow, Sutton Bonnington, Pasture Lane, Zouch Cut, return. Meet Chris Thompson (Gedling Ramblers) at roadside verge outside The Plough Inn Normanton on Soar, Main St.

Grid Ref: SK 516 231
Post Code LE12 5HB
Distance 5.5 miles (2 hours 30m)
Contact Tel. 07719 827 808



Saturday 1st July at 10:00am
Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve. See 1st April event for full details on Page 3.

Saturday 1st July at 1:00pm

Gringley on the Hill/ Cuckoo Walk

A beautiful circular walk using one of the most attractive stretches of the Chesterfield Canal and linking the villages of Gringley on the Hill, Wiseton, and Clayworth. Meet Chris Thompson (Gedling Ramblers) at Beacon Hill Road/High Street Gringley on the Hill.

Grid Ref: SK 741 907
Post Code DN10 4RQ
Distance 7 Miles
Contact Tel. 07719 827 808

Wednesday 5th July at 6.45pm

Evening Walk No.10 Rufford Abbey

Wellow, North Laithes Farm, Rufford Abbey, Rufford Lake, Wellow Maypole, North Laithes Farm, Rufford Abbey, Rufford Lake, Rufford, Hills Farm, return. Meet Chris Thompson (Gedling Ramblers) at Olde Red Lion Eakring Road, Wellow.

Grid Ref: SK 669 660
Post Code NG22 0EG
Distance 5 miles (2 hours)
Contact Tel. 07719 827 808

July



Saturday 5th July at 7:00pm South Notts Out & About: Lily Ponds, Radcliffe on Trent

Join Philip Taylor to have a wander round the ponds. Meeting point Rockley Gate, top of Park Road. Contact email: philtaylor422@hotmail.com.

Thursday 6th July at 10:00am In the Footsteps of DH Lawrence Walk No.2

Nottingham Canal, Cossall (links with DH Lawrence 'The Rainbow'), Church Cottage links with Louie Burrows) St Catherine Church (links with Battle of Waterloo), Marsh Farm, return. Meet Chris Thompson (Gedling Ramblers) at Awsworth Road Cossall Common Canal Car Park. Note Sheila Bamford DH Lawrence Society invited to highlight DH Lawrence.

Grid Ref: SK 475 434
Post Code NG16 2YH
Distance 4 miles
Contact Tel. 07719 827 808

Wednesday 12th July at 6.45pm Evening Walk No.11 Blidworth

Blidworth Church, Druid Stone, Rickett Lane, Fountain Dale, Friar Tuck's Well, Providence Farm, New Lane, return.

Meet Chris Thompson (Gedling Ramblers) at Bird in the Hand PH Main Street, Blidworth.

Grid Ref: SK 587 556
Post Code NG21 0QH
Distance 4 miles (1 hour 50m)
Contact Tel. 07719 827 808

Saturday 15th July at 2:00pm Walk & Talk around the heritage village of Wellow

A walk and talk around the heritage of the village of Wellow, Nottinghamshire. You will be introduced to many properties ranging from Tudor construction to the 20th century. An opportunity to walk around parts of the mediaeval dyke that surrounds the village and listen to fascinating stories. Wellow is one of only two 'planted' villages in the county and has great tales to tell. There are no hills and the majority of the walk will be on hard surfaces. Meet Heather Laughton at Wellow Church Schoolroom, Newark Road, Wellow. (Tea & Cold Drinks will be available after the walk).

Grid Ref: SK 671 662
Post Code NG22 0EA
Distance 1.5 miles
Contact Tel. 07443 536 811

Wednesday 19th July at 6.45pm Evening Walk No.12 Bennerley Viaduct

Shipleigh Gate (MFN PH), Erewash Canal, Nottingham Canal, Shipleigh Gate, Former Coal Washing and Loading site, Bennerley Viaduct, Erewash Canal return to MFN PH.

Meet Chris Thompson (Gedling Ramblers) at MFN PH Shipleigh Gate near Eastwood.

Grid Ref: SK 462 453
Post Code NG16 3JE
Distance 4 miles (1 hour 50m)
Contact Tel. 07719 827 808

July/August

Wednesday 26th July at 6.45pm Evening Walk No.13 Medieval Churches and a Dovecote

Discover the three villages of Flintham, Syerston, & Sibthorpe, with their 13th Century churches. A quiet corner of the county close to an ancient Roman road. (Longhedge Lane) Meet Chris Thompson (Gedling Ramblers) by the school & Church in Flintham village.

Grid Ref: SK 740 461
Post Code NG23 5LE
Distance 5 miles (2 hours 30m)
Contact Tel. 07719 827 808



Saturday 29th July at 7:00am

South Notts Out & About: Moth Morning at Wilwell Cutting Nature Reserve

A chance to view in detail the contents of last night's moth trap with Paul Dulwich. NUMBERS ARE LIMITED to allow people to get a good view of the nights haul, contact [Gordon Dyne gor-don.dyne@gmail.com](mailto:Gordon.Dyne.gor-don.dyne@gmail.com) to reserve a slot.

Saturday 29th July at 1:00pm Trent Vale Trail Circular Walk Besthorpe / Collingham

Besthorpe Nature Reserve, (North Lake), North Collingham, River Trent.

Meet Chris Thompson, (Gedling Ramblers) at Besthorpe Nature Reserve Car Park, Trent Lane, Besthorpe.

Grid Ref: SK 818 640
Post Code NG23 7HL
Distance 4.5 Miles
Contact Tel. 07719 827 808

Please note the new 6.30pm start time for the August evening walks.

Wednesday 2nd August at 6.30pm Evening Walk No.14 Hucknall, Newstead & Linby

St Mary's Magdalene Church Hucknall, Dobpark, Thurland Hall Farm, Diadem Hill, Byron's Walk, Annesley Hills, Newstead Village, Linby Nature Trail, Linby, return. Meet Chris Thompson (Gedling Ramblers) at Marketplace, Hucknall, Nottingham.

Grid Ref: SK 534 493
Post Code NG15 7AS
Distance 7 Miles (3 hours)
Contact Tel. 07719 827 808



Friday 4th August at 11:00am Sherwood Forest in search of Robin Hood

See 15th April event for full walk details on Page 4. Meet Chris Thompson (Robin Hood Way Flexi Group) at St Mary's Church, Church Street, Edwinstowe (Porch Entrance).

Grid Ref: SK 626 668
Post code NG21 9QA
Distance 6.5 miles (3 hours)
Contact Tel. 07719 827 808



Saturday 5th August at 10:00am Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve. See 1st April event for full details on Page 3.

August



Saturday 5th August at 10:00am **South Notts Out & About: Wilwell** **Farm Cutting in Late Summer**

A stroll round the reserve to look at the site's natural history with Gordon the Warden. Meet 10am at the Wilwell car park on the left, just before the ring road bridge on the B680 between Ruddington and Wilford (look out for reserve sign).

Saturday 5th August at 1:00pm **Trent Valley Way Circular Walk** **(Dunham on Trent/Church Laneham)**

Dunham Bridge, Dunham on Trent, Chequers Lane, Laneham, Broadings Lane, Helenship Lane, River Trent, Church Laneham, path to return to Dunham on Trent Bridge. Meet Chris Thompson (Gedling Ramblers) at sideroad next to Dunham on Trent Bridge.

Grid Ref: SK 817 744
Post Code NG22 0TY
Distance 5.5 miles (2 hours 30m)
Contact Tel. 07719 827 808

Wednesday 9th August at 6.30pm **Evening Walk No.15 Southwell**

River Greet, Maythorne Farm, Norwood Park, Westhorpe, Southwell Leisure Centre, Potwell Dyke, Southwell Minster, Burgage, return. Meet Chris Thompson (Gedling Ramblers) at The Final Whistle (park Southwell Trail car park) Station Road Southwell.

Grid Ref: SK 706 543
Post Code NG25 0ET
Distance 5 miles (2 hours)
Contact Tel. 07719 827 808

Saturday 12th August at 11:00am **Local Access Forum: Bestwood Walk**

A circular walk around Bestwood, including Southglade Park, Bestwood Country Park and former Great Northern Railway line. Meet Chris Thompson (Local Access Forum) at Southglade Leisure Centre.

Grid Ref: SK 555 449
Post code NG5 5GU
Distance 5.5 miles (3 hours)
Contact Tel. 07719 827 808

Wednesday 16th August at 6.30pm **Evening Walk No.16 Greasley Circular Walk**

Horse & Groom PH, St Mary's Church/Greasley Castle, Beauvale Priory, Park Springs, Felley Mill, Moorgreen Reservoir/High Park Wood, Beauvale Lodge, return. Meet Chris Thompson (Gedling Ramblers) at Horse & Groom PH Moorgreen, Newthorpe.

Grid Ref: SK 485 475
Post Code NG16 2FE
Distance 5 miles (2 hours)
Contact Tel. 07719 827 808

Wednesday 23rd August at 6.30pm **Evening Walk No.17 Colwick**

Colwick Park Colwick Hall, Colwick Country Park, Colwick Vale, Colwick Woods (Three Hills), Roughill Woods, return. Meet Chris Thompson (Gedling Ramblers) at Racecourse Road outside St John The Baptist Church (remains) nr Colwick Hall Entrance.

Grid Ref: SK 601 390
Post Code NG2 4BH
Distance 3.5 miles (1 hour 30m)
Contact Tel. 07719 827 808

August/September

Wednesday 30th August at 6.30pm
Evening Walk No.18 Oxtou

Green Dragon PH Oxtou, Honeyknab Lane, Windmill Hill, Robin Hood Hill (Loath Hill) concessionary path to Forest Road Oxtou, return. Meet Chris Thompson (Gedling Ramblers) at The Old Green Dragon PH, Oxtou.

Grid Ref: SK 630 516
Post Code: NG25 0SS
Distance 3.5 miles (1 hour 30m)
Contact Tel. 07719 827 808

Friday 1st September at 11:00am
St Chad's Water Nature Reserve
Sawley and Breaston

St Chad's Water Nature Reserve, River Derwent, Trent & Mersey Canal, Derwent Mouth, Wilne Reservoir, Breaston, return.

Meet Chris Thompson (Gedling Ramblers) at Church Wilne Car Park, Wilne Road, (access off Derby Road, Draycott).

Grid Ref: SK 448 317
Post Code DE72 3QH
Distance 6.2 miles
Contact Tel. 07719 827 808



St Chad's Water



Saturday 2nd Sept at 10:00am
Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve. See 1st April event for full details on Page 3.

Thursday 14th Sept at 10:00am
In the Footsteps of DH Lawrence Walk No.3

St Mary's Church Greasley, Greasley Castle, Source of River Giltbrook, Narrow Lane, Brookbreasting Farm, Crowhill Farm, Bogend, return.

Meet Chris Thompson (Gedling Ramblers) Greasley Church layby off B600 Main Road Greasley. Note Sheila Bamford DH Lawrence Society invited to highlight DH Lawrence.

Grid Ref: SK 489 472
Post Code NG16 2AB
Distance 4 miles
Contact Tel. 07719 827 808

Saturday 23rd September at 11:00am
Bunny Hop

A Circular walk taking in Bunny, Woods, with excellent views of Charnwood Forest, and the South Nottinghamshire Countryside. Meet Chris Thompson (Gedling Ramblers) at Church Street Bunny, outside St. Mary's Church The Virgin.

Grid Ref: SK 582 296
Post Code NG11 6QT
Distance 8 miles
Contact Tel. 07719 827 808



October

Sunday 1st October 10:00am East Markham Apple Festival Walk

A varied and interesting walk taking in Tuxford, West Markham, Milton Mausoleum to East Markham. We visit the Annual East Markham Apple Festival and return to Tuxford after enjoying the tasty delights at the Apple Festival.

Meet Steve Bramley (Mansfield & Sherwood Ramblers) at public car park near Sun Inn, Newark Road, Tuxford.

Grid Ref SK 736 708
Post Code NG22 0LN
Distance 8.5 miles
Contact Tel. 07974 510 554

Friday 6th October at 11:00am Hoveringham Lakes Circular

Thurgarton, Thurgarton Station, Hovringham Reservoir, and return. Meet Chris Thompson (Gedling Ramblers) at Thurgarton Parish Hall off Bleasby Road.

Grid Ref: SK 696 492
Post Code NG14 7GS
Distance 5.75 miles
Contact Tel. 07719 827 808



Saturday 7th October at 10:00am Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve. See 1st April event for full details on Page 3.



Saturday 7th October at 1:00pm Sherwood Forest in search of Robin Hood

See 15th April event for full walk details on Page 4. Meet Chris Thompson (Robin Hood Way Flexi Group) at St Mary's Church, Church Street, Edwinstowe (Porch Entrance).

Grid Ref: SK 626 668
Post code NG21 9QA
Distance 6.5 miles (3 hours)
Contact Tel. 07719 827 808



Saturday 14th October at

10:00am South Notts Out & About: Wilwell Farm Cutting in Autumn

Looking at the reserve's woodland and human history as the seasons wind down into winter, with Gordon Dyne. Meet 10am at the Wilwell car park on the left, just before the ring road bridge on the B680 between Ruddington and Wilford (look out for reserve sign). Contact gordon.dyne@gmail.com

Saturday 21st October at 11:00am Local Access Forum: Victoria Embankment/Nottingham Canal

A circular walk around Victoria Embankment and Nottingham Canal.

Meet Chris Thompson (Local Access Forum) at the Tram stop near Ferry Inn, Wilford Village.

Grid Ref: SK 568 379
Post code NG11 7AA
Distance 5 miles
Contact Tel. 07719 827 808

November/December & January 2024



Saturday 4th November at 10:00am
Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve. See 1st April event for full details on Page 3.

Saturday 18th November at 1:00pm
Hoton Hills Circular

Prestwold, paths towards Burton on the Wolds, Prestwold Hall, Big Lin Wood, Harts Farm, Hoton Hill return.

Meet Chris Thompson (Gedling Ramblers) at the small lay-by on Old Parsonage Lane, off Prestwold Lane, Hoton

Grid Ref: SK 575 224
Post Code LE12 5SG
Distance 5.8 miles
Contact Tel. 07719 827 808



Preswold Church



Saturday 2nd December at 10:00am
Attenborough Welcome Walk

Join one of our Wilder Welcome volunteers for a free guided walk to learn more about our reserve. See 1st April event for full details on Page 3.



Saturday 9th December at 1:00pm
Gotham Hills

Along Moor Lane, Gypsum Way, Cuckoo Farm, Leake New Wood (Views of Charnwood Forest), Cottages Hill, Gotham Hill, and Long Spinney, return.

Meet Chris Thompson (Gedling Ramblers) at The Sun Inn, 1 The Square, Gotham.

Grid Ref: SK 536 301
Post Code NG11 0HX
Distance 5.0 miles
Contact Tel. 07719 827 808



Lakeside Arts Centre

Monday 1st January 2024 at 10.30am
New Year Day Walk Grove Farm - Former Home of Edward, Prince of Wales

University Lake, Lord Trent's statue, Dr. Stewart Adam Bridge, Beeston Canal, Grove Farm, Clifton Bridge, Thane Road, and return.

Meet Chris Thompson (Gedling Ramblers) at Lakeside Theatre car park, off University Boulevard Nottingham University South site.

Grid Ref: SK 548 382
Post Code NG7 2RD
Distance 5.4 miles
Contact Tel. 07719 827 808

Events

National Trust: Clumber Park

A number of walks are run throughout the year by the National Trust at Clumber Park. The walks below are **free, but normal admission charges to Clumber Park apply**. For a full list of walks visit the Clumber Park events page which is regularly updated.

<https://www.nationaltrust.org.uk/visit/nottinghamshire-lincolnshire/clumber-park/events>

Pushabout, second Monday of every month, 10.15am

A free walking group created for anyone who has or looks after pushchair-aged children. It's a great way for mums, dads, grandparents or carer's to get active, enjoy some fresh air and make new friends while looking after their baby or toddler. No booking required. Meet under the Clock Tower in the Turning Yard. Admission into the park applies.

Seasonal Stroll, every third Monday of the month, 13.30pm

A guided 3km walk of the Pleasure Grounds and Walled kitchen garden. Routes vary each month and have seasonal themes. Meet at the entrance to the walled kitchen garden.

Weekly dog walking social, every Wednesday from 10.00am

Come along to explore the Park and enjoy a cuppa and a bite to eat in our dog-friendly cafe afterwards. No booking required. Meet at Central Bark. Free event, admission applies.

Hardwick Village Evening Walkabout, first and third Wednesday of the month, 19.30pm

Explore the Hardwick area of Clumber Park. Walks are up to 3 miles and last around an hour. Free event, no booking required. Meet at Hardwick Village Social Club. If you haven't been on this walk before, please contact us on 01909 476592 for further details.

Discover Clumber Park, first Thursday of every month, 10.30am

Led walk, exploring different landscapes and habitats. Walks are 4-6 miles and last 2-3 hours. No booking required. Meet at the Discovery Centre. Free event, admission applies.

Monthly Family Dog Walk, first Sunday of every month, 10.30am

Explore different areas of Clumber Park while meeting like-minded dog loving families. Treat yourself to a cuppa and a piece of cake in our dog-friendly café afterwards. Meet at Central Bark. Free event, admission applies.

Sunday Walkabout, third Sunday of every month at 10:30

Take in the sights of the park on a led walk. There's 2-3 different distances to choose from on the day, usually 3,5 or 8 miles. No booking required. Meet under the Clock Tower in the Turning Yard. Free event, admission applies.

Nordic walking, most Thursdays during term time

Join Sherwood Nordic Walking for these group walking sessions to learn the art of Nordic walking and its many benefits. Easy on the knees and joints. Suitable for all levels / ages. Sociable, safe outdoor exercise. A great way to discover Clumber Park while keeping fit. Meet in the main car park. Admission into the park applies. Sessions must be booked

www.sherwoodnordicwalking.co.uk

For more details call 01909 511 015 or email clumberprogramming@nationaltrust.org.uk

Events



**SHERWOOD
FOREST**

**Sherwood Forest
Visitors Centre**

A number of walking events are run throughout the year by the Sherwood Forest Visitors Centre. A charge for attending applies and some events have a limited capacity. For a full list visit the events page on the website which is regularly updated using the link or QR Code below:

<https://www.visitsherwood.co.uk/events/>

Some upcoming Walking Events:

Meet Our Giants: 2nd April 2023, 2:00pm - 3:30pm
£7.50 (£6 RSPB members), No Dogs, Booking Required
A led 90 minute walk by a tree expert.

Hygge Tuesday Nordic Walk: 18th April 2023, 10am - 11.30am
£6, No Dogs, Booking Required
Enjoy a 'hygge' Nordic walk in Sherwood Forest.



Further suggestions

There are lots of interesting and unique places across Nottinghamshire that run walking events or tours throughout the year. A few useful websites are listed below. These are certainly worth visiting as new events are regularly added which may be of interest. Please be aware charges and a requirement to book may apply so please check the details carefully and contact the event organiser if further details or clarification is needed.

Nation Civil War Centre Newark - <http://www.nationalcivilwarcentre.com/>

Wollaton Hall - <https://wollatonhall.org.uk/whats-on/>

Newstead Abbey - <https://newsteadabbey.org.uk/whats-on>

Creswell Crags - <https://www.creswell-crags.org.uk/events-listings>

Rufford Abbey - <https://www.parkwoodoutdoors.co.uk/centre/rufford-abbey/events>

Nottinghamshire Wildlife Trust -

<https://www.nottinghamshirewildlife.org/events>

Sherwood Pines - [https://www.forestryengland.uk/sherwood-pines/venue/
events-sherwood-pines](https://www.forestryengland.uk/sherwood-pines/venue/events-sherwood-pines)

Ramblers - <https://www.ramblers.org.uk/>

Visit Nottinghamshire -

<https://www.visit-nottinghamshire.co.uk/>

Nottingham Open Spaces Forum -

<http://nosf.org.uk>



Long Distance Walks

Nottinghamshire has a number long distance walking trails to enjoy. Sadly, space does not allow us to provide comprehensive details of each trail but the table below provides a list of some of trails with links to websites for further route details. This list is provided for you to consider a continuous adventure or as daily walk options over a period of time to further explorer the Nottinghamshire countryside.

Local Tourist Information centres can provide further of travel and accommodation arrangements if required. [The Ramblers](#) or [Long Distance Walks Association](#) websites also provide further details for most of the walks and additional walks.

Visit <https://ldwa.org.uk/> for details of these and other long distance walks available. We do hope you will consider walking some of these trails and we hope they provide you with a wonderful walking experience promoting the countryside of Nottinghamshire.



No	Name of route	From	To	Mileage
1	The Archaeological Way	Pleasley Pit Country Park	Creswell Crags	11 miles
2	Broxtowe Country Trail	Attenborough Nature Reserve	Langley Mill	27 miles
3	Cuckoo Way Walk (Chesterfield Canal)	Chesterfield	West Stockwith	46 miles
4	Erewash Valley Trail	Circular Route around Erewash		30 miles
5	Grantham Canal	Nottingham	Grantham	33 miles
6	Inclosure Walk Nottingham	Queens Walk near Wilford Toll Bridge	Church Cemetery The Forest	5 miles
7	Little John Challenge Walk	Circular route around Edwinstowe		28 miles
8	Mansfield & Pinxton Railway	Pinxton	Mansfield	7 miles
9	Midshires Way	Notts border from Old Dalby	Kegworth	18 miles 225 miles
10	Notts Wolds Way	Bunny	Bingham	26 miles
11	Nottingham Canal Trail	Langley Mill	Wollaton	8.7 miles
12	Notts Clockwalk	Circular walk around Nottingham		60 miles
13	Robin Hood Way	Nottingham Castle forecourt	St Mary's Church Edwinstowe	105 miles
14	Rushcliffe 100 Walk	Circular Walk from Willoughby on the Wolds		62 miles 100 kms
15	Trent Valley Way	Trumpton Or Attenborough	West Stockwith	84 miles 170 miles
16	Trent Vale Trail	Newark	Collingham	15 miles

Long Distance Walks

Notts Clockwalk - <https://nottsclockwalk.wordpress.com/>



A Mile-a-Minute walk circling Nottingham

This walk is a 60-mile route, circumnavigating the city of Nottingham, and divided into 12 sections. It celebrates the villages and countryside around Nottingham, and explores its rich tapestry of local history – from the rolling hills and industrial towns of the north-west to the alluvial plains of the Trent and Soar with its small villages in the south-east.

The Notts Wolds Way - <https://www.nottsfps.org.uk/notts-wolds-way>

The Notts Wolds Way is a linear path of 26 miles which was set up by the Nottinghamshire Footpaths Preservation Society with the support of Nottinghamshire County Council and with the aid of a grant from Ramblers Holidays Charitable Trust (RHCT). The path, from Bunny to Cropwell Butler is divided into 4 linear stages each passing through an attractive and interesting part of south Nottinghamshire. Although there are a few short road sections, the route is mostly on rights of way in the form of field and woodland paths and tracks. It makes use of several paths which have been recently added to the Definitive Map. The route has been comprehensively way-marked throughout with a characteristic black arrow on a white background. A 20 page colour booklet gives detailed walk instructions and information on points of interest along the route.



Robin Hood Way - <https://www.robinhoodway.com/>



Nottinghamshire's Longest Recreational Walking Route at 105 miles. The Way features areas of Nottingham associated with the legendary figure of Robin Hood and his exploits, crossing lowland farmland and heathland, and visiting the great houses and parks of the Dukeries and forests, including Sherwood Forest. There are also several circular routes taken from the Robin Hood Way for you to enjoy a day's walking exploring the Nottinghamshire countryside for a better appreciation of our beautiful county.

Self Guided Walks

If you can't make a guided walk there a number of Self-Guided walks on the Notts Guide Walks Self Guided Walks section of the website. These can be download as a printer friendly PDF version or viewed on a mobile device with some walks offering a GPX file to use with a number of walking apps available to download. We continue to add new walks to the website and links to other guided walks so visit the Self-Guide Walks section to see the walks on offer.

<https://nottsguidedwalks.co.uk/self-guided-walks/>

The Nottingham City Council Transport Nottingham Walking website has a number of self-guided walking routes in Nottingham. These can you help you discover your local area, landmarks and heritage, whilst keeping physically active from your doorstep.



Put together by the Nottingham Local Access Form and Parks Service they offer a wide range of guide walks to cater for everyone. Visit the website to see the wide range of routes on offer.



<https://www.transportnottingham.com/walking/>

Chesterfield Canal Trust



The Chesterfield Canal is one of the most beautiful and varied waterways in England. It runs for 46 miles from the River Trent to the middle of Chesterfield, linking Nottinghamshire, South Yorkshire and Derbyshire.

Although it is not organising it's yearly Walking Festival in 2023 the Trust offer a range of Self-Guide Walks available to download from it's website.

<https://chesterfield-canal-trust.org.uk/downloads/>

The Lambley Historical Society offer a number of guided village trails and a guided walk exploring the Lambley Dumbles. The Dumbles are enchanting, secluded places which are visually impressive. Notable for the geology and ancient woodland, rich in flowers and ferns they make pleasant short walks in every season. The trails are available to download under the Village Trail section of the heritage website. <http://www.lambleyheritage.co.uk/>

Self Guided Walks / Wellbeing Walks



**NEWARK &
SHERWOOD**
DISTRICT COUNCIL

A number of town walking trails are available on the Newark & Sherwood District Council walking page. These include walks in Newark, Southwell, Farnsfield and Edwinstowe and Sherwood Forest. Visit the website for further details of the trails and local walking groups.

The Newark Civic Trust website also has a number of self guided town trails

<https://www.newark-sherwooddc.gov.uk/walking/>
http://www.newarkcivictrust.org.uk/town_trails.html



Rambles Wellbeing Walks are part of a national campaign to improve health and wellbeing simply by walking.

There are many such groups in Nottinghamshire, with trained and insured leaders, who take parties out for a gentle stroll in their local area.

The walks are an ideal introduction to group walking if you have never tried it before. Local walks at an easy pace, trained leaders and an amiable group around you – it becomes a comfortable, friendly way of recovering or improving your health. Research shows that you can reduce your risk of contracting any one of about 35 serious diseases too.

Check out <https://www.ramblers.org.uk/wellbeing-walks> for a full list of Wellbeing walks available and <https://nottsguidedwalks.co.uk/wellbeing-walks/> for groups and walks in Nottinghamshire. A selection of groups and walks are showcased on the next few pages, check the listed group websites for more walks and updates.

Walk-and-Talk is a calm & social walking group where people chat, walk and enjoy the great outdoors.

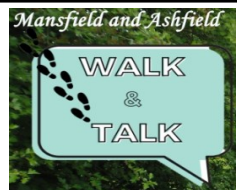
All walks start at 11am and last 90-120 mins – approx.
3-4 miles (unless otherwise stated). May be muddy on some walks so wear appropriate footwear. Dogs on leads welcome.

Details of walks can be found on the Walk and Talk website:

<https://www.mansfieldcvs.org/activity/walk-and-talk-walking-group/>

Additional information incl. starting point full postal address and WhatThreeWords meeting points at www.facebook.com/walkandtalkmansfield

For further details please call **07467 834 153**





In The Discovery Room at Mill Waters Heritage Centre & Café. For people living with dementia, their friends, families and carers. If you have any questions about the memory café please email

millwaters@ashfield.gov.uk

Short walks, crafts and games or simply relax & socialise...

On the 2nd and 4th Wednesday of every month drop in anytime between 1.30pm & 3.30pm.

No need to book. Activities are free. Food and drinks are available to purchase from Mill Waters Café. Please note car parking is free for the first hour and charges start at £1 for 2 hours. Willow Tree Memory Café is part of the Mill Waters Project. For more details visit our website at

<http://www.millwaters.org.uk/>

Wednesday walk dates in 2023.

12th April, 26th April, 10th May, 24th May, 14th June, 28th June.

Bircotes Smiley Milers

A volunteer walking group offering free health/leisure walks, starting from Harworth & Bircotes Sports & Social Club on Scrooby Road, Bircotes every Wednesday at 10am. There are two levels of walks, a short walk of about 1 hour at a gentle pace, over fairly level terrain. A longer walk of about 90 minutes at a reasonable pace.

Walks are usually on farm tracks and public paths around the Bircotes & Harworth area. Occasionally we go off site to visit places of interest. All walks are led by trained walk leaders who carry first aid kits and safety whistles. After each walk, we adjourn to the Sports & Social Club for refreshments and a good natter. Dogs are welcome on a short lead.

For further information contact Malc, malcfunnell67@gmail.com or call 07853 725262.

Meet: Harworth & Bircotes Sports & Social Club on Scrooby Road, Bircotes

Grid Ref: SK 62991 91418

Post Code: DN11 8JT

Time: Every Wednesday at 10am

Parking: Harworth & Bircotes Sports & Social Club
Scrooby Road Bircotes car park



Wellbeing Walks Newark and Sherwood



Tuesday - Collingham - 10am

Lincolnshire Co-op Food Store High Street, Collingham, NG23 7LB

Wednesday - Ollerton - 10am (1st Wednesday of every month)

Hop Pole Hotel Main Street, Ollerton, NG22 9AD

Thursday - Newark - 10.30am (2nd & 4th Thursday of every month)

Rumbles Café Sconce & Devon Park, Boundary Road, Newark, NG24 4QN

Join our free and friendly short walk at your own pace and suitable for all abilities Friendship, fresh air and fitness. For more info call 01522 544 632, email wellbeingwalks@lincolnshire.coop and visit lincolnshire.coop/wellbeing-walks for more information and updates.

Broxtowe Borough Council Walk & Talk Wellbeing Walks

The D.H. Lawrence Birthplace Museum offer a programme of monthly Wellbeing Walks focused on getting an hour of fresh air, exploring the local area and meeting people. On the walks you can enjoy Broxtowe's beautiful countryside, whilst learning about local heritage, and of course, D.H. Lawrence.

The walks are organised by the D.H Lawrence Birthplace Museum in conjunction with [LLeisure](http://lincolnshire.coop) and the 2023 walks will begin in February. Walks take place on the first Tuesday of each month, meeting at 10.00am at the Birthplace Museum on Victoria Street, Eastwood, NG16 3AW and last for around 1.5 hours.

2023 dates are as follows: 4th April, 2nd May, 6th June, 4th July, 8th August, 5th September, 3rd October, 7th November, 5th December

For more details and updates visit the Exhibitions and Events page on the website:

<https://www.broxtowe.gov.uk/for-you/leisure-and-culture/dh-lawrence-birthplace-museum/>

Contact Carolyn Melbourne at culture@broxtowe.gov.uk or tel. 0115 917 3824



Mansfield instep are a Walking for Health group based in Mansfield. They offer free walks which take place on Monday and Thursday mornings at 10am, and last about two hours.

They are 4.5 to 6 miles in length, and termed 'Progressive' in the Ramblers/ Macmillan classification.

Details of dates of the walks and venues are listed on the Walks Programme page of the website. There is an online registration system in place.

Please arrive a few minutes before the 10am start time.

<http://mansfieldinstep.org/>

Best Foot Forward walks are led by trained walk leaders, one who leads from the front and the other who follows at the back of the group. Walks are FREE and everyone is welcome, though we ask that people under the age of 18 are accompanied by an adult.

Our walks take place whatever the weather, so simply dress appropriately and join the group at the start location.

For more information contact: 0115 896 6906 or visit our website <https://www.ageuk.org.uk/notts/our-services/exercise-and-physical-activity/best-foot-forward/>

This is the current list of Well Being Walks as of January 2023. Please check the Best Foot Forward website for further walk updates.

Best Foot Forward Weekly Walks

Monday: Woodthorpe Grange Park Walk

The Grange is a 19th century Grade II listed manor that sits amidst a mix of landscapes, including formal gardens. There is also an innovative train sculpture and 'sunken garden' with water feature.

Meeting place: Sherwood Community Centre, Mansfield Rd, NG5 3FN.

Time: 10:30am.

Getting there: By bus - Lime 56, 57, 58, 59 (Magnus Road), Purple 88, 89 (Sherwood Manor stop).

Parking - Community Centre Car Park.

Grade: Moderate.

Walk length: 1.5 - 2 miles.

Duration: 45 minutes.

Terrain: Varied inclines and some steep steps.

Monday: Bestwood Walk

We explore a variety of walks in the Bestwood area which may include Bulwell Forest, Southglade Park and the linear walkway alongside Hucknall Road following the route of an old railway line.

Meeting place: Outside Southglade Access Centre, Southglade Rd, Bestwood Estate NG5 5GU

Time: 1:30pm

Getting there: By bus - Brown 16 (Padstow Rd), Brown 17 (Gorse Court Stop).

Parking: On the Southglade site

Grade: Moderate

Walk length: 1 - 3 miles

Duration: 40-90 minutes

Terrain: Fairly flat - Mostly on pavements and paved paths, may include footpaths and grassed areas.

Best Foot Forward Weekly Walks Continued

Tuesday: Nuthall Railway Walk

Part of the old Great Northern Line, this is a new footpath that passes fields of barley, rapeseed, and corn. Stop halfway for a coffee at Three Ponds Pub at Nuthall.

Meeting place: The bus stop outside the Snapewood Community Centre, Snape Wood Rd, NG6 7GH (opposite St John's Family Centre)

Time: 10:30am

Getting there: By bus - Yellow 68,69 (Corben Gardens stop)

Grade: Easy to moderate

Walk length: 3 miles

Duration: 2 hours (with a halfway stop)

Terrain: Fairly flat (may include a walk across fields or woods if it is dry, for those who wish to).

Tuesday: Forest Recreation Ground Walk (Short Walk)

This walk is a gentle introduction for anyone who wants to start walking and is designed for all levels of mobility. It is a short walk on established pathways within 'The Forest'. The walking time is typically between 10 and 30 minutes with opportunities to rest and enjoy the views of the city as well as a café stop.

Meeting place: Forest Rec Tram Stop

Time: 10:15am

Getting there: By bus - Turquoise 80 (Claypole Rd stop). By Tram - NET Tram (Forest Tram Stop).

Parking - Forest Ground Park and Ride (10 mins walk)

Grade: Starter

Walk length: 0.3 - 1 mile

Duration: 40-60 minutes

Tuesday: Forest Recreation Ground Walk (Longer Walk)

This walk further explores different routes around and between the Forest Recreation Ground and the Arboretum. The walk follows established pathways and offers extensive views of the city within lovely, wooded areas.

Meeting place: Forest Rec Tram Stop

Time: 10:15am

Grade: Easy to moderate

Walk length: 1 - 3 miles

Duration: 30-90 minutes



Friday: Bulwell Bogs Riverside Walk

A flat walk with benches at intervals. Lots of interesting wildlife can be found along the way.

Meeting place: Bulwell Bogs at the bridge opposite The Moon and Stars (public house)

Time: 10:30am

Getting there: By bus - Yellow 70,71 (Sellers Wood stop).

Parking - Free parking at Bulwell Station Car Park

Grade: Easy to moderate

Walk length: 2 miles

Duration: 45 - 60 minutes (short walk option 30 minutes)

Terrain: Flat

Best Foot Forward Weekly Walks Continued

Friday: Victoria Embankment Walk

This is a steady walk along the beautiful tree-lined embankment; we may include a visit to the Memorial Gardens or Wilford Village. Those wishing to do a shorter walk (20 minutes) can leave the walk when we reach the tram line at Wilford Bridge and catch the tram from the Meadows Embankment stop.

Meeting place: On the corner of London Rd (A60) and Victoria Embankment (city side of river Trent just before Trent Bridge)

Time: 10:30am

Getting there: By bus - 5, 6, 7, 8, 9, 10, 11 (Trent Bridge Embankment stop).

Parking - None. Only limited blue badge parking available

Grade: Easy to moderate

Walk length: 2 and 3 miles

Duration: 60-90 minutes (short walk option 30 minutes)

Terrain: Flat

Friday - Wollaton Park Walk

A number of pleasant walking routes in Wollaton Park, with its 16th Century Hall, lake and deer park. These walks take place every Friday each month from 7th October.

Meeting place: Opposite the children's playpark, Wollaton Park, Wollaton Rd. NG8 2AE

Time: 10:00am

Getting there: By bus - Pink 30 (Wollaton Hall stop).

Parking: Ask the walk leader for a free parking pass.

Grade: Moderate (walk is mainly off paths)

Walk length: 2 miles

Duration: 60 minutes

Terrain: Often off footpaths so uneven ground and some inclines, sensible shoes for walking are necessary.

Best Foot Forward Twice Monthly Walks

Veterans Camaraderie Walk: Tuesdays: Kingsmill Reservoir Walk

This walk runs on the 2nd & 4th Tuesday of each month. Join us for a leisurely stroll around Kingsmill Reservoir. The walk takes approximately one hour followed by coffee in the café for those who want to stay.

Meeting place: Outside the café at Kingsmill Reservoir

Time: 12:00 noon every **2nd and 4th Tuesday** of each month

Getting there: By bus - Rainbow 1 Tollhouse Hill

Parking: Main Car Park, NG17 4PA, 1st hour free, £1 an hour thereafter

Grade: Easy to moderate

Walk length: 1.5 miles

Duration: Approx 60 minutes

Terrain: Fairly flat - Mostly on pavements and paved paths, may include footpaths and grassed areas.



Best Foot Forward Twice Monthly Walks Continued

Wednesday: City Parks

A walk along the boundaries of Sneinton and St Ann's passing through Victoria Park conservation area, King Edward Park, Stonebridge City Farm and may include Green's Windmill (depending on the walkers' ability).

These walks take place twice Monthly on the **2nd and 4th Wednesday** of the month.

Meeting place: Victoria Leisure Centre NG1 1DB

Time: 10:30am

Getting there: By Bus - Lilac 25, 27 Local link 9 (Southwell Rd Stop)

Blue 39 (Roden St stop).

Parking: Nottingham arena car park

£3.40 for 4 hours blue badge holders free for 4 hours.

Grade: Moderate to hard

Walk length: 2 miles

Duration: 45 -90 minutes

Terrain: Varied (steep hill to Green's windmill)



Veterans Camaraderie Walk: Sundays: Sconce Park, Newark

This walk runs on the **2nd Sunday** of each month. Join us for a leisurely stroll around Sconce Park and along the River Trent, past Newark Castle, returning to Sconce park for a coffee in the café for those who want to stay.

Meeting place: Sconce Park Car Park, Newark, NG24 4AU

Time: 10:00am

Getting there: By bus - 29, 90 Fosseway Flyer

Parking: Sconce Park Car Park, Newark, NG24 4AU

Grade: Easy to moderate

Walk length: 2- 2.5 miles

Duration: Approx 60 minutes

Terrain: Fairly flat - Mostly on pavements, paved paths, may include footpaths and grassed areas.

Best Foot Forward Monthly Walks

Wednesday: Strelley Woodland and Countryside Walk

This walk runs on the 1st Wednesday of each month. We explore a variety of routes from Strelley village which may take in the stones of the monks way, Strelley Hall and All Saints Church, Oldmoor Wood, Shaws Plantation, Strelley Park Farm, Swingate Water Tower, Trowell Garden Centre, Broxtowe Country Park and Stonepit Plantation.

Meeting place: Broad Oak Pub, Strelley village NG8 6PD

Time: 10:15am

Getting there: By bus - Turquoise 77 (The Rose stop). Parking - At the Broad Oak

Grade: Moderate to hard

Walk length: 4 - 5 miles

Duration: 90 minutes to two hours

Terrain: Varied – may include open fields, woodland paths, sometimes muddy and hilly at times. Suitable footwear recommended.

RAMBLERS
WELLBEING
WALKS
Rushcliffe Move
£ Mingle



Rushcliffe Move & Mingle Wellbeing Walks offer free, safe, and sociable walks with trained leaders to improve your health and wellbeing – supporting you to get active and stay active. Walks last from 30 to 90 minutes to suit your ability and level of fitness. On offer are walks in 5 Rushcliffe locations each week: Lady Bay, Rushcliffe Country Park, Radcliffe on Trent, East Leake and Cotgrave Country Park.

No need to book: if coming for the first time please arrive 10 minutes early to complete a short registration form. No dogs please, except Assistance Dogs. See website <https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-rushcliffe> for more details.

Tuesday Walk - West Bridgford, Lady Bay Poppy and Pint

Meet: Poppy & Pint pub off Pierrepoint Road, Lady Bay, West Bridgford. Post Code NG2 5DY
Time 11:00am

Grid Ref: SK 59374 37867

Duration: Walks of about 90 minutes.

Terrain: Along the River Trent and round Holme Pierrepoint. Options to turn back for shorter walks.

Meet on the pub car park by the tennis courts.

Contact: Duncan 07969 330846

Refreshments available in pub/café

Wednesday Walk - Ruddington Country Park

Meet: Rushcliffe Country Park Main Car Park. Post Code NG11 6JS

Time: 10:20am

Grid Ref: SK57507 32073

Duration: 1 hour, Walks usually no longer than 2 miles.

Terrain: Route varies from week to week around the park. Flat level walking.

Meet on the path by the lake approx. 50 metres to the left of the visitors centre/meeting room.

Contact: Duncan 07969 330846

Refreshments available at takeaway café at the visitor centre (outside seating).

Thursday Walks - Radcliffe on Trent

Meet: In front of Grange Hall, Vicarage Lane, Radcliffe on Trent. Post Code: NG12 2FD

Time: 10:30am

Grid Ref: SK 64607 39296

Duration: 1 hour

Terrain: Village based circular walk including the cliff path to the Rockley Memorial Park. Slower/shorter walks available. To suit different levels of fitness/activity.

Meet in front of Grange Hall, Vicarage Lane, Radcliffe on Trent.

Refreshments (We sometimes stay for refreshments after the walk at the Welcome Café (St Mary's Church).

Thursday Walks - East Leake Meadow Park

Meet: Melbourne Park off Gotham Road East Leake. Post Code: LE12 6QD

Time: 1:30pm

Grid Ref: SK 55303 26433

Duration: 30minutes for fresh air, a chat, and some gentle exercise on paths in the park.

Terrain: Flat

Meet by the Milestone Sculpture at the south access point to the park next to the playing fields.

Parking in the Gotham Road car park.

Toilets: Available opposite Gotham Road Car park

Refreshments are available at the three village centre cafes on Gotham Road.

Contact: Anne 07913 328971

Friday Walk - Cotgrave Country Park

Meet: Cotgrave Country Park. Post Code: NG12 3HQ

Time 2:00pm

Grid Ref: SK 64505 35464

Duration: 1.5 Hours

Terrain: The route is around the Cotgrave Country Park varies available to suit your fitness & ability.

Meet by the Rose & Crown car park, Main Road Cotgrave, ready for start at 2pm.

Contact: Duncan 07969 330846



Ramblers Well Being Walks Workshop Step2it Dukeries

This group offers free Health/Leisure Walks, starting from Kilton Forest Golf Club, Blyth Road Worksop at 10.00 am every Thursday.

There are 3 levels of walks: A short walk of about 1 hour at a gentle pace over fairly level terrain. A longer walk of approximately three to three and a half miles at a reasonable pace. A longer one of up to six miles at a faster pace.

All are usually on farm tracks and public paths around the Worksop area, occasionally off site to visit places of interest. All are led by trained walk leaders who carry first aid kits and safety whistles. Afterwards we adjourn to the Sports & Social Club for refreshments and a good natter.

Unfortunately, we only allow assistance dogs. For further information contact Malc, malcfunnell67@gmail.com or phone 07853 725262

Meet: Kilton Forest Golf Club, Blyth Road, Worksop

Post Code: S81 0TL

Grid Ref: SK 59598 80783

Time: 10am Parking: Golf club car park





Ramblers Wellbeing Walks Gedling organises short and friendly walks in and around Gedling. You'll receive a warm welcome and plenty of support to make it easier to get active and stay active.

Register for free to receive further information <https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-get-going-gedling>

Contact Fiona Hextall 0115 901 3635 or 07813 778591 for further details.

Monday - Mapperley Walk

Meet: Holy Cannoli Restaurant, Mapperley Top, Plains Road Mapperley

Post Code: NG3 5GE

Grid Ref: SK 59067 43377

Time: 10am

Parking: Car parks off Mapperley Plains

Terrain: Walking around local pavements with some paths undulating but the route is mainly flat.

Duration: 45 mins

Refreshments: Cafes in area after walk.

Wednesday - Gedling Country Park

Meet: Gedling Country Park off Spring Lane Mapperley **Post Code:** NG4 4PE

Grid Ref: SK 61478 44442

Post Code: NG4 4PE

Time: 10:30am

Parking: Gedling Country Park Car Park, entrance off Spring Lane

Meet: Near the noticeboards and Toilets to café building.

Terrain: Walking on well surfaced paths in Gedling Country Park. Paths are varied and some paths are undulating but pleasant for walking with views.

Duration: 1 hour

Refreshments: Café after the walk



Trent Dementia offers free leisurely guided health walks on Thursday mornings each month in Highfields Park, Nottingham. Easily accessible by tram and buses and directions can be provided if needed.

Guided walks with a trained leader for people affected by dementia in the East Midlands area. If you are living independently with dementia or are a family member or supporter, you are welcome to join us. See website <https://www.trentdementia.org.uk/whats-on/walking-groups/> for updates.

Thursday walk dates in 2023. There are no walks on Bank Holidays.

April 6th, May 4th, June 1st, July 6th, August 3rd, September 7th

Contact: 0115 74 84 220 for more details or email contact@trentdementia.org.uk

Please leave your name & phone number.



Workhouse Walkers 2023

National
Trust

Meet at the Visitors car park at The Workhouse at 10:30am
for a 75 minute walk starting at 10:45am.

FRIDAY 28 APRIL
River Walk

FRIDAY 25 AUGUST
The Park and Potwell

For more information
please phone
01636 921 997

FRIDAY 26 MAY
Orchid Walk

FRIDAY 29 SEPTEMBER
River Walk

FRIDAY 30 JUNE
View from the Top

FRIDAY 27 OCTOBER
Autumn Colours

There is an option of a
shorter walk of up to 30
minutes.

FRIDAY 28 JULY
Up and Down

FRIDAY 24 NOVEMBER
Through the Park



The Partnership is very aware that we owe a huge debt to our walk leaders. A word of thanks at the end of your walk would be appreciated by everyone.

Thanks to everyone who has contributed walks as we could not make this guide without them. Particularly Chris Thompson who is leading over 30 walks, Nottingham Wildlife Trust who provided several wildlife walks and Nigel Sarsfield who spent many hours putting this guide together.

More and more walks are being added to the Notts Guide Walk website. Please check the website <https://nottsguidedwalks.co.uk/> for full details of the walks featured and for future updates.

Finally thank you to the companies and organisations that made the guide you are reading now possible.

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Visit <https://www.ramblers.org.uk/get-involved/join-the-ramblers.aspx>

Walking improves wellbeing and helps fight stress.

Join one of our led walks and make new friends.

Our 14 Ramblers Groups offer social activities as well as walks for all abilities.

Ramblers is the walking charity working to keep local paths open. Join us and find out more at the websites below:

www.nottsarearamblers.org.uk

and

www.facebook.com/nottsarearamblers



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