

Getting active can be difficult. But we're here to help. With Ramblers Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 14 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Ramblers Walking for Health has something for everyone.



Why walk?

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol



How you can get involved

Rushcliffe Move and Mingle is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks 10 minutes early, so that one of our trained walk leaders can take your details. If you want to know more before you start, just get in touch:

Duncan 07969 330846

Simon 07976 631194

E: Rushcliffemandm@gmail.com

<https://tinyurl.com/RushcliffeWFH>

For all national enquiries, please contact Walking for Health on 020 3961 3300 or walkingforhealth@ramblers.org.uk

Walks Programme

Rushcliffe Move & Mingle Health Walks

Supported through funding from Sport England and players of People's Postcode Lottery

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)

Rushcliffe Move & Mingle

offers regular free, safe, sociable walks to improve your health at Lady Bay, Ruddington, Radcliffe on Trent, East Leake and Cotgrave.

We're an accredited Ramblers Walking for Health scheme, one of over 360 schemes throughout the country. Our walks are short and over easy terrain, and are open to everyone but are especially aimed at those who are least active.

Many of our walkers start walking to improve their health, but find it easy to keep coming back because of all the new friends they've made.

Shorter or longer options are offered on all our walks to suit walkers' ability and level of fitness.

Accredited assistance dogs only please.

Lady Bay Poppy & Pint Every Tuesday 11:00am

Around 90 minutes with 'short cut' options for easier walks.

Meet at Poppy and Pint Car Park off Pierrepont Road, Lady Bay West Bridgford NG2 5DX

Walks through Lady Bay and along the river to Holme Pierrepont. Paths are generally well-surfaced but can sometimes be muddy in parts. Walkers often stay to enjoy coffee in the pub's café after the walk.

Rushcliffe Country Park Every Wednesday 10:30am

Choice of 30 minute short walk or longer walk of an hour

Meet at the lakeside in front of the visitor centre, Rushcliffe Country Park, Mere Way, Ruddington NG11 6JS

Circular walks within the Country Park mainly on firm-surfaced paths. Short 30 min. walk is on a level path around the lake. Some minor slopes in other parts of the park.

Radcliffe on Trent Every Thursday 10:30am

Walks last about an hour with an option for a shorter walk

Meet in front of Grange Hall, Vicarage Lane, Radcliffe NG12 2FB

A friendly group led by Radcliffe locals welcomes walkers of all abilities to join our village centre walks. We cater to your fitness level with walks from 30 minutes to a longer walk of around an hour. Refreshments available after the walk at St Mary's Church Hall.

For Radcliffe walk enquiries contact Kathy 0115 9334863

East Leake Meadow Park Every Thursday 1:30pm

About 30 minutes

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

Join us for a breath of fresh air, a chat and some gentle exercise. We walk on paths in the park and usually call at one of the village cafés for refreshments afterwards.

Parking in the Gotham Road Car Park. Public toilets are available opposite.

For East Leake walk enquiries contact Anne 07913 328971

Cotgrave Country Park Every Friday 2:00pm

About an hour with option for a 30 minute shorter walk

Meet at Rose and Crown car park Main Road, Cotgrave NG12 3HQ

Circular walks around Cotgrave Country Park. Paths can sometimes be muddy and there are some short hills. Walkers often stay to chat over a coffee or soft drink after the walk.

Meet at Rose and Crown car park Main Road, Cotgrave NG12 3HQ

