

Broxtowe Walks 09



HOW CAN WALKING IMPROVE YOUR HEALTH?

Healthier heart and circulation, improved breathing, weight management, better joints, stronger bones, better sleep, stress relief... the list is endless!

Did you know that regular walking can improve your health? Moderate exercise, that makes you feel warmer and breathe

a little faster, is enough to make a difference. Even short amounts of activity count, like walking to the shops, or getting off the bus one stop early. The Chief Medical Officer recommends that adults should aim to be moderately active for 30 minutes on at least 5 days a week. You can find out more information about the benefits of walking, and find out about local walks at www.whi.org.uk

These walks have been compiled by Groundwork Greater Nottingham in partnership with Broxtowe Borough Council. If you would like more detailed information about any of the walks featured here then please contact the walk leader.

BEESTON HERITAGE TRAIL

Come along for an entertaining walk around Beeston, taking in places and buildings of historic interest.

Beeston & District Civic Society

BEESTON HERITAGE TRAIL - BEESTON/ CHILWELL BORDER, AN EARLY GARDEN SUBURB

Date: Bank Holiday Monday 25th May 2009
Time: 2.00pm

Distance: 2 miles or 3 miles
Duration: 2½ hours. A linear walk starting at the Hop Pole and finishing at Beeston Square.

Description: We will walk through a newly designated conservation area, derived from the Chilwell Freehold Land Scheme of 1848 designed to give local working men the vote in county elections and to own their own plot of land. The over-ambitious scheme was wound up, but had a lasting effect on this area, still visible in the street-pattern and some of the housing. We return to the town centre through another later-19th century conservation area.

Contact name: Joyce Brown
Contact details: 0115 925 9044
Meet: Hop Pole public house. [Grid ref SK520 360]

Bus info: TrentBarton Indigo Route or NCT route 36 to Wilmot Lane Stop. Return afterwards by routes from Beeston Bus Station

Walk leader: Robin Phillips
Name of Reserve Leader: Mick Atherton

Beeston & District Civic Society

BEESTON HERITAGE TRAIL - THE OLD VILLAGE CENTRE

Date: Thursday 18th June Time 7.30pm

Distance: 2 or so miles
Duration: 2½ hours A repeat of our circular walk starting at the Podium in Beeston Square, close to Beeston Bus Station.

Description: Starting from the turnpike road which runs through Beeston's modern centre we move to its original centre, the Manor House, then to houses built as farms in the 17th century. Returning to the main road we walk to the parish churchyard, with unusual monuments, and memories of the Plague, a solid 19th century school building refurbished for the 21st century, and the remains of our medieval village cross reinstated by the school master.

Contact name: Joyce Brown
Contact details: 0115 925 9044
Meet: The Podium Beeston Square. [Grid ref SK528 368]

Bus info: TrentBarton Indigo Route or NCT routes 36,13,14

Walk leader: Robin Phillips

Name of Reserve Leader: Mick Atherton

Stapleford & District Local History Society

STAPLEFORD TOWN TRAIL

Date: Tuesday 7th July

Time: 7.15pm

Distance: About 2 miles

Duration: Just over 2 hours. A circular walk.

Description: The trail follows a route round the town's central area. It includes most of the important historical sites, starting from and returning to the Roach crossroads.

Contact name and walk Leader:

Barbara Brooke

Contact details: 0115 9394979

Meet: On the corner adjacent to HSBC Bank at the Roach Crossroads [Grid ref SK488 371]

Bus info: TrentBarton Rainbow 4. Alight at Albert Street bus stop and walk forward down the slight hill to the Roach. Return afterwards by same route.

Name of Reserve Leader: To be confirmed.

Beeston & District Civic Society

BEESTON HERITAGE TRAIL - INDUSTRY AND SCIENCE

Date: Sunday 13th September Time: 2.30pm

Distance: 2 or so miles,

Duration: 2 ½ hours A linear walk starting at the Evangelical Free Church, Broadgate, and finishing near Beeston Bus Station.

Description: We will start at Dagfa House, view the Observatory of a 19th century astronomer and weather scientist, walk past regency houses along Broadgate, see the home and the factory of a famous inventor, take Nether Street to the very end, seeing the oldest nonconformist church building in Beeston, and view war memorials to Beeston men as we return to the Bus Station.

Contact name: Joyce Brown

Contact details: 0115 925 9044

Meet: Broadgate Beeston [Grid ref SK534 375]

Bus info: Trent Barton Indigo route or NCT route 36 to Salthouse Lane stop.

Return afterwards by bus routes from Beeston Bus Station

Walk leader: Robin Phillips

Name of Reserve Leader: Mick Atherton

ATTENBOROUGH NATURE RESERVE NATURE WALKS

Join local enthusiasts on a guided nature walk around the beautiful Attenborough Nature Reserve. No need to book. All welcome, no dogs please. Please come dressed for the weather.

Sundays starting at 10.30am
2 hours approximately in length

1st March	6th September
5th April	4th October
7th June	1st November
5th July	6th December

2nd August

Contact: Karen Bennett 0115 972 1777

Walk Leader: Volunteer Walk Leader

Meet: Attenborough Nature Centre - ask at reception. Binoculars are available to hire from the centre.

ATTENBOROUGH NATURE RESERVE HEALTHY WALKS

Join us for short beginner healthy walks or longer walks starting from the Reserve. No need to book. All are welcome but no dogs please. Please come dressed for the weather. Good footwear is essential.

Saturdays: 10.00am to 10.45 am

7th March	1st August
4th April	5th September
2nd May	3rd October
6th June	7th November
4th July	5th December

Saturdays: 10am - 5miles - 2 hour walks

9th May	11th July
13th June	8th August

Contact: Karen Bennett 0115 972 1777

Walk Leader: Volunteer Walk Leader

Meet: Attenborough Nature Centre - ask at reception.

BEESTON WILDLIFE GROUP MONTHLY WALKS

Explore one of Broxtowe's wildlife treasures with guides who have expertise in birds, flowers, insects and much more! These walks are taken at a leisurely pace and spend time looking at wildlife, so times are given as well as distances. Please note that stops en route might mean that walks take a longer time than stated. No dogs please.

Saturdays 10am - 3miles - 2 ½ hour walks

21st March	15th August
25th April	26th September
16th May	24th October
20th June	21st November
18th July	

Contact: Mr. W. C. Wheatley 0115 925 0208

Walk Leader: Beeston Wildlife Group

Meet: Barton Lane car park, Attenborough Nature Reserve. [Grid ref SK516 340]

BRINSLEY PARISH FOOTPATH WALKS

Brinsley Parish Council announces it's 2009 programme of evening footpath walks. Starting at 7.00pm, these walks are easy paced approx. 1½ hours to 2 hours long. Most of these walks around Brinsley will have stiles to negotiate.

Mondays 7.00pm

Monday 20th April 7.00pm, 2½ miles, 1½ hours

Meet: Yew Tree Inn, Cordy Lane, Brinsley. [Grid ref SK467 497]

Monday 4th May 7.00pm, 3½ miles, 2 hours

Meet: Durham Ox Public House, High Street, Brinsley. [Grid ref 460 503]

Monday 1st June 7.00pm, 4 miles, 2½ hours

Meet: White Lion Public House, Hall Lane, Brinsley. [Grid ref SK459 489]

Monday 22nd June 7.00pm, 3½ miles, 2 hours

Meet: White Lion Public House, Hall Lane, Brinsley. [Grid ref SK459 489]

Monday 6th July 7.00pm, 4 miles, 2½ hours

Meet: Durham Ox Public House, High Street, Brinsley. [Grid ref 460 503]

Monday 3rd August 7.00pm, 4 miles, 2½ hours

Meet: Yew Tree Inn, Cordy Lane, Brinsley. [Grid ref SK467 497]

Monday 24th August 7.00pm 3 miles, 2 hours

Meet: White Lion Public House, Hall Lane, Brinsley. [Grid ref SK459 489]

Walk Leader: Brian Deller

Monday 7th September 7.00pm 3 miles, 2 hours

Meet: White Lion Public House, Hall Lane, Brinsley. [Grid ref SK459 489]

Contact: Tore Norman 01773 715460 (evenings and weekends) or 01623 450776 (weekdays)

Walk Leader: Tore Norman

GREASLEY PARISH FOOTPATH WALKS

A series of walks predominately within the Parish of Greasley. But extending into surrounding parishes to trace the routes of former railway tracks.

GREASLEY PARISH FOOTPATH WALKS

Date: Monday 27th April Time: 6.45pm

Distance: 3¼ miles

Duration: 2 hours

Description: Tracing the former Great Northern and Midland Railways, now footpaths around Kimberley and nearby countryside.

Meet: Kimberley Toll Bar Square [Grid ref SK499 447]

Contact: Jeff Catherines

Contact details: 01773 710759

Walk Leader: Jeff Catherines

Date: Monday 18th May Time: 6.45pm

Distance: 4¼ miles

Duration: 2½ hours

Description: We walk along new road with views of Beauvale Priory. Then through Moorgreen Woods and by the reservoir. Returning via Colliers Wood Park.

Meet: Horse and Groom Public House, Moorgreen car park at rear off new road [Grid ref SK486 476]

Contact: Jeff Catherines

Contact details: 01773 710759

Walk Leader: Jeff Catherines

Date: Monday 15th June Time: 6.45pm

Distance: 5 miles

Duration: 2½ hours

Description: We follow former mineral lines and great northern line around Babbington and Awworth with a close up look at Bennerley Viaduct. Return via Nottingham Canal

Meet: Gardeners Inn, Awworth Lane, Cossall [Grid ref SK482 436]

Contact: Jeff Catherines

Contact details: 01773 710759

Walk Leader: Jeff Catherines

Date: Monday 29th June Time: 6.45 pm

Distance: 5 miles

Duration: 2½ hours

Description: We walk via Bogend to Narrow Lane then Long Lane to cross Moorgreen Showground. Then via Shortwood Farm to Watnall Brickyard Chimneys before return via Brooksbreasting Farm

Meet: Lay-by in front of Greasley Church on B600 between Moorgreen and Watnall

Grid ref SK489 473]

Contact: Jeff Catherines

Contact details: 01773 710759

Walk Leader: Jeff Catherines

Date: Monday 20th July Time: 6.45 pm

Distance: 5 miles

Duration: 2½ hours

Description: We walk past Beauvale School to follow a former railway line to Engine Lane and the former site of Moorgreen Colliery. Then onwards to former Railway at Brinsley before return via Moorgreen.

Meet: Ram Inn Public House, Beauvale, Newthorpe [Grid ref SK480 460]

Contact: Jeff Catherines

Contact details: 01773 710759

Walk Leader: Jeff Catherines

Date: Monday 17th August Time: 6.45 pm

Distance: 3¼ miles

Duration: 2 hours

Description: From Newthorpe via the Gilt Brook and Gilt Hill to Lawn Mills the site of former windmills and water mill. Then on by "The Cliff", Watnall Woods and reckoning house farm back to Newthorpe.

Meet: Foresters Arms Public House, Main Street, Newthorpe [Grid ref SK483 463]

Contact: Jeff Catherines

Contact details: 01773 710759

Walk Leader: Jeff Catherines

HEALTH WALKS

Walk and Talk is a local scheme that offers more than 5 short walks per week across Broxtowe Borough all year round. They give you a chance to improve your health, make new friends and get to know the local environment. They are organised by a partnership of local organisations and individuals as part of the 'Walking for Health Initiative'

Walks are free, and there is no need to book. Everybody is welcome. No dogs please, guide dogs accepted.

Walk and Talk offers different types of walk, from 45 to 90 minutes, so that you can find a walk suitable for you. As there is a front and back leader, all walkers can find their own pace.

For a current programme of walks please contact Liz Pierce on 0115 875 2098 or email liz.pierce@nottspsct.nhs.uk



walk & talk
Walking for Health

