

Getting active can be difficult. But we're here to help. With 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 12 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, 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



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)

Walk Well Derby 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 want to know more before you start, just get in touch on 07812 302022 or paul.mcgintry@derby.gov.uk

Would you like to be a volunteer?

If you are interested in leading a walk in your area, or helping out in other ways such as planning or promoting walks, please get in touch using the details above. Full training and support is provided.

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



step right up

Walk Well Derby

Walks programme

From July 2017

The Walk Well Scheme links closely with the Livewell Service, which helps people in Derby to lead a healthy lifestyle. For more information on Livewell, please go to livewellderby.co.uk



A Derby City Council Project

If you'd like to take part in one of the walks, simply meet at the relevant start point a few minutes early

Beginners walks (up to 45 mins)

Walks have flat routes with even ground. Shorter walks (10-30 mins) are also available as part of each walk

Arboretum Park walk - Mondays 1.30pm

Walk Leader: **Rania**

Meet in front of the café – Arboretum Park, DE23 8FR

Normanton Park walk - Thursdays 10am

Walk Leader: **Sufyaan**

Meet at Normanton Park Warwick Avenue entrance, DE23 8DA

Alvaston Riverside walk - Thursdays 12noon

Walk Leaders: **Aimee, Andy**

Meet outside the café on Alvaston Park, DE24 8QQ

Intermediate walks (45-90 mins)

Walks may have some inclines and uneven ground

Mickleover Community walk - Mondays 10.15am

Walk Leaders: **Sandra, Andy, Bharti, Garry**

Meet in the café - Mickleover Community Centre, DE3 0DA

Oakwood Woodland walk - Tuesdays 10am

Walk Leaders: **Pete, Rania**

Meet in Springwood Leisure Centre reception, DE21 2RQ

Darley Park walk - Tuesdays 12.45pm

Walk Leader: **Andy**

Meet outside the main entrance of the Council House , DE1 2FS

Please dress suitably for the weather conditions, wear comfortable, supportive footwear and bring a drink

Intermediate walks (45-90 mins) continued...

Markeaton Park walk - Wednesdays 10am

Walk Leaders: **Joe , Bharti, Garry**

Meet at Mackworth Library, DE22 4BG

Sinfin Nature Reserve walk - Wednesdays 1.30pm

Walk Leader: **Stephen**

Meet at Sinfin Library, DE24 3DS

Alvaston Riverside walk - Thursdays 12noon

Walk Leaders: **Aimee, Andy**

Meet outside the café on Alvaston Park, DE24 8QQ

Old Canal Path walk - Fridays 10am

Walk Leaders: **Phil, Carole**

Meet at Osmaston Park Community Centre, DE24 9HY

Walk not suitable for pushchairs/wheelchairs

Advanced/progression walks (90-120 mins)

Walks are more challenging and more likely to have a faster pace, inclines, uneven ground and stiles

Markeaton Park walk - Wednesdays 10am

Walk Leaders: **Joe , Bharti, Garry**

Meet at Mackworth Library, DE22 4BG

Mickleover Perimeter walk - Thursdays 6.45pm

Walk Leaders: **Sandra, Andy**

Meet at Mickleover Library, DE3 0EA

Walk not suitable for pushchairs/wheelchairs

Programme subject to change – for the most up to date information go to walkingforhealth.org.uk/walkfinder/walk-well-derby