

# Group Walks



A Derby City Council Project

Walking is simple, free and one of the easiest ways to get more active, lose weight and be healthier physically and mentally. Our sociable, volunteer-led walks are open to everyone (not just Livewell clients). You'll get to meet other people, discover different parks and communities in Derby and get some fresh air! Walks vary in duration so choose one that is right for you. Routes are generally flat and even so are suitable for pushchairs or wheelchairs, unless stated. Shorter walks (10-30 mins) are available where indicated.

Day & Start time	Walk name (and meeting point)	Approximate duration	Walk Leader(s)
Monday 10.15am	<b>Mickleover Community walk</b> (Meeting point varies each week – for info, go to the <a href="#">Mickleover Community walk Facebook page</a> )	<b>60 mins</b>	Sandra & Andy
Tuesday 10.30am	<b>Darley Park walk</b> (Clock outside The Council House) <b>2<sup>nd</sup> meeting point at 10.40am:</b> Riverside Path (under Handyside Bridge)	<b>75 mins</b> (from 1 <sup>st</sup> meeting point)	Carol, Bill,
Tuesday 11am	<b>Chaddesden Park walk</b> (Chaddesden Park car park)	<b>60 mins</b>	Roger, Ralph & Lynda
Wednesday 10am	<b>Normanton Park walk</b> (Main entrance – Warwick Ave)	<b>45 mins</b> Short walk available	Brenda, Alan & Marilyn
Wednesday 10am	<b>Markeaton Park walk</b> (Streatham Road Community Room)	<b>75 mins</b>	Bharti, Garry, Laraine
Thursday 12noon	<b>Alvaston Riverside Walk</b> (Alvaston Park community building)	<b>60 mins</b> Short walk available	Alan & Bill
Friday 10am	<b>Old Canal Path Walk</b> (Moorways Sports Village main entrance)	<b>90 mins</b> <i>Unsuitable for pushchairs</i>	Bill
Saturday 2pm <b>Monthly walk</b>	<b>Littleover Parks walk</b> King George V Playing Fields car park	<b>75 mins</b> 3 <sup>rd</sup> Saturday of every month	Gill & Brenda

You don't need to book, you can simply turn up on the day, but please arrive **before** the walk start time so we don't go without you! Please dress suitably for the weather conditions, wear comfortable, supportive footwear and bring a drink.

Please check back regularly as we hope to add more walks in the future.

