

Walking Groups

Walking is simple, free and one of the easiest ways to get more active, lose weight and be healthier physically and mentally. Our sociable walking groups are open to everyone (not just Livewell clients) and are led by Livewell Advisors and Volunteers. You'll get to meet other people, discover different parks and communities in Derby and get some fresh air!



A Derby City Council Project

Day & time	Walk name and meeting point	Approximate duration	Leader(s)
Monday 10am or 10.15am	Allestree Park walk – bi-monthly walk Evergreen Club (DE22 2FT) at 10am or <i>Main Avenue entrance to Allestree park at 10.15am</i>	60 mins 1 st & 3 rd Mondays of the month	Phil, Ian, John, Eileen
Monday 10.15am	Mickleover Community walk Meeting point varies each week – for info, go to the Mickleover Community walk Facebook page	60 mins	Sandra, Andy
Tuesday 10am	Elvaston Castle walk Keldholme Community Centre (DE24 0RU)	75 mins	Louise
Tuesday 10.30 or 10.40am	Darley Park walk Clock outside The Council House (DE1 2FS) at 10.30am <i>or Riverside Path (Handyside Bridge) at 10.40am</i>	90 mins (walk) Group stops for additional 15 mins at Darley Park café	Carol, Bill
Tuesday 11am	Chaddesden Park walk Chaddesden Park car park (DE21 6LA)	60 mins	Roger, Ralph, Lynda, Alan
Wednesday 10am	Normanton Park walk Park main entrance – near Green Thyme Café (DE23 8DA)	45 mins Shorter walk available	Brenda, Alan, Marilyn
Thursday 11am	Alvaston Riverside Walk Alvaston Park main car park (DE24 8QQ)	60 mins	Alan, Bill
Friday 10am	Old Canal Path Walk Moorways Sports Village main entrance (DE24 9HY)	90 mins <i>Unsuitable for pushchairs</i>	Bill
Saturday 10am	Osmaston Park walk – monthly walk St. Bartholomew's & St. Luke Church, Addison Rd (DE24 8FH)	45 mins 1 st Saturday of the month	Stuart

Routes are generally flat and even so are suitable for pushchairs or wheelchairs, unless stated. You don't need to book, you can simply turn up on the day, but please arrive **before** the walk start times displayed above so we don't go without you!

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

