

Step into Radford & Hyson Green

For free local health and wellbeing walks open to all:

Thriving Nottingham

Where and when:

Forest Recreation Ground

Tuesdays 13.30-14.30

Contact: **Kieran Clarke** for walking groups only on **0115 6485724**

kieran.clarke@thrivingnottingham.org.uk

Website:

thrivingnottingham.org.uk/sign-up/adult/



Best Foot forward Walking Group

Where and when:

Forest Recreation Ground

Tuesdays 10.15

Contact: **01158966906**

bestfootforward@ageuknotts.org.uk



ParkWalk at Parkrun

Where and when:

Forest Recreation Ground

Saturdays 9.00 outside the Pavillion

You can just turn up

Website:

www.parkrun.org.uk/forestrec/



For something sporty:

Walking Football

Where and when:

Forest Sports Zones,

Gregory Boulevard, NG7 6LD

Cost: **£4**

Monday 5-6 Wednesday 10-11 Friday 12-1



For slower movers to meet like-minded people:

The Vine Community Centre

Where and when:

Bobbers Mill Road, NG75GZ

Coco Club Tuesday 10.30-12

Seated exercise Tuesdays 9.30-10.30

Contact: **0115 924 9700**

general@thevine.org.uk



For the Muslim Community:

Nottingham Muslim Women's Network

Walk -Swim -Bike

Contact: **0115 8372627** or **07826 464722**

enquiries@nmwn.co.uk

Small costs for some sessions



Nottingham Muslim Walkers

Facebook:

www.facebook.com/nottsmuslimwalkers



WALK
notts

Websites and apps:

To help you find walks and parks in Nottingham

Walknotts.org.uk

[Go Jauntly](#)

[Komoot](#)

[GreenSpaceNG](#)