



**Erewash**  
Borough Council

# Walking groups in **Erewash**

Promoting everyday walking to improve health and wellbeing

Join a local walking group for guided walks

Great fun for all ages

**SCAN ME**



Erewash Borough Council is working with Walk Derbyshire to encourage people to walk more often every day and to create a culture of walking, as part of everyday life, to help improve physical and mental wellbeing.

The aim is to create a social movement in which Derbyshire becomes a walking county where people can join a walking group, find routes easily or walk more often from their own doorstep.

## **Monday**

### **Long Eaton Town Walk**

A friendly welcoming group who enjoys a chat together as they take a gentle walk along a variety of local mainly circular routes for around an hour. Walks tend to be at a gentle easy going pace on flat terrain. Every Monday from 10am until 11am (apart from Bank Holidays).

**Start point** - Long Eaton Town Hall, Derby Road, Long Eaton, NG10 1HU.

### **Monday Strollers**

Informal walks around the Ilkeston area. Walks tend to be at a moderate pace with some climbs and mixed terrain. Every Monday from 10.30am until 12noon.

**Start point** - Victoria Park Leisure Centre, Manners Road, Ilkeston, DE7 8AT.

## **Tuesday**

### **Stanley Walking Group**

Friendly and social group, which runs most weeks depending on the weather, with optional cake and coffee afterwards at a local cafe. Walks tend to be at a gentle easy going pace on flat terrain. Every Tuesday from 10.30am for about 40 minutes.

**Start point** - Stanley Post Office, 124 Station Road, Stanley, Ilkeston, DE7 6FB.

## Thursday

### Sofa2Stroll+

Accessible walks in nature aimed at helping those with chronic health conditions to get out for a stroll. Walks are at a gentle easy going pace on flat terrain. Every third Thursday of the month from 10.30am until 11.30am and 12.30pm for strollers that want to do more walking.

**Start point** - Main car park at Elvaston Castle Country Park, Borrowwash Road, Elvaston, Derby, DE72 3EP.

### Ilkeston Town Walkers

A walking group for all abilities. The group can adjust to fit all newcomers and abilities. Walks tend to be at a moderate pace with some climbs and mixed terrain. Every first Thursday of the month from 10am until 12.30pm.

**Start point** - Outside Ilkeston Library, Market Street, Ilkeston DE7 5RN.

## Friday

### Sandiacre Strollers

A friendly adult walking group. Walks tend to be at a gentle easy going pace on flat terrain. Every Friday from 10.15 am with various finish times.

**Start point** - Usually from Sandiacre Library, Doncaster Avenue, Sandiacre, NG10 5FJ. (Check in the library for changes to start point).

## Saturday

### Accessible Walk & Talk

A gentle walk around West Park, Long Eaton. Suitable for wheelchair users and people with reduced mobility. Walks are at a gentle easy going pace on flat terrain. Every third Saturday of each month from 1.30pm until 3.30pm

**Start point** - Outside West Park Leisure Centre, Wilsthorpe Road, Long Eaton, NG10 4AA.

## Sunday

### Walks4Wellbeing

A friendly walking group for men and women who like a gentle ramble. Walks tend to be at a gentle easy going pace on flat terrain but may involve crossing fields/stiles. Mixed walk is for everyone and men's walk (men only). Mixed walk every first and third Sunday in the month. Men's walk on the second Sunday in the month. All walks from 10am until 12 noon.

**Start point** - In the car park behind Draycott Fish Bar, 15-17 Derby Road, Draycott, DE72 3NJ.

To find out more about the walking groups and walking opportunities in your local area please contact [communityhealthwellbeing@erewash.gov.uk](mailto:communityhealthwellbeing@erewash.gov.uk) or visit: [erewash.gov.uk](http://erewash.gov.uk) [walkderbyshire.org.uk/](http://walkderbyshire.org.uk/)

*All details subject to change*