

Erewash Walking Month

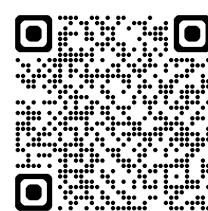
1 - 31 May

Promoting everyday walking to improve health and wellbeing
Join us for guided walks and challenges
Great fun for all ages and family members

Follow the **QR code** for information on terrain, bookings (where relevant) and accessibility for children, dogs, wheelchairs, pushchairs, and toilets (**simply shine your mobile phone camera at the QR code**).

Erewash
Borough Council

SCAN ME



The programme is run to encourage everyone to get outdoors and explore the local area through walking. There are a range of walks on offer, whether you are interested in learning about local history, exploring nature, socialising with friends, taking a purposeful walk or simply challenging yourself. See the full list of planned walks.

Thursday 1 May

It's good to walk, it's good to talk, 10.15 - 11.45am,
Ilkeston Town FC, Ilkeston, **Booking req**

Walk & Talk (Women only), 6.30 - 8.30pm,
Long Eaton Community Gardens, Long Eaton

Sunday 4 May

Ilkeston Joggers x Nordic Walking, 9.30 - 10.30am,
Shipley Country Park, Heanor, **Booking req**

Mixed Walks4Wellbeing, 10am - 12pm,
Draycott Fish Bar, Draycott

Ockbrook, Spondon & Derby Sandiacre Canal Path
Walk, 10.30am - 3pm, Draycott Fish Bar, Draycott

Wednesday 7 May

ESOL Walk in West Park, 10am - 12pm,
Butterfly Gates, West Park, Long Eaton, **Booking req**

Dale Abbey & The Flourish Walk, 10.30am - 12.30pm,
Carpenters Arms, Dale Abbey

Friday 9 May

Nordic Walk Lunchtime Blast, 12.30 - 1pm,
The POD, Ilkeston, **Booking req**

Saturday 10 May

The History of Risley Walk, 10am - 12pm,
All Saints Church, Risley

Family Nature Walk, 1 - 3pm,
Shipley Country Park, Heanor, **Booking req**

Sunday 11 May

Ilkeston Joggers x Nordic Walking Walk,
9.30 - 10.30am, Shipley Country Park, Heanor,
Booking req

Men's Walks4Wellbeing, 10am - 12pm,
Draycott Fish Bar, Draycott

Erewash Scouts Hike (Scouts only), 10am - 2pm,
Straws Bridge, Ilkeston to Drum Hill, **Booking req**

Monday 12 May

Dockholme & Toton Washlands Walk, 10 - 11am,
Long Eaton Town Hall, Long Eaton

Supported Learning Walk, 10am - 12pm,
Butterfly Gates, West Park, Long Eaton,
Booking req

Petersham History Walk & Talk, 10.30 - 11.30am,
Petersham Community Hall, Long Eaton

Swan Lake Walk, 10.30am - 12pm,
Victoria Park Leisure Centre, Ilkeston to Kirk Hallam

Walk with Erewash Voluntary Action, 11am - 12.30pm,
West Park Leisure Centre, Long Eaton, **Booking req**

Nordic Walk Lunchtime Blast, 12.30 - 1pm,
The POD, Ilkeston, **Booking req**

Wednesday 14 May

Skywalk Guided Tour, 6 - 7pm,
Bennerley Viaduct, Ilkeston, **Booking req**

Thursday 15 May

Maggie's Meet Up, 10.30am - 12pm,
Cat & Fiddle, Kirk Hallam

Photography outdoors at Shipley Country Park,
1.30 - 3.30pm, Shipley Country Park, Heanor,
Booking req

Streetside Walk & Games, 5 - 6.30pm,
The POD, Ilkeston

Walk & Talk (Women only), 6.30 - 8.30pm,
West Park Leisure Centre, Long Eaton

Saturday 17 May

Accessible Walk & Talk, 2 - 4pm,
West Park Leisure Centre, Long Eaton

Sunday 18 May

Mixed Walks4Wellbeing, 10am - 12pm,
Draycott Fish Bar, Draycott

A Circle of West Hallam Walk, 10.30am - 3pm,
Straws Bridge Nature Reserve, Ilkeston

Monday 19 May

Toton Woods Walk, 10 - 11am,
Long Eaton Town Hall, Long Eaton

Move More Cotmanhay Partnership Walk, 1 - 3pm,
Cotmanhay Community Network, Cotmanhay

Nordic Walk Have a Go, 6 - 7pm,
Cotmanhay Pavilion, Ilkeston, **Booking req**

Wednesday 21 May

Walk & Chat, 5 - 6pm, Windsor Crescent (MUGA),
Kirk Hallam

Skywalk Guided Tour, 6.30 - 8.30pm,
Bennerley Viaduct, Ilkeston, **Booking req**

Thursday 22 May

Sofa2Stroll+, 10.30am - 12.30pm,
Elvaston Country Park, Elvaston, **Booking req**

Friday 23 May

Walk & Movement at Shipley Park, 10am - 12 pm,
Shipley Country Park, **Booking req**

Nordic Walk Have a Go, 10.30 - 11.30am,
Cotmanhay Pavilion, Ilkeston, **Booking req**

Saturday 24 May

Hike to Ockbrook School & Church,
10am - 12.15pm, Coop, Borrowash

Sunday 25 May

Ilkeston Joggers x Nordic Walking, 9.30 - 10.30am,
Shipley Country Park, Heanor, **Booking req**

Tuesday 27 May

Breadsall Circular Walk, 10.30am - 12.30pm,
Breadsall Memorial Hall, Breadsall, **Booking req**

Wednesday 28 May

Family Treasure Hunt, 10am - 12pm,
West Park Leisure Centre, Long Eaton

Thursday 29 May

Mindful Photography Walk (Women only),
6.30 - 8.30pm, Long Eaton Community
Gardens, Long Eaton

Saturday 31 May

Skywalk Guided Tour, 10am - 12pm,
Bennerley Viaduct, Ilkeston, **Booking req**

The Hermitage - Hopwell Hall Farm Alpacas loop,
10am - 1pm, Royal Oak, Ockbrook

Monthly 85 Mile Walking Challenge

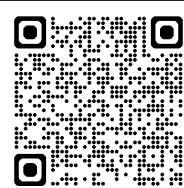
We have developed a walking challenge to walk 85 miles during National Walking Month of May. 2.74 miles each day which is approx 54 minutes walking every day. If you continued at this pace for an entire year, you would have walked 1000 miles which is the equivalent of walking from Land's End to John O'Groats.

For those, who would like to take things more gradual and at a more suitable pace, then this could be halved to 1.37 miles a day which would take 27

minutes a day, as an alternative challenge. Or at whatever distance you can manage daily to help you to be more active.

Please register your interest by following the QR code (simply shine your mobile phone camera at the QR code).

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For general enquiries t: 07989 728 434
e: communityhealthwellbeing@erewash.gov.uk



Travel Smart Week 19-23 May - **SWITCH OFF** if you **DROP OFF**