



sofa2stroll+

Straws Bridge Nature Reserve

Accessible walks in nature aimed at helping those with chronic health conditions get out for a stroll.

Walks are at a gentle easy going pace on flat terrain.

Every third Tuesday
each month from

10.30am to 12.30pm

which includes some time
for a drink and chat at a
local café.



Start point

Main car park at Straws Bridge
Nature Reserve, West Hallam,
Ilkeston DE7 5FG

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