

# Active Charnwood weekly Wellbeing Walks 2022 23



Updated: 06/01/2023

Date	Time/s	Walk name & Leader/s	Meeting place	Duration/ distance	Description	Cost and how to book
Mondays	10.00am	Bradgate Park Wellbeing Walks  Bradgate Park Volunteers	Newtown Linford Car Park, Bradgate Park, Newtown Linford, LE6 0HE	60mins/ 2miles & 90mins/ 4miles	<p>Two walks each week.</p> <p>60minute easy access wheelchair accessible walk for all abilities. The walk will follow the carriageway alongside the River Lin, past waterfalls, Deer, ancient monuments and fantastic views.</p> <p>90minute walk which will head off carriageway to follow a variety of routes exploring the wonderful wild and rugged features of the Park and revealing fantastic views across Leicestershire</p> <p><i>Accessible toilets available. Parking charges <a href="#">apply</a></i></p>	Free.  Turn up and take part.
Monday	10.00am	Monday Walk  Loughborough Female Fitness	Gorse Covert (Morrison's) car park, Maxwell Drive, Loughborough, LE11 4RZ	1hr	<p>Loughborough Female Fitness run a range of activities aimed at promoting and engaging in healthy active lifestyles within a safe and fun female only environment.</p> <p>The Monday CALM walks are great for beginners, or if you're returning to activity, or if you're seeking a calm start to the week in nature and with good company</p>	For further details contact the group on 07395 093 539

Monday	10.30am	Shepshed Wellbeing walks	Hall Croft (opposite the Library), Shepshed, LE12 9AN	30 mins to 1hr	<p>Weekly health walk led by the friendly Shepshed health walk volunteers</p> <p>Will follow a variety of routes around the village. All abilities welcome.</p> <p>Two groups each week, a short walk of around 30mins and a walk of an hour</p>	<p>Free.</p> <p>Turn up and take part. Registration will take place prior to the walk, please arrive in good time to support the walk leaders to do this safely.</p>
Tuesday	10.30am	Anstey Wellbeing Walks	Meet outside the Library, off Paper Mill Close, Anstey, LE7 7AU.	Up to around an hour	<p>Free, friendly weekly volunteer led Wellbeing walks around the local area.</p> <p>Up to around an hour, all abilities welcome.</p> <p><i>Free parking and toilets available at the Library. further free parking available at The Nook public car park - 5 mins walk.</i></p>	<p>Free.</p> <p>Turn up and take part. Registration will take place prior to the walk, please arrive at around 10.15 for a start at 10.30am</p>
Tuesday	10.30am	Barrow Wellbeing walks  Barrow Wellbeing walks team	The Three Crowns Inn car park, Cotes Road, Barrow upon Soar, LE12 8JS	30 mins to 1.5hrs	<p>Friendly free weekly volunteer led Wellbeing walks around the local area.</p> <p>Up to four groups to suit all interests and abilities.</p> <p><i>Free parking at the Three Crowns.</i></p>	<p>Free.</p> <p>Turn up and take part.</p>
Wednesday	Multiple groups from 09.40am	Gorse Covert Wellbeing walks  Gorse Covert Wellbeing walks team	Meet on the green space next to Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ.	30 mins to 1.25hrs	<p>Friendly free weekly volunteer led Wellbeing walks around the local area.</p> <p>Four walks to choose from. Walks last between 1hr and 1.5hrs at varying paces.</p> <p>9.40 am Longer Faster pace walk 10.00 am Longer Medium pace walk 10.20 am Shorter Slower pace walk 10.40 am Longer Medium pace walk</p> <p><i>Free parking, toilets available nearby</i></p>	<p>Free.</p> <p>Turn up and take part. Pick the group to suit you.</p>

Thursday	10.30am	Loughborough Town Wellbeing walks  Loughborough Town health walk team.	John Storer House, Ward's End, Loughborough, LE11 3HA	1.25hrs	Led by friendly volunteer walk leaders, these weekly Wellbeing walks take in a variety of routes along the paths and through the parks of central Loughborough.  Walks are around 3miles/1.25hrs  <i>Public toilets available in Queen's Park</i>	Free.  Turn up and take part.
Saturday	08.30am	Saturday walk  Loughborough Female Fitness	Meet at the corner of Valley and Brookside Rd, Loughborough, LE11 3PQ	1hr	Loughborough Female Fitness run a range of activities aimed at promoting and engaging in healthy active lifestyles within a safe and fun female only environment.  The Saturday walks are brisk paced, refreshing and aim to set the tone for the rest of your weekend!	For further details contact the group on 07395 093 539