

Active Charnwood regular walks timetable Oct to Dec 23

Updated: 29/09/2023



Date/s & Frequency	Time/s	Walk name & Leader/s	Meeting place/s	Duration/ distance	Description	Cost and how to book
Mondays Weekly	10.00am	Bradgate Park Wellbeing Walks Bradgate Park Volunteers	Newtown Linford Car Park, Bradgate Park, Newtown Linford, LE6 0HB	60mins/ 2miles & 90mins/ 4miles	Two walks each week. 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. 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 Accessible toilets available. Parking charges apply	Free. Turn up and take part.
Monday Weekly	10.00am	Monday Walk Loughborough Female Fitness	Gorse Covert (Morrison's) car park, Maxwell Drive, Loughborough, LE11 4RZ	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 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	For further details contact the group on 07395 093 539

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Monday Weekly	10.30am	Shepshed Wellbeing walks	Hall Croft (opposite the Library), Shepshed, LE12 9AN	30 mins to 1hr	Weekly health walk led by the friendly Shepshed health walk volunteers Will follow a variety of routes around the village. All abilities welcome. Two groups each week, a short walk of around 30mins and a walk of an hour	Free. 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.
Monday Weekly	7.00pm	Walk and Talk project	Meet outside Sports Direct, Unit 2, The Rushes, Fennel St, Loughborough, LE11 1UQ	1.5hrs	Weekly men's walking club aimed at supporting men's mental health and wellbeing "Our aim is to bring men of all ages and different backgrounds together to have a safe space where they can go and talk to likeminded chaps and go for a gentle paced walk along the way" To see what the project is all about visit their Facebook page https://www.facebook.com/profile.php?id=100087062451316	Free. Turn up and take part. For full details contact by email mailto:thewalkandtalkproject@gmail.com
Tuesday Weekly	10.30am	Anstey Wellbeing Walks	Meet outside the Library, off Paper Mill Close, Anstey, LE7 7AU.	Up to around an hour	Free, friendly weekly volunteer led Wellbeing walks around the local area. Up to around an hour, all abilities welcome. Free parking and toilets available at the Library. further free parking available at The Nook public car park - 5 mins walk.	Free. 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

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Tuesday Weekly	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	Friendly free weekly volunteer led Wellbeing walks around the local area. Up to four groups to suit all interests and abilities. Free parking at the Three Crowns.	Free. Turn up and take part.
Tuesday Weekly	7.00pm	Walk and Talk project	Meet outside Sports Direct, Unit 2, The Rushes, Fennel St, Loughborough, LE11 1UQ	1hrs	Weekly women's only walking club aimed at supporting mental health and wellbeing "Bringing women of all ages, backgrounds and abilities together to have a safe space to chat to likeminded people" To see what the project is all about visit their Facebook page https://www.facebook.com/profile.php?id=100087062451316	Free. Turn up and take part. For full details contact by email mailto:thewalkandtalkproject@gmail.com
Wednesday. Monthly. On the first Weds of the month. 4 th October 1 st Nov 6 th Dec	08.30am One group	Walkie Talkie Wednesday networking walks	Newtown Linford Car Park, Bradgate Park, Newtown Linford, LE6 0HB.	1.25hrs / 2.5miles	'Free networking with a healthy twist' Monthly networking walk around beautiful Bradgate Park. A chance to make new contacts and develop working relationships. Newcomers welcome. Opportunity to continue conversations in local cafes post walk.	Free Booking required. Book online on Eventbrite - https://bit.ly/3vnlooG

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Wednesday Weekly	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>Free parking, toilets available nearby</p>	<p>Free.</p> <p>Turn up and take part. Pick the group to suit you.</p>
Wednesday Weekly	10am	Naturewalk Loughborough Female Fitness	Various locations	2hrs	<p>Loughborough Female Fitness Club run a range of activities aimed at promoting and engaging in healthy active lifestyles within a safe and fun female only environment.</p> <p>Sessions are welcoming and friendly.</p>	<p>For more information contact the group on 07395 093 539</p>

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<p>Wednesday.</p> <p>Monthly.</p> <p>On the 2nd Weds of the month.</p> <p>11th October</p> <p>08th Nov</p> <p>13th Dec</p>	<p>11am</p> <p>One group.</p>	<p>Charnwood Action Group walks</p>	<p>A different location each month. Meet outside:</p> <p>11th October – Mountsorrel Library, The Green, Mountsorrel, LE12 7AS</p> <p>08th November – Quorndon Fox Pub, Loughborough Road, Quorn, LE12 8DT</p> <p>13th December – Loughborough Town Hall, Market Place, Loughborough, LE11 3EB</p>	<p>1 to 1.5miles / 1hr</p>	<p>Inclusive walks aimed to support people with learning disabilities and their carers. Newcomers welcome. Accessible routes. Participants welcome to stop for drink and snack either en route or at the end of the walk</p>	<p>Free.</p> <p>Booking required. Book by email at charnwoodactiongroup@gmail.com or by calling 07503 733 691</p> <p>For the full timetable of walks visit https://www.active-charnwood.org/charnwood-action-group1</p>
<p>Thursday</p> <p>Weekly</p>	<p>10.30am</p>	<p>Loughborough Town Wellbeing walks</p> <p>Loughborough Town Wellbeing walks team.</p>	<p>John Storer House, Ward's End, Loughborough, LE11 3HA</p>	<p>1.25hrs</p>	<p>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.</p> <p>Walks are around 3miles/1.25hrs</p> <p>Public toilets available in Queen's Park</p>	<p>Free.</p> <p>Turn up and take part.</p>

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Friday Weekly	10.30am	Queen's Park Nordic Walking Group	Meet outside Charnwood Museum, Queen's Park, Loughborough, LE11 3DU	1.25hrs	Weekly Nordic Walk exploring Loughborough and beyond. Led by a trained British Nordic Walking Society Instructor these sociable walks will provide basic instruction, exercise and fun. Public car parks nearby at Granby St and Brown's Lane - https://www.charnwood.gov.uk/pages/carparklocations Public toilets available in Queen's Park.	Free. For regular walkers turn up and take part. For new walkers, poles are available to loan and induction is required. Please contact us on 01509 63 2535 or email mailto:active.charnwood@charnwood.gov.uk
Saturday & Sunday Weekly	11am	Loughborough Nordic Walking	Nanpantan Sports Ground, Watermead Lane, Loughborough, LE11 3YE.	1hr to 1.5hrs	Weekly Nordic walking led by experienced British Nordic Walking instructor Ciro. Suitable for beginners and more experienced walkers. Instruction given and poles available to borrow. Public toilets within the Outwoods next to car park	Charges apply. Booking required. For all details of dates & times and costs visit https://linktr.ee/loughboroughnordicwalking or call Ciro on 07731 874 270 or email mailto:loughboroughnordicwalking@gmail.com
Saturdays & Tuesdays 31 st Oct	TBC	Prostaid Wellbeing Walks	Various locations	1 to 1.5hrs	The Prostaid Wellbeing Walks support men living the Prostate cancer and their families and friends. The walks will be around 60 to 90 minutes. The walks are led by Ann & Jerry from the Gorse Covert Wellbeing Walks team New walkers are welcome, contact Ann & Jerry directly for full details.	Pre-booking required. For all details and to join in contact Ann & Jerry on gorsecovertwalkingforhealth@gmail.com or text 07793 056 780