



	ACTIVITY	WHERE	TIME	FREQUENCY	COST	NOTES
MONDAY	BFF WOODTHORPE GRANGE PARK WALK	SHERWOOD COMMUNITY CENTRE, NG5 3FN.	10.30 AM	WEEKLY	FREE	1.5 - 2 MILES 45 MINS
MONDAY	BESTWOOD WALK	OUTSIDE SOUTHGLADE ACCESS CENTRE, NG5 5GU	1.30 PM	WEEKLY	FREE	1 - 3 MILES 40-90 MINS
TUESDAY	NUTHALL RAILWAY WALK	SNAPEWOOD COMMUNITY CENTRE NG6 7GH	10:30 AM	WEEKLY	FREE	3 MILES. 2 HOURS (WITH A HALFWAY STOP).
TUESDAY	FOREST REC SHORT	FOREST REC TRAM STOP	10:15 AM	WEEKLY	FREE	0.3 - 1 MILE 40-60 MINS
TUESDAY	FOREST REC LONG	FOREST REC TRAM STOP	10:15 AM	WEEKLY	FREE	1 - 3 MILES 30-90 MINS
TUESDAY	KINGSMILL RESERVOIR WALK	MAIN CAR PARK, NG17 4PA	12:00 NOON	TWICE MONTHLY	FREE	1.5 MILES 60 MINS
TUESDAY	CARLTON HILL	CARLTON HILL RECREATION GROUND	11AM	MONTHLY	FREE	1 - 1.5 MILES 30 TO 40 MIN
WEDNESDAY	STRELLEY WOODLAND AND COUNTRYSIDE WALK	BROAD OAK PUB NG8 6PD	10.15 AM	MONTHLY	FREE	4 - 5 MILES 90 MINS TO TWO HOURS