



West Park Walkers Walking For Health



Walk Programme November 2009 to January 2010

3rd November. Beeston Canal walk (walk 31)

Pleasant walk along Beeston Canal. Meet at Beeston Marina. **NB*** (new walk)

10th November. Erewash Canal Loop Walk (walk 4) 2.8 mls

Along the canal to Derby rd & return back through the park, refreshments at Leisure Centre.

17th November. Shipley Park (walk 22)

Pleasant walk around Shipley Park, refreshments can be taken at Shipley Park café. **NB***

24th November. Park & Allotment Walk (walk 1) 2.7 mls

Through West Park along Derby Rd past Eaton Farm through footpath past allotments returning to West Park

1st December. Sandiacre and Stanton Gate loop (walk 28) 3.4 mls

Meet at Sandiacre Library car park. **NB***

8th December. Christmas Meal no walk arranged

Meet at Sawley Golf Club 12.00 for 12.30 start.

15th December. Draycott Old Canal Walk (walk 15) 2.7 mls

Meet at the car park behind Fish & Chip Shop & opposite Travellers Rest. No refreshments organised. **NB***

22nd December. Fox Covert Walk (walk 12) 2.7 mls

Pleasant walk through West Park Fox Covert returning along the Erewash canal (can be muddy in places) Bookings for Carsington open.

29th December. Barkers Pond Loop - 2 options (walk 6) 3.4 mls

Walk through West Park around local streets past Barkers Pond returning along Erewash canal.

5th January. Carsington Reservoir and Matlock (walk 20)

Pleasant linear walk at Carsington. Then to Matlock for refreshments. Bus leaves at 10.00 prompt and returns at 3.00 pm. Cost of bus £3.00

12th January. Attenborough Nature Reserve Walk (walk 9) 3 mls

Circular walk around the nature reserve. Café available at end of walk .Meet outside the Nature Reserve Visitor Centre. **NB***

19th January. Long Allotment Walk (walk 2) 2.9 mls

Walk around West Park onto Derby Rd & return via allotment footpath past NuNu nursery to Leisure Centre. **The A.G.M will be held at the Wilsthorpe Tavern start at 12.30.**

26th January. Toton Washlands Walk (walk 10) 3 mls

Meet at Asda car park by cycle rack/cash machines. Pleasant walk through the Washlands returning by the canal. **NB***

NB* lifts can be arranged from West Park

Contact Fay Cook on 0115 9725977, Jim Wright on 0115 9223748
or Malcolm Jones on 0115 9723665 for further information.

Please wear sturdy footwear and appropriate clothing for the weather conditions

