

# Better wellbeing is just a step away

## No need to plan your route

Our experienced  
Rambler Wellbeing  
Walk volunteers  
will lead the way.

## Your fitness doesn't matter

Our walks start  
at 30 minutes and  
are a steady pace  
to suit everyone.

## Find a walk is easy

Our walks are local,  
and accessible on foot  
or by public transport.

Walk Meeting point	Day	Start time
Evergreen Club, Allestree	1 <sup>st</sup> and 3 <sup>rd</sup> Mondays of the month	10am
Keldholme Community Centre, Alvaston	Every Tuesday	10am
Outside Derby City Council House main entrance	Every Tuesday	10.30am
Chaddesden Park car park	Every Tuesday	11am
Green Thyme Café, Normanton Park	Every Wednesday	10am
Arboretum Park entrance (Rosehill Street)	Every Thursday	9am
Alvaston Park car park	Every Thursday	11am
Outside Moorways Sports Village main entrance	Every Friday	10am
St. Bartholomew's and St. Luke Church, Allenton	1 <sup>st</sup> Saturday of the month	10am
Sinfin Moor Park Café	Last Saturday of the month	11am
King George V Playing Fields car park, Littleover	3 <sup>rd</sup> Saturday of the month	2pm

### All walks subject to change

Walks are free to attend and no need to book, simply turn up on the day 5 minutes before the start time  
For more information search for 'Rambler Wellbeing Walks' or contact [paul.mcginity@derby.gov.uk](mailto:paul.mcginity@derby.gov.uk) / 07812 302022

