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TRAVELWELL Active Travel January News

New Year, New Way to Travel



Active Travel Weekly Plan

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Day	Activity	Plan Notes
Monday	Cycle to Work	Try cycling to work! It's great for trips under 8 miles,
		saves money, and can be faster in cities using bike-
		only routes. Give it a try!
Tuesday	Walk for Errands	Take a walk during lunch or after work to
		unwind. Explore scenic routes near you!
Wednesday	Cycle to Gym	Combine commute with workout.
Thursday	Walk to Work / Shop	Park farther away and walk the remaining
		distance to work or shopping.
Friday	Cycle to Work	End your week with a ride! Stay active, stay fit,
		and prioritize your health!
Weekend	Walks or Bike Rides	Explore local parks and trails.
	Group Ride or Walk	To connect with others and have fun!

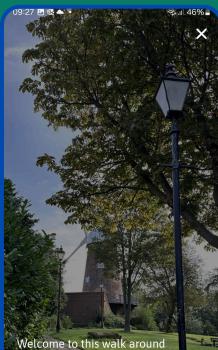




Your walking app for everyday outdoor adventures

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Explore walking routes with the GoJauntly app! The app provides public transport and parking details, route maps and photos to guide you step by step from start to finish. It also includes introductions to historic landmarks and viewpoints, helping you learn more about the route and your community. Here's a sample walking route.



Sneinton and Sneinton Greenway This jaunts starts at Green's Mill.

Super Sneinton & Sneinton Greenway

Dales Ward, Nottingham by travelwellnottinghamcity 🔅 🕒 1hr 15m / 4.2km 🏠 14

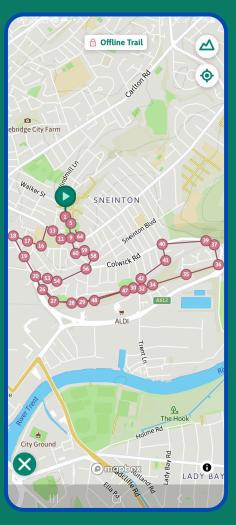
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Explore Sneinton on this gorgeous green walk. Expect a pretty windmill, a flying dragon and a former cave dwelling on this circular jaunt.





The closest public transport to Green's Windmill is the Windmill Lane Stop on Dale Street, bus number 43 stops here. Alternatively you can walk from Nottingham train station in around fifteen minutes.

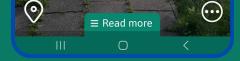




Notice little pockets of nature as you go. It can help you feel happier and healthier.

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Step 1 of 68

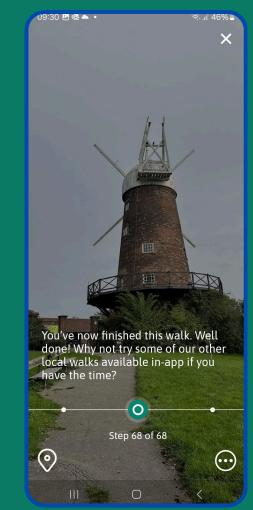




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Step 3 of 68





Looking for ideas on where to go? Get inspired by some of best walking routes—download the GoJauntly app!

Step 55 of 68







TRAVEL WELL



NORDIC WALKING IN STRELLEY ROAD LIBRARY

EVERY WEDNESDAY AT 1PM START FROM 8TH JANUARY 2025

We're excited to announce that Runspire is expanding! In addition to our weekly sessions in Bulwell and St. Ann's, Nordic Walking is now available in Bilborough too!

Join us for a 10-session program designed to help you stay active, connect with others, and enhance your well-being—all while having fun!



RIDE WISE What's New?

♣BIKE MAINTENANCE WORKSHOP ♣

LOCATIONS: SHEILA RUSSEL COMMUNITY CENTRE CRABTREE FARM COMMUNITY CENTRE THE CHASE CENTRE, ST ANNS DEECHDALE COMMUNITY CENTRE



BULWELL HALL COMMUNITY CENTRE

Learn the basics of fixing your own bike with professional and experienced bicycle mechanic!

 Bring Your Own Bike – or practice on one provided by Ridewise if you don't have your own.
All tools and equipment will be supplied by Ridewise, so you're ready to get hands-on and learn!



Upcoming Events

SNEINTON COMMUNITY HUB

51, Sneinton Boulevard NG2 4FD 6th January 2025, 11 AM - 13:00 PM

CHERRY LODGE

King Edward Park, Carlton Road, NG3 2AS 13th January 2025, 11 AM - 13:00 PM

Harvey Hadden Sports Village

Wigman Rd, Nottingham NG8 4PB 17th January 2025, 10 AM - 14:00 PM

Refer your patients here:

Active Travel Referral Form

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<u>RUNSPIRE</u>

Bulwell

Mondays 11am: Wellness Social Walks Bulwell Riverside | By the cafe

Tuesdays 7pm: Wellness Social Walks Ken Martin Leisure Centre

Thursdays 11am & 7pm: Nordic Walking Ken Martin Leisure Centre

Strelley Wednesdays 1pm: Nordic Walking Strelley Road Library

RIDE VISE

Bike Maintenance Workshop

Wednesday, 8 Jan 2025 10am – 12pm Sheila Russel Community Centre

Thursday, 16 Jan 2025 10am – 12pm Crabtree Farm Community Centre

Thursday, 23 Jan 2025 10am – 12pm The Chase Centre, St Anns

Saturday, 25 Jan 2025 2pm – 4pm Beechdale Community Centre

St Ann's Tuesdays 11am: Nordic Walking Victoria Leisure Centre

Thursdays 1pm: Wellness Social Walks Victoria Leisure Centre

TRAVEL WELL

Wednesday, 29 Jan 2025 2pm – 4pm Bulwell Hall Community Centre

Learn to Cycle or Road Cycle

Adult learn to cycle or regain confidence Adult road cycle confidence Women's learn to cycle Women's Led Ride

Locations:

Brendon Lawrence Sports Centre Harvey Hadden Sports Village Bulwell Forest Recreation Ground

For dates and booking, visit:<u>https://bookwhen.com/ridewise</u>