

## A to Z West Bridgford Walks – a varied routine

I hope you have had a read of my two new walks – or perhaps even walked them, although the weather has not been particularly inviting for walking.

Now the weather is hopefully improving we may wish to get out more. Not that the season of the year is necessarily a determinant of outside exercise for everyone. You may have read a news item about Gary McKee who ran a full marathon every day in 2022 – by New Year's Eve he had completed his Three Six Five Challenge, collecting hundreds of pounds for charity. Wow!

Unsurprisingly I would not even dream of such a challenge (having never run further than a few half-marathons, forty odd years ago) – his determination and effort must have been incredible. However, what did surprise me was that, other than five organised marathon events, he ran the same route every day. I am not sure I could have dealt with that repetitious routine, even if the distances had been less. I now walk about 7-12 kilometres every other day and I do like to follow different routes.

To provide such variety I have prepared maps for 26 routes, each between 7 and 12km long. Some are based on my earlier routes and some are new ones. No descriptions or local history this time – just the maps. I have tried to make them all a bit different – they are full of twists and turns, mainly avoiding main roads, seeking instead to use side roads, paths and alleyways to add variety and sections that are relatively unfamiliar or that you may not even have known existed, enabling new varieties of sights and views.

The walks all start and finish on Musters Road but can be joined at any point convenient to where you live (or a bus stop or car parking place) and you can make short-cuts to reduce the length or add additional loops if you want to go further.

So, 26 routes (A to Z), which you can walk round each in turn, in a clockwise direction, and then do them all in an anti-clockwise direction – therefore, effectively 52 different walks! Thus, my walking almost every other day means it is at least 15 weeks before I repeat a walk. If someone went for a walk once a week it would be a year before there was a repeated route! How's that for variety!

I hope you will try out some of my walks and/or encourage friends and family to try them.

The walk maps are on the **wbu3a** website under **Groups – Longer walks 5-6 miles – Links – Pat Armstrong local walks**. There is a list which gives the approximate distance (in kilometres) and my time for each walk (but I do walk quite fast!).

Enjoy

Pat Armstrong

<b>A-Z West Bridgford Walks</b>		<b>Approximate distance &amp; time</b>		
	<b>Direction</b>	<b>Steps</b>	<b>Km</b>	<b>Time</b>
<b>A</b>	City Centre	12000	10.3	1hr 33min
<b>B</b>	Lady Bay & Abbey Park	9800	8.6	1hr 15min
<b>C</b>	Sneinton & Colwick Woods	12800	11.5	1hr 55min
<b>D</b>	St Giles, Bridgford Park & Abbey Road	8400	7.5	1hr 5min
<b>E</b>	Gamston & Bassingfield	12080	10.5	1hr 37min
<b>F</b>	Edwalton, Edwalton Park & Edwalton Fields	12500	10.8	1hr 35min
<b>G</b>	Wilford Hill & Ruddington Hall	9600	8.3	1hr 22min
<b>H</b>	Ruddington	12100	10.5	1hr 35min
<b>I</b>	Wilford Claypit & Wilford Fields	9250	8.0	1hr 15min
<b>J</b>	Clifton Grove	12100	10.4	1hr 40min
<b>K</b>	Wilford Village	10900	9.3	1hr 25min
<b>L</b>	River Leen & Nottingham Canal	12800	11.0	1hr 40min
<b>M</b>	Victoria Embankment	10200	8.8	1hr 20min
<b>N</b>	Castle Meadow Campus & Nottingham Canal	11000	9.4	1hr 30min
<b>O</b>	Eastside & Sneinton (Greens Mill)	10950	9.6	1hr 30min
<b>P</b>	Cattle Market	8000	7.1	1hr 5min
<b>Q</b>	Holme Pierrepont & Lady Bay	11000	9.4	1hr 26min
<b>R</b>	Gamston	9600	8.3	1hr 15min
<b>S</b>	Tollerton	12700	11.0	1hr 40min
<b>T</b>	Edwalton & Sharphill Wood	9100	7.8	1hr 12min
<b>U</b>	Landmere Lane, Compton Acres & Trent Pasture	10200	9.0	1hr 20min
<b>V</b>	Ruddington & Fairham Brook	13700	12.0	1hr 50min
<b>W</b>	Silverdale	10500	9.1	1hr 23min
<b>X</b>	Wilford & Clifton Bridges	10600	9.1	1hr 20min
<b>Y</b>	Riverside Industrial & NG2 Business Parks	12600	10.8	1hr 35min
<b>Z</b>	The Park	13700	11.8	1hr 50min



# A-Z Walks