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turning transport around
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[Home](#) | [About us](#) | [Contact us](#)



Search...



[Journey planning](#) [Our services](#) [Business Services](#) [Change your travel](#) [News & Events](#) [Maps](#)

[Home](#) » [Change your travel](#) » [Get walking](#)

Get walking

Walking is great for your health and the environment and of course it is free! Try leaving the car at home for those short trips to the shops or get off the bus a couple of stops early on your way into work. As well as keeping in trim, you'll be helping the environment, saving money and building some regular exercise into your day.

Walking for 20 minutes uses as much energy as 17 minutes weight training. And it's much, much more fun than pumping iron. You can cover 3-4 miles an hour by walking briskly – and by doing just half of that you'll be getting the recommended daily amount of exercise needed to keep you healthy.

The County Council organises Walk Week each year with a programme of events to celebrate walking – including [Walk to Work week](#).

Most of the cycling maps and route are also suitable for walkers – check out our [maps section](#) for more details, or [plan your own journey](#).



In this section

[Get walking](#)

[> Safety when walking](#)

[> Route planning](#)

[Get cycling](#)

[Travel by tram](#)

[Bus journeys](#)

[Travel by train](#)

[Motorbikes](#)

[Car users](#)

Safety when walking

Our top tips for staying safe whilst out and about on foot.



Route planning

Here're our top tools for planning urban and countryside walking routes.



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Journey planning

Broadmarsh Centre
Victoria Centre
Planning tools
The Royal Centre
Nottingham Forest FC
Capital FM Arena
The Playhouse

Our services

Travel advice
Citycard Cycles
Cycle training
Dr Bike
Cycle Hubs
Guided cycle rides
Park and Ride
TravelRight

Business Services

About the Business Club
How we can help
Workplace Parking Levy
General information
Travel advice for employees
Workplace Challenge

Change your travel

Get walking
Get cycling
Travel by tram
Bus journeys
Travel by train
Motorbikes
Car users

News & Events

News
Events

Maps

Family Cycling Quest – get involved now!
City cycle map
The Riverleen
The Big Track
Sherwood Forest
Hucknall to city

Erewash Valley Trail
National Cycle Route
Bilthorpe Leisure Trail
Ashfield and Mansfield Trails
The Dukeries Trail

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