

# The Big Track Lite

## A pocket guide to Nottingham's waterside car free route



### Why walk?

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.

Walking reduces your blood pressure, strengthens muscles and bones and helps you to lose weight.

Walking makes you happy, reducing stress levels and releasing lots of feel-good chemicals called endorphins. On top of which, you'll sleep better at night.

Walking keeps you young, helping back pain, joint pain, brittle bones and osteoporosis - and by staying active some of the symptoms of ageing can be avoided, or even reversed.

And it's simple. Open your door, step out - and off you go. There's a great big open air gym out there and it won't cost you a penny to use it! For more information about organised health walks contact: [christine.adams@nottinghamcity-pct.nhs.uk](mailto:christine.adams@nottinghamcity-pct.nhs.uk)

[www.whi.org.uk](http://www.whi.org.uk)  
[www.walkingabout.com](http://www.walkingabout.com)

### Why cycle?

It's great for your health, raising your heart rate and helping to protect against illness and disease. In just six weeks, cycling four miles a day can boost your aerobic fitness by 17% - and that will take you less than half an hour a day.

It's a great stress-buster. Regular exercise helps your body to fight stress hormones and their negative impact. It also lowers your blood pressure, increases your immunity and can even help you to sleep better at night!

On a bike (unlike in a car), you aren't giving off any greenhouse gases, just a warm, healthy glow.

Cycling can help you lose weight, burning at least 300 calories an hour - that's a chocolate bar or a couple of glasses of wine.

And regular cyclists stay younger longer and have the fitness levels of people 10 years their junior!

[www.sustrans.org.uk](http://www.sustrans.org.uk)  
[www.ctc.org.uk](http://www.ctc.org.uk)  
[www.bikeforall.net](http://www.bikeforall.net)  
[www.pedals.org.uk](http://www.pedals.org.uk)  
[www.bottombracket.co.uk](http://www.bottombracket.co.uk)  
[www.ridewise.org.uk](http://www.ridewise.org.uk)  
[www.britishwaterways.co.uk](http://www.britishwaterways.co.uk)

### Welcome to the Big Track - ten miles of pure walking and cycling pleasure...

You can use the Big Track to get around the city, on foot or by bike. It goes all the way from Trent Bridge to Beeston Lock, with the city centre in between, so you can pop up at all sorts of places, like the football clubs and cricket ground, the Broadmarsh Centre, Train Station or Castle Marina.

If you want to de-stress - or maybe lose a few pesky pounds - the Big Track runs past loads of workplaces and is a great way of getting to the office. Or if you just fancy a saunter for a pint or a cuppa, you're definitely on the right track. The Big Track brings some big benefits - making getting fit and feeling good really simple - and, like the best things in life, it's free.



But beware - the Big Track might not just change the way you get around - it could also change your life! The Big Track will help you unwind and go with the flow. You might also start to appreciate the little things in life - like spotting a heron, chatting to a walker or just enjoying the great outdoors.

If you've used the Big Track before, we've produced this handy lite version - providing you with an updated map of the route without the extra paper. Or if you're visiting the Big Track for the first time, then this is your quick and easy guide - the fuller version can be found at: [www.thebigwheel.org.uk/bigtrack](http://www.thebigwheel.org.uk/bigtrack)

However you use the Big Track - for getting to work, to the shops, or just for a leisurely weekend stroll - you'll be making the most of what's on your doorstep, getting some exercise and doing your bit for the environment by leaving the car at home. So what are you waiting for?

Walking and cycling are great ways of getting around, improving health and fitness and often saving you time and money. The Big Track is perfect for both and, if you need some more persuasion, here are just some of the many benefits...

The Big Track is brought to you by the Big Wheel, the campaign to promote Greater Nottingham's transport network. We represent Nottingham City Council, Nottinghamshire County Council, the Greater Nottingham Partnership, and a whole host of companies and organisations with an interest in how we all get around. All sorts of organisations have worked together around the Big Track, representing health, the arts and nature, as well as public sector organisations.



To find out more about getting around Greater Nottingham using the sustainable transport network, please visit: [www.thebigwheel.org.uk](http://www.thebigwheel.org.uk)



