














Nottingham Wellbeing Walk

Nottingham Circular

walk time 1¾-2 hours
distance 5.6km / 3½ miles

WALKING TIPS


- Walking times are approx, measured on an average pace of two miles an hour.
- Follow the water and enjoy walking at your own pace... but allow time to simply sit and stare along the way.
- This is a circular walk which can be walked in either direction for a different view.


	towpath
	access point
	café
	pub
	food & drink
	bench/picnic area
	toilets
	shopping
	point of interest
	trip boat
	tram stop
	parking
	railway station



The Walk - Step by Step

World famous of course for Robin Hood and the Sheriff, Nottingham owes much of its prosperity to the lace industry, Raleigh's bicycles and its coal fields further north. The River Trent forms part of the Grand Cross devised by the great canal engineer James Brindley, to build canals to connect England's four main rivers – the River Thames, Severn, Mersey and Trent. This leafy walk takes you along the Green Flag Award-winning green corridor created by the Victoria Embankment alongside the River Trent and the Nottingham & Beeston Canal through the heart of Nottingham.

-  The ornate cast-iron Wilford Street Bridge overlooks Castle Lock and the Navigation Inn to one side and to the other side the Grade II-listed British Waterways Building which dominates the canal here. Walk east along the towpath.
- 1** On the opposite side of the canal, Castle Wharf is vibrant with cafés and bars in warehouses once busy with boats loading and unloading.
- 2** Walk up and over what was a short canal branch, then head up the ramp next to Carrington Street Bridge. Turn right to follow the pavement along Carrington Street over the railway and past the grand façade of Nottingham railway station.
- 3** Turn right into the part-pedestrianised Queensbridge Road and walk straight on, taking care when crossing roads, until you reach Queen's Walk. The Walk runs in a straight line down to Wilford Bridge on the River Trent, with the tramline running through it.
- 4** When you reach the open landscape of the river, turn left to follow the gloriously leafy Victoria Embankment along the water's edge. This part of the river is unnavigable so look out for swans, Canada geese, ducks and moorhens taking advantage of the grassy banks as well as the quiet water. Benches invite you to linger.

- 5** Just beyond the white Grade II-listed Wilford Suspension Bridge, a new visitor centre is being built at the Memorial Arch by the Memorial Gardens.
- 6** The blue ironwork of the famous arched Trent Bridge, opened in 1871 and now Grade II-listed, straddles the water. Notice river level marks on the wall by the bridge, October 1875 being one of the highest.
- 7** Meadow Lane Lock marks the start (or end) of the Nottingham & Beeston Canal, built to bypass an unnavigable section of the River Trent. Cross the footbridge to follow the towpath away from the river.
- 8** The canal runs in a straight line through a cutting bordered by the A60 heading into the city, though noise intrusion is limited.
- 9** At Poplar Arms Corner, once a junction, walk up the steps to cross the bridge, and then back down to follow the canal towpath on the opposite side of the canal as it turns sharply westwards.
- 10** The towpath heads under two adjacent bridges, the higher of which carries the tramway over the canal.
-  Just beyond Carrington Street Bridge, you have come full circle back to Castle Wharf.

CANAL: Nottingham & Beeston and River Trent

START & FINISH: Wilford Street Bridge
OS Grid ref: SK571393 Postcode: NG2 1AA

DISTANCE: 5.6km / 3½ miles

APPROX TIME: 1¼-2 hours

PUB/CAFÉ: Navigation by Castle Lock, Canalhouse, Fellows, Morton & Clayton, Via Fossa and Waterfront at Castle Wharf, Brewhouse & Kitchen by Trent Bridge, Trent Navigation near Meadow Lane Bridge 1, Binks Yard at Poplar Arms Corner, various in Nottingham

PARKING: Nearest car parks – Nottingham Maid Marian Way (postcode: NG1 6AE) & Nottingham Castle (postcode: NG1 7FF)

TRAIN: Nearest train station - Nottingham National Rail Enquiries
Tel: 03457 484950 www.nationalrail.co.uk

BUS: Traveline
Tel: 0871 2002233 www.traveline.info

