



Improve Your Health
Explore The Dales
Enjoy The Company
Get Active

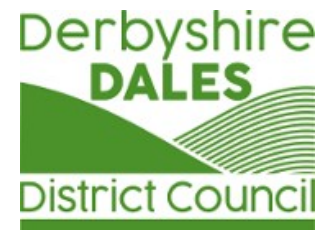
Derbyshire Dales Walking for Health Guide

April to June 2019

A programme of led walks across the Derbyshire Dales, supporting local communities to maintain active lifestyles and improve the health and wellbeing of local people.



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Welcome to Walking for Health in the Derbyshire Dales

All our walks are led by qualified Walk Leaders and are open to anyone wanting to take part in light exercise with good company and conversation.

All walks are free and at the pace of those taking part.

We advise anyone wanting to take part to wear sturdy comfortable shoes and to bring waterproofs if the weather forecast suggests rain.

All the walks listed start and finish at the same point unless they advise bringing a Gold Card with you and then you might hop on a bus to go to the start and walk back.

Lots of the groups stop at a café at the end so make sure you have enough money for a cuppa.



We have several levels of walk so there is something for everyone:

Entry Level Walk: Up to 30 minutes

 Suitable for people who have not walked much before, are working to be more active, or are returning from injury or illness. The walks are on flat ground or gentle slopes with mainly firm surfaces with no stiles.

Very Easy Walk: 30 – 75 minutes

 Suitable for people looking for gentle exercise, to lose weight and have a more active lifestyle. Routes are chosen to ensure the walks are on good surfaces and designed to increase your heart rate.

Easy Walk: 60 – 90 minutes

 The walks will suit walkers who would like to go that bit further. Walks may include stiles and slight uphill and downhill on rougher terrain.

Moderate and Long Progression Walks: 90 – 120/120 – 180 minutes

 Longer, more challenging walks which are likely to include stiles, uphill and downhill walking on rougher terrain.

The table opposite sets out the regular walks around the district. Details of times, dates and meeting places for all the walks below are later in this Guide. If walking from a Leisure Centre, the route is chosen on the day.

All information available at www.derbyshiredales.gov.uk/walkingforhealth

	Weekly Walks	Not weekly – see dates in guide
Monday	Wirksworth Leisure Centre 2pm  	Hurst Farm Community Centre 9:30am 
Tuesday	Matlock Group 10am 	Youlgrave Group 10:30am 
	Ashbourne Buggy Walk Leisure Centre 11:15am 	Miles without Stiles Fully Accessible Walks 11am 
	Dementia Friendly Walks 2pm 	
Wednesday	Wirksworth Leisure Centre 9:45am 	Tideswell Group 9:45am 
	Matlock Group 10am 	Matlock Workplace Walk 12:30pm 
	Ashbourne Leisure Centre 10:30am 	
Thursday	Bakewell Group 10am 	Farming Life Centre 1:15pm 
	Matlock Hall Leys Park 10am  / 	Eastern Moors Walk Moor 10:00am 
Friday	Bakewell Pool 9:45am 	Matlock Health and Wellbeing 1:30pm 
	Bakewell “Because I Like It” Café 10:15am 	
	Ashbourne Leisure Centre 10am 	

Details of times, dates and meeting places for all the walks above are in the following pages. If walking from a Leisure Centre, the route is chosen on the day.

If you are thinking of coming for the first time you can literally just turn up, just look for a group of walkers and you will be welcomed with open arms. If you would like more reassurance that it is for you, you can always call me, Helen Milton, on 01629 761194 or email helen.milton@derbyshiredales.gov.uk



Matlock Tuesday Easy Walks – 10.00am, duration 60 – 90 minutes



Date	Start Location
02/04/19	Darley Bridge – Cricket Club Car Park
09/04/19	Ashover Village Hall
16/04/19	Highfields School, Lumsdale
23/04/19	Butterly Top (park in lay-by past Scotland Nurseries on B6014)
30/04/19	Bonsall, Fountain Café, parking opposite
07/05/19	Birchover Quarry on main road from Birchover to Stanton in Peak
14/05/19	Lea Gardens car park, Lea
21/05/19	Rowsley – Peak Village Walkers' free Car Park
28/05/19	High Peak Junction Car Park, (Lea Bridge) £1.60 car parking for 2 hours
04/06/19	Winster – car park at the top of West Bank
11/06/19	Sainsbury's Car Park
18/06/19	Flash Lane, lay-by where Flash Lane has a right-angle bend
25/06/19	Black Rocks – Lower Car Park: £1.60 car parking for 2 hours



Matlock Wednesday Easy Walks – 10.00am, duration 60 – 90 minutes at a slower pace than the Matlock Tuesday walks



Date	Start Location
03/04/19	Tansley, Alders Lane, T junction with Carr Lane/Cunnery Lane
10/04/19	Winster – car park at the top of West Bank
17/04/19	High Peak Junction Car Park, (Lea Bridge) £1.60 car parking for 2 hours
24/04/19	Flash Lane, lay-by where Flash Lane has a right-angle bend
01/05/19	Black Rocks – Lower Car Park: £1.60 car parking for 2 hours
08/05/19	Rowsley – Peak Village Walkers' free Car Park
15/05/19	Cross Green – by Church of St. Mary the Virgin, South Darley
22/05/19	Butterly Top (park in lay-by past Scotland Nurseries on B6014)
29/05/19	Highfields School, Lumsdale
05/06/19	Bonsall, Fountain Café, parking opposite
12/06/19	Lea Gardens car park, Lea
19/06/19	Darley Bridge – Cricket Club Car Park
26/06/19	Riber Village, near Riber Hall

Matlock Thursday Entry Level and Very Easy Weekly Walks – 10.00am



Meet at the Bandstand in Hall Leys Park



Up to 30 minutes walking on level ground or very gentle slopes



30 – 75 minutes

Here are two walks at the same time around the park and central Matlock area. We also share cars and walk further afield on good surfaces.



Matlock Friday - Health and Wellbeing Walk 1.30pm



Easy walk 60–90 minutes with a friendly group, we meet at different locations each week.

Date	Start Location
05/04/19	11:30am Tissington walk and café lunch. Park on road opposite Hall in village
12/04/19	Bakewell – meet at Agricultural Business Centre
19/04/19	No Walk
26/04/19	Alport – Park in layby on main road
03/05/19	No Walk
10/05/19	Matlock – Meet at Bandstand in Hall Leys Park
17/05/19	Middleton Moor – park in pay & display car park at Middleton Top
24/05/19	Whitworth Centre – Darley Dale
31/05/19	Flash Lane – park in layby where Flash Lane has a right angle bend
07/06/19	Ashover – park at the Village Hall
14/06/19	Whatstandwell – meet at café by bridge
21/06/19	Middleton – park the Stone Centre
28/06/19	Matlock – meet at Bandstand in Hall Leys Park



Hurst Farm Fortnightly Easy Walks Mondays 9.30am – 11.00am



Meet at Hurst Farm Community Centre, 6 Hazel Grove. Come and join us for a nice friendly walk usually on the 1st and 3rd Monday of the month. Start at a pace that's right for you and gradually build up as you get more confident. Tea and Coffee afterwards. Bring your Gold Card as we may hop on a bus into Matlock.

	April				May				June					
Mondays 9.30am	1		15		29		-		20		3		17	



Youlgrave Tuesday Easy Walk, 60 – 90 minutes, 10.30am



Meet at Coldwell End Car Park in the village for an easy walk around Youlgrave area, Birchover and Stanton in Peak. Walking on the 2nd and 4th Tuesday of the month. We also share cars to walk further afield.

	April				May				June			
Tuesdays 10:30am		9		23		14		28		11		25



Tideswell Wednesday Moderate Progression Walks, 9.45am



Tideswell walks usually meet on the 1st and 3rd Wednesday of the month at Fountain Square, adjacent to the public toilets. We also share cars to walk further afield.

Moderate 90 – 120 minute walks around Tideswell and the surrounding area. More challenging walks which are likely to include stiles, uphill and downhill walking on rougher terrain.

	April				May				June			
Wednesdays 9.45am	3		17		1		15		5		19	

Wirksworth Weekly Walks

Mondays 2.00pm - Meet at Wirksworth Leisure Centre Reception



Easy Walks (60 – 90 minutes)

Wednesdays 9.45am - Meet at Wirksworth Leisure Centre Reception



Moderate Progression Walk (90 – 120 minutes)

We share cars to walk further afield from different starting places.

Ashbourne Weekly Walks from Ashbourne Leisure Centre

Tuesdays – 11.15am – 12.15pm **Buggy Walk**, enabling you to build on your fitness without worrying about childcare.

Wednesdays – 10.30am, Long walks: 120 – 180 minutes

We share cars to go on the best walks in the southern Dales and beyond.

Fridays – 10.00am, Moderate Walks: 90 – 120 minutes

We usually share cars for a 10-15 minute drive to access the best walks near Ashbourne.

Bakewell Friday Very Easy and Easy Weekly Walks

Meeting at “Because I Like It” café, Water Street near Bakewell Pool



10.15am for a 10.30am start, Very Easy walk, 30 – 75 minutes

Suitable for people looking for gentle exercise, to lose a bit of weight and get a more active lifestyle. Routes are chosen to ensure the walks are on good surfaces.

Meeting at Bakewell Pool



9.45am, Easy walk, 60 - 90 minutes

These walks suit people who would like to go a little bit further. Please bring your gold card as we often take the bus out of Bakewell and walk back.



Matlock Town Hall – Wednesday Workplace Walk 12:30pm



Very easy 30 minute walk with a friendly group who get away from their desks at lunchtime on good paths around Matlock from Town Hall reception

Bakewell Thursday Progression Walks – 10.00am, duration 90 – 120 minutes

Date	Start Location
04/04/19	Agricultural Business Centre, Bakewell – Park in Pay & Display car park
11/04/19	Monsal Head - Park on the road to Little Longstone
18/04/19	Alport – Park in the layby on main road
25/04/19	Rowsley – Park in rear car park at Peak Village
02/05/19	Great Longstone – Park in the village main street
09/05/19	Edensor – Park next to the Church
16/05/19	Calver – Park by the Church
23/05/19	Carlton Lees – Park in pay and display car park £3.00 fee
30/05/19	Ashford in the Water – Park by the old footbridge
06/06/19	Agricultural Business Centre, Bakewell – Park in Pay & Display car park
13/06/19	Calver – Park by the Church
20/06/19	Rowsley – Park in rear car park at Peak Village
27/06/19	Foolow – Park next to village green

**The Farming Life Centre monthly Thursday Walks 1.15pm**

A gentle afternoon walk, meet at 1.15pm for a 1.30pm start with the opportunity for refreshments and a good chat afterwards! All walks are relatively flat and take between 60 – 90 minutes. In the event of extreme weather conditions, or for further information please contact Pauline Bramley the walk leader on 07538 785666.

Thursday 18th April - Bamford

Meeting in the car park at Hope Valley Garden centre, Bamford S33OAL

A special walk across the fields and up a disused railway track towards Ladybower Reservoir. Coffee at the garden centre café.

Thursday 30th May – Tideswell Dale

Meeting in the car park at Tideswell Dale SK178SN

A return visit (after 3 years since our first walk here) up and back through this beautiful dale. Refreshments in one of the cafes in Tideswell itself (to be decided)

Thursday 27th June – Tissington

Meet in the village opposite Herberts Tea Rooms, on street parking available.

A return visit to this lovely location, circling the village and the Tissington trail. Followed by coffee and cakes at the tea room.

The Farming Life Centre, Agricultural Business Centre, Bakewell, DE45 1AH Tel. 01629 810903 Email info@thefarminglifecentre.org.uk

Tuesday Very Easy Dementia Friendly Walks 2pm



These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of fully accessible walks designed specifically for you at your pace (30 – 60 mins) with a cafe afterwards. If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support.

Hope Valley – Meeting at Castleton Visitor Centre (pay and display) – a short walk around Castleton in the beautiful Hope Valley with Peak National Park Rangers	1st Tuesday of month Starting 7 th May, 4 th Jun
Whitworth Centre free car park in Darley Dale off A6 - a walk around Whitworth Park and linked cycle tracks	2nd Tuesday of month 9 Apr, 14 May, 11 Jun
Hassop Station (pay and display) - a short walk along the Monsal Trail with the Peak National Park Rangers	3rd Tuesday of month 16 Apr, 21 May, 18 Jun
Ashbourne – Meet at Shawcroft Car Park DE6 1GD (pay and display) outside the Co-op for a walk around the park with the Peak National Park Rangers	4th Tuesday of month 23 rd Apr, 28 th May, 25 th Jun



Miles Without Stiles – Fully Accessible Walks open to all



These wheelchair accessible walks are a maximum of 2 miles on well surfaced, accessible paths. We will take them at your own pace with the option to cut it shorter if needed. Bring along a picnic. For further information contact Sally Wheal

sally.wheal@peakdistrict.gov.uk / 01298 84992

9th April 11-1pm – Tideswell Dale - meet in car park

Fully accessible toilets, pay and display car park. Nearest postcode SK17 8QH

14th May 11-1pm – Fairholmes – meet in car park accessed from A57 Sheffield to Glossop road S33 0AQ. Fully accessible toilets, pay and display car park

11th June 11-1pm – Hulme End – Manifold Trail – meet in car park, Warslow, located at Hulme End on B5054 2 miles west of Hartington SK17 0EX. Fully accessible toilets, pay and display car park

Eastern Moors Partnership



Walk Moor – along the beautiful gritstone edges and Eastern Moors

These walks are a **10am meet on the first Thursday of the month.**

See www.derbyshiredales.gov.uk/walkmoor for full details

Eastern Moors Partnership



April 4th – Walk below Birchen Edge to Gardom's Edge – 2.5 miles

May 2nd – Walk along Bar Brook to visit stone circle – 2.8 miles

June 6th – Walk from Burbage rocks along Burbage Valley – 2.5 miles

Contact: Helen Milton - 01629 761194 / helen.milton@derbyshiredales.gov.uk

www.derbyshiredales.gov.uk/walkingforhealth