

PR 30/AR

For immediate release

8 February, 2023

Walks with National Park Rangers help people explore more

People who want to explore more of the Peak District National Park are being encouraged to take a guided walk with the National Park Rangers.

This season's walks include looking for mountain hare, navigation skills training, a history walk including Magpie Mine, and much more.

Many of the walks are suitable for families with children who enjoy a challenge. Kids aged 17 years and below go free with paying adults.

Ranger Paul Wetton said: "We organise a varied programme of guided walks throughout the year to appeal to different interests – it's a great way for people to gain confidence and find out more about the Peak District including its wildlife and cultural heritage, there's something for everyone."

National Park Rangers have a wealth of knowledge about 'their patch' and are always keen to share their stories and encourage people to enjoy the countryside.

Bookings for the walks are online, at www.peakdistrict.gov.uk/events

The seasonal selection of guided walks includes:

Thursday 23 February and Sunday 26 February

In Search of the Elusive Mountain Hare

7 miles. A challenging walk with steep ascents and descents, starting from Derwent visitor centre (near Bamford).

Spot mountain hares still in their winter coats on the dramatic slopes above Ladybower Reservoir. The Peak District contains the only mountain hares in Great Britain outside Scotland and the Isle of Man. Suitable for children over 10 years old prepared to walk on very rough, steep ground.

£15 per person aged 18 and above. Children aged 17 and below go free.

Saturday 25 February

Beginners Navigation Training at Trentabank

5 miles. Mainly on forest tracks and open moorland, with some hills, starting from Trentabank ranger centre (near Macclesfield).

An introduction to basic navigation - map types, grid references, setting maps using a compass, showing how the map relates to the countryside and how to use it to guide yourself.

£15 per person aged 18 and above. Children aged 17 and below go free.

Member of National Parks UK

Holder of Council of Europe Diploma



Chief Executive: Phil Mulligan

Chair: Andrew McCloy Deputy Chair: David Chapman

Working together for the Peak District National Park:

• To speak up for and care for the Peak District National Park for all to enjoy forever •

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Sunday 26 March

A Wander Through History from White Lodge

6.5 miles. Meeting at White Lodge Car Park (near Ashford in the Water), the walk covers some rough and uneven ground and hills.

Enjoy dramatic, far-reaching views as you explore evidence of ancient settlements and local history. This walk takes in Deep Dale, with a steep walk out of the dale, Sheldon Village and crosses the fields to Magpie Mine.

£10 per person aged 18 and above. Children aged 17 and below go free.

Saturday 8 April

Who Dares Wins – Take the Challenge

A strenuous 10 miles walking challenge from Heatherdene Car Park (near Bamford), with over 2,300 feet of ascent overall, including the summit of Win Hill, an old Roman Road, Hope Cross and Crook Hill.

£10 per person aged 18 and above. Children aged 17 and below go free.

Saturday 22 April

Learn a Little Birdsong

8 miles. Remember to bring your binoculars for this informative walk from Meerbrook (near Leek). You will listen to the different bird species found in different habitats including a reservoir, river, woodland, moorland and farmland. Enjoy the birdsong and learn how to identify which birds are singing.

£10 per person aged 18 and above. Children aged 17 and below go free.

For more walks and to book, visit www.peakdistrict.gov.uk/events

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Photograph: Explore more of the Peak District on walks with National Park Rangers.

For more information:

Please contact the Peak District National Park communications team: Tom Marshall – communications manager – tom.marshall@peakdistrict.gov.uk 0773 453 8471