**Walking Together Amber Valley Walk Programme**

**Session overview**

All our walks are free of charge and our walk leaders are dedicated volunteers. There is no need to book prior to attending, but we do suggest visiting our website to view individual walk schedules or calling beforehand as some walks have various meeting places.

All our walks have at least one leader who has completed a basic First Aid course and Dementia Friendly course!

Remember to dress appropriately for the weather conditions!

**Why walk?**

Getting active can be difficult. But we’re here to help. Take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It’s a great way to stretch your legs, explore what’s on your doorstep, and make new friends.

Walking is truly accessible — almost everyone can do it anywhere and at any time. It won’t cost you anything, and you don’t need any fancy equipment to hit the pavement. If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better - Lower your blood pressure

- Keep your weight down - Lighten your mood

- Keep your joints, muscles, and bones strong - Increase ‘good’ cholesterol

**How you can get involved**

Amber Valley Health Walks is your local Walking for Health scheme. Our walks are free, fun, and friendly — perfect to help you get active and meet new people. If you’d like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you’re free to take part in as many walks as you like, as often as you like.

***For* *more* *information* on how to get involved, or *on* *all* our *walks* *see* *our* *website* www.a*mbervalley.gov.uk or email helen.kellett*@ambervalley.gov.uk**

**Weekly walk schedule**

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# Duffield Meadows & River walks – Tuesday 9.45am meet

# Length: 40 minutes & 60+ minutes

Meet at Weston Centre, Tamworth Street, Duffield DE56 4ER.

Refreshments available after the walks in the Weston Centre. Restarts:18/05/2021

A detailed weekly walk schedule is available on request.

For more information please contact Chris on 07977 140415



# Ripley Follow-on walk - First Tuesday of each month 11am meet

## **Length: 90 minutes**

Meet at Denby Pottery Visitors Centre, DE5 8NX outside the Bourne Café. .

For more information please contact Ripley Leisure Centre on 01773 514727. Restarts 07/07/2021



# Ripley Follow-on Walk Every Tuesday (except the first Tues) 11am meet

## **Length: 90 minutes**

Meet at the entrance to Ripley Leisure Centre, Derby Road, Ripley, DE5 3HR.

For more information please contact Ripley Leisure Centre on 01773 514727. Restarts:08/06/2021



# Heanor Walking Group - Every Tuesday 2pm meet

## **Length: 60-90 minutes**

Usually meet outside the visitor’s centre at Shipley County Park, DE75 7GX

Other meeting locations across Heanor and Ilkeston. Restarts:18/05/2021

A detailed weekly walk schedule is available on request.

For more information please contact Helen Kellett on 07393 780488



**Horsley Woodhouse Group - Every Wednesday 9.45am meet**

## **Length: 60-90 minutes**

Various start points around Horsley Woodhouse.

A detailed weekly walk schedule is available on request Restarts:19/05/2021

For more information please contact Helen Kellett on 07393 780488



# Belper Walking group - Every Wednesday (except the first Wed) 10am meet

## **Length: 90 minutes**

Meet at various locations but please check prior to walk.

A detailed weekly walk schedule is available on request Restarts:26/05/2021

For more information please contact Helen Kellett on 07393 780488

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**Belper Beginners Walk - Every Wednesday 2:15pm start**

## **Length: 45 minutes – 60 minutes**

Meet at the reception of Belper Leisure Centre, John O’Gaunts Way,

Kilbourne Road, Belper, DE56 0DA. Restarts: 14/04/2021

For more information please contact Belper Leisure Centre on 01773 825285



# Denby Walking group - Every Thursday 9.30am meet

**Length:40 minutes + 60 minutes**

Meet outside the Bourne Café at Denby Pottery Visitors Centre, DE5 8NX.

For more information please contact Helen Kellett on 07393 780488 Restarts: 03/06/2021



# Somercotes Walking group - Every Thursday 9.45am meet

## **Length: 90 minutes**

Meet at Somercotes Village Hall, St Thomas’s Centre, Nottingham Rd, DE55 4LY.

A detailed weekly walk schedule is available on request Restarts: 20/05/2021

For more information please contact Helen Kellett on 07393 780488

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# Ripley Beginners Health Walk - Every Friday 1pm meet

**Length:** **60** **minutes**

Meet at the reception of Ripley Leisure Centre, Derby Road, DE5 3HR.

For more information please contact Ripley Leisure Centre on 01773 514727. Restarts: 11/06/2021

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Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness



Suitable for people who are looking to increase their activity levels; Walks may include Moderate slopes. steps, uneven surfaces and possibly stiles.



For people looking for more challenging walks and increasing their level of physical activity. Walks may include steeper slopes, steps, uneven surfaces, and stiles.

We love the company of our four-legged friends! However, we ask that you put your dog on their lead when asked to do so by the walk leader, your dog is well behaved and that you take full responsibility for them when out on your walk. Please get in touch with the Walk Leader before if possible.