

Derbyshire Dales Guide to Health Walks

April to June 2022



Welcome to Health Walks in the Derbyshire Dales

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

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

Money for a cuppa in a café at the end is also advisable!

Derbyshire Dales Health Walks				
Tuesday			Pg	
10 am		Ashbourne Rec by the Pavilion	Every week	4
10 am		Matlock – see Guide	Every week	5
10:30am		Youlgrave Coldwell End Car Park	2 nd and 4 th Tuesdays	6
2 pm		Dementia Friendly – see Guide	1 st and 3 rd Tuesdays	7
Wednesday				
9:45		Wirksworth Leisure Centre	Every week	6
10 am		Tideswell Fountain Square	1 st & 3 rd Wednesdays	6
10 am		Matlock – see Guide	Every week	6
10:30am		Ashbourne – see Guide	Every week	4
Thursday				
10 am		Bakewell – see Guide	Every week	5
10 am		Matlock Hall Leys Park Bandstand	Every week	6
1:15pm		Farming Life Centre Bakewell ABC	Usually 3 rd Thursday	5
12:30pm		Matlock Workplace Town Hall	Every week	6
Friday				
9:45am		Bakewell Old Police Sta, Granby Rd	Every week	5
10 am		Ashbourne Leisure Centre	Every week	4
10:30am		Bakewell Pudding Shop, Water St	Every week	5
Saturday				
10 am		Matlock Hall Leys Park Bandstand	Every week	5

Details for the walks above are in the following pages of this guide with full details at www.derbyshiredales.gov.uk/healthwalks

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

Full details at www.derbyshiredales.gov.uk/healthwalks or
Contact Helen Milton 01629 761194 helen.milton@derbyshiredales.gov.uk

Walk Levels

We have several levels of walks 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: Up to 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: Around 90 minutes

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



Progression Walks: 120 – 180 minutes

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



Derbyshire Dales Health Walks are proud to welcome everyone to our scheme. All our walks have at least one walk leader who has had dementia friends training and many have received more extensive 'Step Inside Dementia' training from the Alzheimer's Society.



We provide a Dementia Friendly walk which is for people living with dementia who need their carer to be with them – this walk and talk every 1st and 3rd Tuesday is a lovely opportunity for both parties to be amongst others with similar needs and chat about it over a piece of cake.

Those living with the early stages of dementia are welcome on any of our walks – we would say if you are able to make your own way to and from the walk then please come and be part of the wonderful movement that is Derbyshire Dales Health Walks.

Improve your Health Explore the Dales
Enjoy the Company
Be more Active

Full details at www.derbyshiredales.gov.uk/healthwalks or
 Contact Helen Milton 01629 761194 helen.milton@derbyshiredales.gov.uk

Ashbourne

 **Tuesday 10am - Very Easy Walk** - Meet by the Pavilion at the top of the Rec for a gentle walk in the Park area. 30 – 60 minutes at your pace.

 **Wednesday 10:30am – Long Progression Walk** – Meet at various locations to go on the best walks in the southern Dales ~ 3 hours. Postcodes given as a guide only – grid references are most accurate.

Date	Meeting Point
Apr 6	Cromford - Cromford Wharf car park DE4 3RQ (SK300570)
Apr 13	Dove Top Farm – Cold Eaton, Alsop en le Dale, DE6 1QR (SK148566) parking in the farmyard
Apr 20	Monyash – village car park, or roadside DE45 1JH (SK149666)
Apr 27	Denstone – Lay-by near church ST14 5HF (SK100409)
May 4	Ilam – parking roadside by the cross or National Trust at Ilam Hall (free for members) Meet by church DE6 2AZ (SK131507)
May 11	Bradley – park roadside, meet by church DE6 1PG (SK223459)
May 18	Dimmingsdale – Ramblers Retreat, Red Road, Alton (SK062432)
May 25	Alsop Moor – lay-by on A515, 1 mile north of junction to Alsop village (SK156563)
Jun 1	Tissington – parking in village DE6 1RA (SK178521)
Jun 8	Wetton Mill – park roadside opposite mill DE6 2AG (SK094561)
Jun 15	Friden – car park on High Peak Trail (SK172607)
Jun 22	Froghall Wharf – car park ST10 2HJ (SK026476)
Jun 29	Winster – upper car park, opposite Miners Standard DE4 2DR (SK239602)

 **Friday 10am – Easy Walk** – Meet outside the Leisure Centre sometimes getting the bus to access the best walks in and about Ashbourne lasting about 2 hrs.



Full details at www.derbyshiredales.gov.uk/healthwalks or
 Contact Helen Milton 01629 761194 helen.milton@derbyshiredales.gov.uk

Bakewell



Thursday 10am – Easy Walk – Various meeting points listed below for walks lasting 1.5 – 2 hrs with full details online or contact us.

Date	Meeting Point	Date	Meeting Point
Apr 7	Bakewell ABC	May 26	Edensor
Apr 14	Monsal Head	Jun 2	Rowsley – Peak Village
Apr 21	Rowsley – Peak Village	Jun 9	Birchover – top car park
Apr 28	Alport	Jun 16	Calver next to Church
May 5	Ashford in the Water	Jun 23	Alport
May 12	Calver village centre	Jun 30	Foolow
May 19	Great Longstone		



Thursday 1:15pm – Easy Walk – Farming Life Centre. Various meeting points for a gentle monthly walk lasting 60 – 90 minutes. Always a lovely café available at the end. Full details online, email info@thefarminglifecentre.org.uk or contact us.

Date	Meeting Point
Apr 21	National Stone Centre – car park by High Peak Trail DE4 4LS
May 21	Ashover – Marsh Green farm shop S45 0DX
Jun 21	Biggin – meet at Waterloo inn SK17 0DH



Friday 9:45am – Easy Walk – Meet outside the old Police Station on Granby Road for 60-90 minutes, sometimes using the local buses.



Friday 10:30am – Very Easy Walk – Meet at Bakewell Pudding Shop on Water Street for a gentle 60-75 minutes, sometimes using the local buses.

Matlock



Tuesday 10am – Easy Walk – Various Meeting points listed below for walks lasting 60-90 minutes with **full details online** or **contact us**.

Date	Meeting Point	Date	Meeting Point
Apr 5	Birchover Quarry	May 24	Highfields School
Apr 12	Darley Bridge Cricket Club	May 31	Flash Lane
Apr 19	Ashover village hall	Jun 7	Lea Gardens
Apr 26	Sainsburys	Jun 14	Black Rocks
May 3	Bonsall, Fountain Cafe	Jun 21	Winster, West Bank
May 10	High Peak Junction	Jun 28	Rowsley Peak Village
May 17	Tansley, Alders Lane		

Matlock (cont.)

 **Wednesday 10am – Easy Walk** – Various Meeting points listed below for walks of 60-90 minutes with **full details online** or **contact us**.

Date	Meeting Point	Date	Meeting Point
Apr 6	Whitworth Centre	May 25	Highfields School
Apr 13	Rowsley Peak Village	Jun 1	Bonsall Fountain Cafe
Apr 20	Birchover Quarry	Jun 8	High Peak Junction
Apr 27	Darley Bridge Cricket Club	Jun 15	Flash Lane
May 4	Ashover village hall	Jun 22	Tansley, Alders Lane
May 11	Cromford Meadows	Jun 29	Lea Gardens
May 18	Sainsburys		

 **Thursday 10am – Entry Level & Very Easy Walk** – We offer two walks at the same time around Matlock Park and immediate area. Meet at the Bandstand in Hall Leys Park for either up to 30 minutes or 30-75 minutes walks.

 **Saturday 10am – Very Easy Walk** – A gentle walk at the around Matlock Park and immediate area. Meet at the Bandstand in Hall Leys Park for a 60-90 minute walks.

Tideswell

 **Wednesday 10am – Moderate Progression walk** – Meets at Fountain Square on the 1st and 3rd Wednesday of month for 1½ - 2 hour walk.

Apr 6th, Apr 20th, May 4th, May 18th, Jun 1st, Jun 15th

Wirksworth

  **Wednesday 9:45am – Easy Walk / Moderate Progression Walk** – We now have one weekly walk which will try and cater for all those who turn up to walk. When there are enough leaders there will either be 2 different walks or an option to peel off early. Meet at the Leisure Centre car park for a 1½ - 2 hr walk.

Youlgrave

 **Tuesday 10:30am – Easy Walk** – Meet at Coldwell End car park on the 2nd & 4th Tuesday of month for a 60 - 90 minute walk around the Youlgrave area.

Apr 12th, Apr 26th, May 10th, May 24th, Jun 14th, Jun 28th

Full details at www.derbyshiredales.gov.uk/healthwalks or
Contact Helen Milton 01629 761194 helen.milton@derbyshiredales.gov.uk

Eastern Moors Partnership



Partnership Walks

Eastern Moors – Walk Moor

Walk Moor stops over Winter – so there is only one walk in this Guide. We are working with the Eastern Moors Partnership and North East Derbyshire District Council to bring you Walk Moor. These are stunning walks from various locations around the moor surrounding Owlbar and Fox House and the gritstone edges around that area. The walk leaders often have great knowledge of the heritage and birdlife which is encountered.

 **Thursday 10am – Easy Walk** – Various meeting points on the 1st Thursday of the month for a walk up on gritstone edges and across moorland lasting about 90 minutes. Booking advisable with Helen Milton. Full details and leaflet online at www.derbyshiredales.gov.uk/walkmoor

Date	Meeting Point
April 7 th	Pay and display car park below Birchen Edge, next to Robin Hood pub (free to National Trust/RSPB card holders) 2.5 miles
May 5 th	Curbar Gap pay & display car park (free to National Trust/RSPB) 3 miles along Baslow Edge, Jack Flat and Big Moor
May 19 th	Walk Moor Plus – A longer walk – bring a picnic – Park as above at the car park below Birchen Edge for a 6.7 mile walk along Gardom's Edge and Big Moor
June 9 th	Meet in the Woodcroft car park at Longshaw (£3.50/4 hrs or free to National Trust members) 3 miles across Totley Moor

Get Together Walk

Our next Get Together Walk will be on Wednesday April 6th walking from Cromford Wharf.

Meeting Point – Cromford Wharf at 10:15am ready to walk at 10:30am

Walks on Offer : Every walker from all our walks will be able to enjoy one of a choice of 3 walks



1) a short very easy walk on good ground along the canal ~60 minutes



2) a slightly longer walk on rougher ground along the canal returning through Bow Woods ~90-120 minutes 3-3.5miles



3) a long walk for fit walkers ~180 minutes ~5 miles

Full details at www.derbyshiredales.gov.uk/healthwalks or
Contact Helen Milton 01629 761194 helen.milton@derbyshiredales.gov.uk



Dementia Friendly Walk and Talk

We are working with the **Peak District National Park** and their Rangers to offer fully accessible dementia friendly walks. The 2 locations on offer have fully accessible toilets, good parking and the opportunity for refreshments afterwards to share experiences.

Tuesday 2pm – Very Easy Walk, Stroll or Bench to Bench

Two different meeting points on the 1st and 3rd Tuesday of the month. 30 – 60 minutes supported by a higher ratio of walk leaders who have a good understanding of dementia. If you need someone to support you please don't come on your own as we can't offer any additional support. Full details at www.derbyshiredales.gov.uk/dementiafriendlywalks or contact us.

Date	Meeting Point
April 5, May 3, June 7	Whitworth Centre in Darley Dale for a walk on very good surfaces in and around the beautiful Park
April 19, May 17 June 21	Hassop Station near Bakewell for a walk there and back along the well surfaced Monsal Trail at your pace with Peak District National Park Rangers

Volunteer with Us!

We are always looking for extra volunteer walk leaders for which full training is given. Walk Leaders do not always have to be those at the front, we need people for all sorts of roles so if you are at all interested get in touch on the details below and have a chat. Come and join the team.

Walk Leaders are given training and would become part of an established walk where there would be opportunity to add new routes if that was something a New Leader takes pleasure in.



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