



Derbyshire Dales Community Walks

July - September 2024



Take a walk on the *mild* side
All walks are free – no need to book



Welcome to Community 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!

List of our Community Walks by day

Details for the walks below by area are in the following pages of this guide with full details on our website www.derbyshiredales.gov.uk/healthwalks

Monday			Pg
2 pm 	Wirksworth Leisure Centre	Every week	4
Tuesday			
10:30am 	Ashbourne Rec by the Pavilion	Every week	4
10 am 	Matlock – see guide	Every week	6
10:30am 	Darley Dale Whitworth Park	Every week	7
10:30am 	Walk Moor – Eastern Moors - guide	1 st Tuesday	8
10:30am 	Youlgrave – see guide	2 nd and 4 th Tuesdays	7
2 pm 	Walks for all - Whitworth Park	2 nd Tuesday 	8
Wednesday			
10 am 	Great Longstone St Giles church	Every week	7
10 am 	Wirksworth Leisure Centre	Every week	4
10 am 	Tideswell Fountain Square	1 st & 3 rd Wednesdays	7
10 am 	Matlock – see guide	Every week	6
10:30am 	Ashbourne – see guide	Every week	4
2 pm 	Walks for all – Forget-me-nots	4 th Wednesday 	8
Thursday			
10 am 	Bakewell – see guide	Every week	5
10:15am 	Matlock Hall Leys Park Bandstand	Every week	7
11 am 	Nature Natters - mindful wanders	1 st and 3 rd Thursdays	8
1:15pm 	Farming Life Centre – see guide	Monthly on Thursday	5
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	7

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, please contact Helen Milton.

Visit www.derbyshiredales.gov.uk/healthwalks for full Health Walks details, email helen.milton@derbyshiredales.gov.uk or phone Helen on 01629 761194

Walk Levels

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



Very short walk: 30 - 60 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 good surfaces and no stiles.



Short walk: 60 – 90 minutes

Suitable for people looking for gentle exercise in the company of others. Walks are on good surfaces at a very steady pace and designed to gently increase your heart rate. Hills may be included but will be taken at a very steady pace with stops. Distance about 2 miles.



Steady walk around 90 minutes

These walks will suit walkers who would like to go a bit further but at a steady pace. Walks may include stiles and move uphill and downhill on rougher terrain. Distance covered varies but is around 3 - 3½ miles.



Longer steady walks: 120 – 180 minutes

Longer, more challenging walks which are likely to include stiles, uphill and downhill walking on rougher terrain. Distance is longer – see guide for walk specific distances.



Derbyshire Dales Community 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 invite you on our 'Walks for all' - a dementia friendly and fully accessible stroll suitable for people living with dementia who need their carer to be with them. These walks listed on page 8 are a lovely opportunity for both parties to be amongst others with similar needs and chat 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 community walks.


Improve your Health Explore the Dales


Enjoy the Company

Be more Active


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Ashbourne


 **Tuesday 10:30am - short 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 – longer steady walk** – meet at various locations to go on the best walks in the southern Dales ~ 5-6 miles taking about 3 hours. Postcodes given as a guide only – grid references are most accurate.

Date	Meeting Point
Jul 3	Ellastone – church car park, overflow at village hall (DE6 2HB, SK116434)
Jul 10	Bonsall – Clatterway car park (DE4 2AA, SK280580)
Jul 17	Youlgrave – Moor Lane car park (DE45 1LU, SK194644)
Jul 24	Oakamoor – Mill Road car park (ST10 3AG, SK052466)
Jul 31	Hartington – park in village, meet by duckpond (SK17 0AW, SK128604)
Aug 7	Winster – Café at Miners Standard (DE4 2DR, SK237602)
Aug 14	Cromford Wharf – Cromford Wharf car park (DE4 3RQ, SK300570)
Aug 21	Hazelwood – The Well Kitchen (DE56 4AG, SK328461)
Aug 28	Rowsley – Old Station Close car park (DE4 2EL, SK259659)
Sep 4	Biggin by Hartington – Drury Lane, roadside near bus shelter (SK17 0DL, SK157588)
Sep 11	Thorpe – Narlows Lane car park (DE6 2AT, SK163504)
Sep 18	Dovedale – Dovedale NT car park (DE6 2AY, SK146509)
Sep 25	Alstonefield – car park near cricket club (DE6 2GD, SK129555)

 **Friday 10am – steady walk** – meet outside the Leisure Centre sometimes getting the bus to access the best walks in and about Ashbourne lasting about 2 hrs walking about 3 - 4 miles.

Wirksworth

 **Monday 2pm – short walk** – a very steady walk in and around Wirksworth. Meet in the Leisure Centre car park for a walk of 60 – 90 minutes which may include hills but they will be taken very steadily with stops.

 **Wednesday 10am – longer steady walk** – meet in the Leisure Centre car park for a 4 mile or so walk taking up to 2½ hrs taken at a steady pace including hills and stiles. Sometimes we car share to start the walk at Alderwasley, Bonsall, Cromford, Brassington, Crich, Kirk Ireton or Carsington.

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Bakewell


 **Thursday 10am – steady walk** – various meeting points listed below for walks lasting 1.5 – 2 hrs.

Date	Meeting Point
Jul 4	Calver next to Church
Jul 11	Bakewell Agricultural Business Centre pay and display car park
Jul 18	Monsal Head on roadside to Little Longstone
Jul 25	Rowsley - Peak Village in walkers' car park at far side
Aug 1	Birchover – car park opposite Birchover Stone on top road
Aug 8	Alport by roadside layby
Aug 15	Great Longstone village on roadside
Aug 22	Ashford in the Water by old footbridge
Aug 29	Calver next to Church
Sep 5	Bakewell Agricultural Business Centre pay and display car park
Sep 12	Monsal Head on roadside to Little Longstone
Sep 19	Rowsley - Peak Village in walkers' car park at far side
Sep 26	Birchover – car park opposite Birchover Stone on top road

 **Thursday 1:15pm – short 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 are online, email Farming Life Centre at info@thefarminglifecentre.org.uk or contact us.

Date	Meeting Point
July 4	Cromford Canal - parking in one of the car parks near Cromford Mill. Meet in front of the Cromford Mill café for a lovely walk by the canal enjoying the flora and fauna. Followed by refreshments at the café.
Aug 8	Hazel's Farm - a return to Hazel Salt's Farm following last year's wonderful visit. A short walk followed by refreshments in the garden or cowshed contact Helen for details of location.
Sep 26	Coombes Dale – meet in Stoney Middleton car park at playing fields (S32 4TB) to walk a stretch of Coombes Dale. We will then relocate to the new Heritage Centre and Cupola café for drinks.

 **Friday 9:45am – steady walk** – meet outside the old Police Station on Granby Road for 60-90 minutes, sometimes using the local buses.

 **Friday 10:30am – short walk** – meet at the back of the Bakewell Pudding Shop on Water Street for a gentle 60-75 minutes, sometimes using the local buses.

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Matlock



Tuesday 10am – steady walk – various meeting points listed below for walks lasting about 90 minutes walking about 3-3.5 miles. Walks include stiles, uneven ground and hills.

Date	Meeting Point
Jul 2	Rowsley Peak Village in walkers car park at far side
Jul 9	Meet in Ashover parish hall car park
Jul 16	High Peak Junction pay and display car park
Jul 23	Beeley Bar – park on roadside at top of Beeley Bar on Beeley Road
Jul 30	Butterly Top – layby past Tansley Barn garden centre on B6014
Aug 6	Cross Green by church in South Darley
Aug 13	Woolley Moor – car park at Jubilee playing fields off Badger Lane
Aug 20	Free car park opposite Birchover Stone quarry on top road
Aug 27	National Stone Centre car park
Sep 3	Tansley, Alders Lane at junction of Carr Lane and Cunnery Lane
Sep 10	Park on road by Lea Gardens
Sep 17	Bonsall – Clatterway carpark opposite and below Fountain café
Sep 24	Flash Lane – lay-by where Flash Lane has a right-angle bend





Wednesday 10am – steady walk – various meeting points listed below for walks of about 90 minutes walking about 3-3.5 miles. Walks include stiles, uneven ground and hills.

Date	Meeting Point
Jul 3	Meet in Ashover parish hall car park
Jul 10	Wirestone Lane car park, turn left at the top of Slack Hill
Jul 17	Black Rocks lower car park pay and display
Jul 24	Butterly Top – layby past Tansley Barn garden centre on B6014
Jul 31	Tansley, Alders Lane at junction of Carr Lane and Cunnery Lane
Aug 7	Whitworth Centre car park £1.50/4hours
Aug 14	Park on Lumsdale opposite Highfields School
Aug 21	Bonsall – Clatterway carpark opposite and below Fountain cafe
Aug 28	Cromford Meadows rugby club pay and display car park
Sep 4	Cross Green by church in South Darley
Sep 11	Winster – car park at the top of West Bank
Sep 18	Sainsbury's, 'click & collect' car park
Sep 25	Ecclesbourne Valley Railway car park in Wirksworth


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Matlock cont.


 **Thursday 10am meet for a prompt 10:15am start– very short & short walk** – we offer two walks at the same time around Matlock Park and immediate area. Meet at the Bandstand in Hall Leys Park and choose between a very short walk of less than an hour or a short walk of 60 - 90 minutes at a very steady pace on good ground taking any hills very steadily.

 **Saturday 10am – short walk** – a very steady walk around Matlock Park and the immediate area. Meet at the Bandstand in Hall Leys Park for a 60 - 90 minute walk. Walks are on good ground taking any hills very steadily.


Darley Dale

 **Tuesday 10:30am – short walk** – A very steady walk in Whitworth Park and take in the surrounding area. Meet at the war memorial by the car park in Whitworth Park for a 60 - 90 minute walk. Walks are on good ground with no stiles at a very steady pace.

Great Longstone


 **Wednesday 10am – short walk** – a very steady walk around Great Longstone and the Monsal Trail. Meet at St Giles church for a 60 - 90 minute walk. Walks will include some muddy paths at a very steady pace and will end with refreshments in the church. No dogs – thank you.

Tideswell

 **Wednesday 10am – steady walk** – meet at Fountain Square on the 1st and 3rd Wednesday of month for 1½ - 2 hour walk, 3-4miles.

Jul 3rd, Jul 17th, Aug 7th, Aug 21st, Sep 4th, Sep 18th

Youlgrave

 **Tuesday 10:30am – steady walk** – meet locally for a 60 - 90 min walk around the Youlgrave area of about 3-3.5 miles.

Date	Meeting Point
Jul 9	Youlgrave Coldwell End car park
Jul 23	Monyash – meet on the Green outside the Bulls Head pub
Aug 13	Youlgrave Coldwell End car park
Aug 27	Over Haddon - meet by the P&D car park at top of Lathkill Dale
Sep 10	Youlgrave Coldwell End car park
Sep 24	Birchover – meet by main road outside the Red Lion pub

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Eastern Moors – Walk Moor

 **Tuesday 10:30am – steady walk** – 1st Tuesday of the month for a walk up on gritstone edges and across moorland lasting about 90 minutes. Leaflet online at www.derbyshiredales.gov.uk/walkmoor

Tues 2 Jul – Walk across Totley Moor past the air shaft returning through Longshaw Estate. Meet in Woodcroft (visitor centre) car park - 3 miles.

Tues 6 Aug – Walk along Bar Brook to visit the stone circles returning via Little Barbrook. Meet at Barbrook Cottage - 2.8 miles


Tues 3 Sep – Walk up Houndkirk Road to Burbage Valley and back through Longshaw Estate. Meet in Woodcroft (visitor centre) car park – 3 miles.




Walks for All



Fully Accessible Dementia Friendly Walk and Talk

 **2nd Tuesday each month at 2pm** – short walk, stroll or bench to bench. Meet at the **war memorial** in **Whitworth Park** for a up to 60 min stroll 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. Fully accessible toilets, good parking, and a café for chatting afterwards. **July 9, Aug 13, Sep 10**


Contact us for details or visit www.derbyshiredales.gov.uk/walksforall

 **4th Wednesday each month at 2pm.** The **Forget-Me-Nots** group of the New Connections team meet in different accessible locations to stroll for up to an hour and then a café stop. Led by Peak District National Park volunteer rangers.

July 24 – meet at Tideswell Dale car park

For more info about Forget-Me-Nots and **other walk dates** visit www.derbyshiredales.gov.uk/walksforall

Nature Natters – mindful wanders

 In partnership with both the New Connections team and the Peak District National Park we are bringing nature and mindful moments into our offer. These led sessions will be nature focussed and help people to connect with the sights, sounds and smells around them and ultimately improve their wellbeing. There are 2 sessions each month both on Thursday at **11am**. We will 'natter' for an hour and then there will be the option of a café stop.

1st Thursday – Bakewell Park by public toilets – **July 4, Aug 1, Sep 5**

3rd Thursday – Hall Leys Park by bandstand – **July 18, Aug 15, Sep 19**

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