



Derbyshire Dales Community Walks April to June 2025



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	
2pm		Wirksworth Leisure Centre	Every week	4
Tuesday				
10:30am		Ashbourne Rec by the Pavilion	Every week	4
10am		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
2pm		Walks for all - Whitworth Park	2 nd Tuesday	8
				
Wednesday				
10am		Great Longstone St Giles church	Every week	7
10am		Wirksworth Leisure Centre	Every week	4
10am		Tideswell Fountain Square	1 st & 3 rd Wednesdays	7
10am		Matlock – see guide	Every week	6
10:30am		Ashbourne – see guide	Every week	4
10:30am		Fresh Air Meet – see guide	2 nd Wednesday	8
Thursday				
10am		Bakewell – see guide	Every week	5
10:15am		Matlock Hall Leys Park Bandstand	Every week	7
1:15pm		Farming Life Centre – see guide	Monthly on Thursday	5
Friday				
9:40am		Bakewell Old Police Sta, Granby Rd	Every week	5
10am		Ashbourne Leisure Centre	Every week	4
10:30am		Bakewell Pudding Shop, Water St	Every week	5
Saturday				
10am		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 us. It's worth getting in contact if you need to lift share – sometimes it's possible.

Visit www.derbyshiredales.gov.uk/healthwalks for full Health Walks details, email helenmilton@derbyshiredales.gov.uk or phone 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. 60 minutes or so 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
Apr 2	Friden – High Peak Trail car park (SK17 0DY, SK173608)
Apr 9	Ilam – meeting in National Trust car park at Ilam Hall, parking also roadside by the cross (DE6 2AZ, SK130507)
Apr 16	Blore Pastures car park (DE6 2BS, SK135499)
Apr 23	Minninglow Trail car park (DE4 2PN, SK195583)
Apr 30	Monyash village car park or roadside (DE45 1JJ, SK149666)
May 7	Cromford Wharf car park (DE4 3RQ, SK300570)
May 14	Earl Sterndale roadside by village green (SK17 0BT, SK090670)
May 21	Tittesworth reservoir visitor centre car park (ST13 8SW, SJ993602)
May 28	Mackworth – Markeaton play centre car park (DE22 3BG, SK332377)
Jun 4	Thorpe – Narlow Lane car park (DE6 2AT, SK1163504)
Jun 11	White Lodge car park on A6 before Brushfield (no postcode, SK417370)
Jun 18	Black Rocks car park (DE4 4GT, SK291556)
Jun 25	Rowsley South station car park on Harrison Way (DE4 2LF, SK262641)

 **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
Apr 3	Alport – Alport Lane above Alport on Youlgrave road – DE45 1LG
Apr 10	Great Longstone – Main St on Green between pubs DE45 1TA
Apr 17	Bakewell – Agricultural Business Centre DE45 1AH
Apr 24	Calver – by All Saints Church S32 3XA
May 1	Ashford in the Water – meet on Fennel St opposite Holy Trinity Church DE45 1QG
May 8	Monsal Head – on Butts Rd (to Little Longstone) DE45 1NL
May 15	Great Longstone – Main St on Green between pubs DE45 1TA
May 22	Rowsley – Peak Village car park outside Bamford's DE4 2JE
May 29	Alport – Alport Lane above Alport on Youlgrave road – DE45 1LG
Jun 5	Bakewell – Agricultural Business Centre DE45 1AH
Jun 12	Foolow – on village green near Bulls Head S32 5QR
Jun 19	Ashford in the Water – meet on Fennel St opposite Holy Trinity Church DE45 1QG
Jun 26	Rowsley – Peak Village car park outside Bamford's DE4 2JE



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
Apr 10	Bamford – park in the recreation ground car park S33 0DA - turn left at sign for Riverside garage into Water Lane over small bridge, car park on left. We will walk up Thornhill Trail towards Ladybower Dam – Bird café stop
May 8	Hartington – park in village centre meeting outside Hartington Farm shop. We will walk across to woods above beautiful Beresford Dale followed by refreshments in the farm shop
Jun 5	Tideswell Dale – meet in car park SK17 8SN. A return to a very beautiful dale – a favourite. Taking refreshments at the Cow Shed café.



Friday 9:40am – 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 and Wednesday 10am - both the walks on this page meet at various start points for walks lasting about 90 minutes walking about 3-3.5 miles. Walks include stiles, uneven ground and hills. Postcodes are given where useful and exact What3words information is provided on the website at www.derbyshiredales.gov.uk/healthwalks on the Matlock tab.



Tuesday 10am – steady walk

Date	Meeting Point
Apr 1	Park on road by Lea Gardens
Apr 8	Cross Green by the church in South Darley DE4 2JT
Apr 15	Beeley Bar – park on roadside at top of Beeley Bar on Beeley Road
Apr 22	Whitworth Centre car park off A6 – DE4 2EQ
Apr 29	High Peak Junction car park, Lea Road below Lea Bridge
May 6	Flash Lane – lay-by where Flash Lane has a right-angle bend
May 13	Sainsbury's – 'click and collect' car park - DE4 3SP
May 20	Middleton Top car park off B5035 - DE4 4LS
May 27	Tansley, Alders Lane at junction of Carr Lane and Cunnery Lane
Jun 3	Ashover – meet in the Parish Hall car park - S45 0BA
Jun 10	Black Rocks lower car park (pay and display) – DE4 4GT
Jun 17	Car park opposite Birchover Stone Quarry by Stanton Moor
Jun 24	Butterly Top – layby past Tansley Barn garden centre on B6014





Wednesday 10am – steady walk

Date	Meeting Point
Apr 2	Whitworth Centre car park off A6 – DE4 2EQ
Apr 9	Lumsdale – opposite Highfields School upper site – DE4 5NA
Apr 16	Wirestone Lane – Eddlestowe Lot car park, Robriding Road
Apr 23	Car park opposite Birchover Stone Quarry by Stanton Moor
Apr 30	Ashover – meet in the Parish Hall car park - S45 0BA
May 7	Tansley, Alders Lane at junction of Carr Lane and Cunnery Lane
May 14	Bonsall – Clatterway carpark opposite Fountain café - DE4 2AA
May 21	High Peak Junction car park, Lea Road below Lea Bridge
May 28	Lumsdale – opposite Highfields School upper site – DE4 5NA
Jun 4	Winster South car park at top of West Bank - DE4 2DR
Jun 11	Rowsley Peak Village in walkers' car park at far side - DE4 2JE
Jun 18	Alport – layby above Alport on Alport Lane to Youlgrave – DE45 1LG
Jun 25	Cromford Meadows rugby club car park (pay and display) DE4 3RQ


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Matlock cont.


 **Thursday 10:10am 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 taking 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.

Apr 2nd, Apr 16th, May 7th, May 21st, Jun 4th, Jun 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 on the 2nd and 4th Tuesday.

Date	Meeting Point
Apr 8	Youlgrave - Coldwell End car park - DE45 1UY
Apr 22	Elton – park on road near cricket ground on Main St – DE4 2AQ
May 13	Youlgrave - Coldwell End car park - DE45 1UY
May 27	Biggin – park on Drury Lane at village hall – SK17 0DL
Jun 10	Youlgrave - Coldwell End car park - DE45 1UY
Jun 24	Alport – park on Alport Ln in the laybys. Do not park on side of road at any point with a solid white line in the middle DE45 1LG

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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. Walk Moor leaflet can be found at www.derbyshiredales.gov.uk/walkmoor

Apr 1 - 2.5 mile walk below Birchen Edge to Gardom's Edge. There are a couple stiles on this route. Park in Birchen Edge car park


May 6 - walk down through Haywood returning via Jubilee. Park in Haywood car park on Longshaw Estate for a 2 mile walk.

Jun 3 - 3 mile walk across Totley Moor on Moss Rd past the Airshaft returning through Longshaw. Park at Woodcroft visitor centre car park.



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 up to a 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. **Apr 8, May 13, Jun 10**

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


Fresh Air Meet

 **2nd Wednesday each month at 10:30am.** Enjoy the sights, sounds and smells of the season. Our monthly outdoor meets are to enjoy the fresh air, meet new people and build friendships and make time for a cafe stop. Contact Helen Milton (see below) to book this walk – booking is required.

Apr 9 – National Stone Centre car park near Wirksworth off Porter Lane

May 7 – Cromford Wharf car park, Cromford DE4 3RQ

Menopause Awareness walks

 The Community and Environment Department here at District Council have held 2 successful Menopause Awareness walks in October and January and have committed to running a walk each quarter in different locations around the Derbyshire Dales. All welcome for a walk and a chat.

Apr 24 – Bakewell Agricultural and Business Centre – 5:30-6:30pm

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