



Derbyshire Dales Community Walks April - June 2026



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 from March	8
10:30am 	Youlgrave – see guide	2 nd and 4 th Tues	7
2pm 	Dementia Friendly - Whitworth Park	2 nd Tuesday 	8
Wednesday			
10am 	Great Longstone St Giles church	Every week	7
10am 	Wirksworth Leisure Centre	Every week	4
10am 	Matlock – see guide	Every week	6
10:30am 	Ashbourne – see guide	Every week	4
9:30am 	Farmer's View – Hurst Farm	1 st and 3 rd Wed	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 Thurs	5
Friday			
9:30am 	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
1pm 	Matlock Bath Whistlestop Hub	4 th Friday	8
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.

www.derbyshiredales.gov.uk/healthwalks for details, phone Sam 01629 761194 or email sam.barton@derbyshiredales.gov.uk

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. The 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



www.derbyshiredales.gov.uk/healthwalks for details, phone 01629 761389 or email sportsdevelopment@derbyshiredales.gov.uk

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 enjoy the best walks in the southern Dales ~ 5-6 miles taking about 3 hours. Postcodes given as a guide only – see website for more accurate information.

Date	Meeting Point
Apr 1	High Peak Junction, DCC Car park Lea Rd (DE4 5AE) SK314560
Apr 8	Grin Low, Grin Low car Park, Buxton (SK17 6UJ) SK049719
Apr 15	Youlgreave, Moor Lane Car Park (DE45 1LU) SK194644
Apr 22	Eyam, Hawkhill Road Car park (S32 5QP) SK217767
Apr 29	Consall, RSPB car Park (ST9 0AF) SJ994484
May 6	Friden, High Peak Trail Carpark (SK17 0DY) SK17276073
May 13	Alsop Moor, Lay by on A515 (DE6 1QS) SK156563
May 20	Tissington, Well Dressing Parking in village, meet by church (DE6 1RA) SK178521
May 27	Ilam, Roadside parking by the cross or National Trust at Ilam Hall, Meet in car park (DE6 2AZ) SK130507
June 3	Ashbourne, Meet at west door of St Oswald's church (DE6 1AN) SK176464
June 10	Hurdlow, Car Park on Tissington Trail (SK17 9QJ) SK127658
June 17	Hulme End, Parking at Station Car Park (SK17 0EZ) SK102592
Jun 24	Youlgreave, Coldwell End Car Park (DE45 1UY) SK206640

  **Friday 10am** - meet outside the Leisure Centre and choose between 2 walks. 1 short walk around Ashbourne lasting 60 – 90 mins. The other group car share to various nearby start points for a longer walk of about 120 mins plus a refreshment stop.

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 a different start point.

Bakewell



Thursday 10am – steady walk – various meeting points listed below for walks lasting 1.5 – 2 hrs at a steady pace including hills and stiles.

Date	Meeting Point
Apr 2	Bakewell – Agricultural Business Centre DE45 1AH
Apr 9	Great Longstone – Main St on green between pubs DE45 1TA
Apr 16	Alport – Alport Lane above Alport on Youlgrave road DE45 1LG
Apr 23	Calver – By All Saints Church S32 3YU
Apr 30	Thornbridge Hall – Main Car Park off A6020 Ashford to Hassop Road
May 7	Monsal Head – on Butts Rd (to Little Longstone) DE45 1NL
May 14	Rowsley - Peak Village car park outside Bamfords DE4 2JE
May 21	Gt Longstone- On the Green, between the 2 pubs, Main Street DE45 1TA
May 28	Alport – Alport Lane above Alport on Youlgrave road DE45 1LG
Jun 4	Foolow – On village green near Bull's Head. S32 5QR
Jun 11	Bakewell – Agricultural Business Centre DE45 1AH
Jun 18	Thornbridge Hall – Main Car Park off A6020 Ashford to Hassop Road
Jun 25	Rowsley – Peak Village car park outside Bamford's DE4 2JE – picnic lunch afterwards at Rowsley village hall



Thursday 1:15pm – Farming Life Centre - short walk. Various meeting points for a gentle monthly walk lasting 60 – 90 minutes with refreshments to finish. Full details are online, email Farming Life Centre at info@thefarminglifecentre.org.uk or contact us.

Date	Meeting Point
April 9	Monyash – park in the village near The Bulls Head. Explore the lanes and trails around the village finishing with refreshments at The Old Smithy Cafe
May 7	High Peak Trail – Park in Hurdlow Car Park SK17 9QJ. A gentle walk along the trail then drive to Tagg Lane Dairy for drinks
June 11	Curbar Gap – Meet at Curbar Gap car park S32 3YR. Enjoy a walk with magnificent views before heading to Calver Craft centre for refreshments




Friday 9:30am – 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.

www.derbyshiredales.gov.uk/healthwalks for details, phone 01629 761389 or email sportsdevelopment@derbyshiredales.gov.uk

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/walkguides on the Matlock Tues/Wed leaflet.


Tuesday 10am – steady walk


Date	Meeting Point
Apr 7	Bonsall – Clatterway carpark opposite Fountain café - DE4 2AA
Apr 14	Whitworth Centre – Car Park off A6 Darley Dale
Apr 21	Beeley Bar, roadside parking at top of Beeley Bar on Beeley Lane
Apr 28	Ashover – meet in the Village Hall Car Park
May 5	Cromford Meadows – park in approach to Rugby ground
May 12	Youlgreave – Coldwell End Car Park DE45 1UY
May 19	National Stone Centre (£1.50 for 2 hours, card payment only)
May 26	Rowsley Peak Village in walkers' car park on the far side - DE4
June 2	High Peak Junction car park, Lea Road below Lea Bridge
June 9	Cross Green – by Church of St Mary the Virgin
June 16	Middleton Top- car park at visitor centre off B5035
June 23	Ogston Reservoir - North car park off B6014
June 30	Birchover Quarry on main Birchover to Stanton in the Peak Rd

Wednesday 10am – steady walk


Date	Meeting Point
Apr 1	Ashover Parish Hall Car Park – S45 0BA
Apr 8	Cross Green by the church in South Darley DE4 2JT
Apr 15	Birchover car park opposite Birchover Stone on top road DE4 2BN
Apr 22	Eyam, Hawkhill Road Car park S32 5QP
Apr 29	Brackenfield – park on road by Village Hall DE55 6AR
May 6	Middleton Top – car park at Visitor Centre DE4 4LS
May 13	Winster South car park at top of West Bank DE4 2DR
May 20	Whitworth Centre car park DE4 2EQ
May 27	Lumsdale – opposite Highfields School upper site DE4 5NA
Jun 3	Alport - Layby and Roadside What3words ///paddocks.positive.loaders
Jun 10	Rowsley Peak Village in walkers' car park on the far side - DE4
Jun 17	South Wingfield market Place, park on Inns Lane or High Road
June 24	Cromford Meadows Rugby Club DE4 3RQ

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.

Youlgrave

 **Tuesday 10:30am – steady walk** – a 90-180 min walk in and around the Youlgrave area of about 3-4 miles on the 2nd and 4th Tuesday.

Date	Meeting Point
Apr 14	Youlgrave - Coldwell End car park - DE45 1UY
Apr 28	Elton – Meet and park at Jubilee Playing Fields, Winster Lane- DE4 2AQ
May 12	Youlgrave - Coldwell End car park - DE45 1UY
May 26	Alport – meet and park in the lay-bys on Alport lane DE45 1LG
June 9	Youlgrave - Coldwell End car park - DE45 1UY
June 23	Monyash – meet by the green by The Bulls head pub. DE45 1JH

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or email sportsdevelopment@derbyshiredales.gov.uk

Matlock Bath Whistlestop Wanderers



 **4th Friday each month at 1pm – short walk**

We meet at the Whistlestop Hub at Matlock Bath Station and go on a short walk of 2-3 miles on footpaths and including hills. This walk is in partnership with Derbyshire Time Swap. Refreshments available at the Hub on return. Dates in this quarter: **Dates: April 24, May 22, June 26**

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 mins.


Dates: April 7, May 5, June 2

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



Dementia Friendly

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. 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. **Dates: April 14, May 12, June 9**

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

Get Together Walk

Date: Wednesday April 22 **Starting promptly:** 10.30am

Location: Eyam - Hawkhill Road Car park (S32 5QP)

At least 3 led walks starting from the village.

See Website for more information.

Walking Festival - 18 to 30 May

Celebrate National Walking Month with us in May. We will feature our regular walks alongside lots of exciting additions to our programme for you to try and enjoy, such as dawn chorus walks, mediation walks, mini beastie walks, local history walks and much more!

Full programme will be on the website soon.