



Derbyshire Dales Community Walks



July to September 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		Matlock Bath Whistlestop Hub	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				
9:30am		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
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 01629 761194 or email sportsdevelopment@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. 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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 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 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 2	Osmaston park in village meet by duck pond (DE6 1LW, SL200436)
Jul 9	Brailsford – Heritage wood (DE6 3AE, SK234405)
Jul 16	Black Rocks – Get Together Walk (DE4 4GT, SK291556)
Jul 23	Eyam – Hawkhill Road car park (S32 5QP, SK217767)
Jul 30	Consall – RSPB car park (ST9 0AF, SJ994484)
Aug 6	Rowsley – Old Station Close car park (DE4 2EL, SK259659)
Aug 13	Brailsford – church parking (DE6 3AA, SK245412)
Aug 20	Hazelwood – The Well Kitchen (DE56 4AG, SK328461)
Aug 27	Butterton – Black Lion pub car park (ST13 7SP, SK075565)
Sep 3	Blore Pastures – PDNP car park (DE6 2BS, SK135499)
Sep 10	Over Haddon – DDDC car park (DE45 1HZ, SK203664)
Sep 17	Brassington – Wirksworth Dale car park (DE4 4HA, SK233546)
Sep 24	Youlgrave – Coldwell End car park (DE45 1UY, SK206640)

 **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.

Bakewell



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

Date	Meeting Point
Jul 3	Bakewell – Agricultural Business Centre DE45 1AH
Jul 10	Birchover -car park opposite Birchover Stone on top road DE4 2BN
Jul 17	Rowsley – Peak Village car park outside Bamford's DE4 2JE – picnic lunch afterwards at Rowsley village hall
Jul 24	Calver – by All Saints Church S32 3XA
Jul 31	Ashford in the Water – meet on Fennel St opposite Holy Trinity Church DE45 1QG
Aug 7	Monsal Head – on Butts Rd (to Little Longstone) DE45 1NL
Aug 14	Great Longstone – Main St on Green between pubs DE45 1TA
Aug 21	Foolow – on village green near Bulls Head S32 5QR
Aug 28	Alport – Alport Lane above Alport on Youlgrave road – DE45 1LG
Sep 4	Bakewell – Agricultural Business Centre DE45 1AH
Sep 11	Birchover -car park opposite Birchover Stone on top road DE4 2BN
Sep 18	Ashford in the Water – meet on Fennel St opposite Holy Trinity Church DE45 1QG
Sep 25	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
Jul 31	Hazel's Farm - a return to Hazel Salt's Farm following previous wonderful visits. A short walk followed by refreshments in the garden or cowshed contact Helen for details of location
Aug 21	Taddington Well Dressing – meet at Taddington Church SK17 9TT at 12:45 for a 1pm lunch followed by a Blackwell walk from the well dressing
Sep 25	Grindleford – parking near the church and walking by the beautiful Derwent taking refreshments in the community cafe



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 761194 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/healthwalks on the Matlock tab.



Tuesday 10am – steady walk

Date	Meeting Point
Jul 1	Bonsall – Clatterway carpark opposite Fountain café - DE4 2AA
Jul 8	Rowsley Peak Village in walkers' car park at far side - DE4 2JE
Jul 15	Woolley Moor – Jubilee playing field car park on Badger Lane DE55 6FG
Jul 22	Cromford Meadows rugby club car park (pay and display) DE4 3RQ
Jul 29	Flash Lane – lay-by where Flash Lane has a right-angle bend
Aug 5	Youlgrave – Coldwell End car park at top of village DE45 1UY
Aug 12	Cross Green by the church in South Darley DE4 2JT
Aug 19	National Stone Centre off Porter Lane DE4 4LS
Aug 26	Lumsdale – opposite Highfields School upper site – DE4 5NA
Sep 2	Winster South car park at top of West Bank - DE4 2DR
Sep 9	Ogston Reservoir - North car park off B6014
Sep 16	Black Rocks lower car park (pay and display) – DE4 4GT
Sep 23	Birchover - car park opposite Birchover Stone on top road DE4 2BN
Sep 30	Whitworth Centre car park off A6 – DE4 2EQ



Wednesday 10am – steady walk

Date	Meeting Point
Jul 2	Birchover - car park opposite Birchover Stone on top road DE4 2BN
Jul 9	Cross Green by the church in South Darley DE4 2JT
Jul 16	Sainsbury's – 'click and collect' car park - DE4 3SP
Jul 23	Whitworth Centre car park off A6 – DE4 2EQ
Jul 30	Lumsdale – opposite Highfields School upper site – DE4 5NA
Aug 6	High Peak Junction car park, Lea Road below Lea Bridge
Aug 13	Alport – layby above Alport on Alport Lane to Youlgrave – DE45 1LG
Aug 20	Oaker – park at Aston Lane junction – DE4 2JJ
Aug 27	Winster South car park at top of West Bank - DE4 2DR
Sep 3	Bonsall – Clatterway carpark opposite Fountain café - DE4 2AA
Sep 10	Cromford Meadows rugby club car park (pay and display) DE4 3RQ
Sep 17	Rowsley Peak Village in walkers' car park at far side - DE4 2JE
Sep 24	Ashover – meet in the Parish Hall car park - S45 0BA

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.

Jul 2nd, Jul 16th, Aug 6th, Aug 20th, Sep 3rd, Sep 17th

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
Jul 8	Youlgrave - Coldwell End car park - DE45 1UY
Jul 22	Tissington – meet in PDNP car park, Darfield Lane DE6 1RA
Aug 12	Youlgrave - Coldwell End car park - DE45 1UY
Aug 26	Over Haddon - meet in DDDC car park by public toilets DE45 1JE
Sep 9	Youlgrave - Coldwell End car park - DE45 1UY
Sep 23	Birchover – park on Main Street opposite and below Red Lion pub DE4 2BN – meet outside Red Lion



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

Jul 1 - 2.8 mile walk through woodland on the edge of Ramsley Moor. Meet in Shillito Wood car park.

Aug 5 - walk up Houndkirk Road following moorland paths to Burbage valley and back through Longshaw Estate for a 3 mile walk. Park in Woodcroft car park (visitor centre).

Sep 2 – 3 mile walk across Baslow Edge to Wellington Monument. Jack Flat and Big Moor returning down stone steps to Curbar Gap 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. **Jul 8, Aug 12, Sep 9**

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



Whistlestop Wanderers ** New Stroll **



2nd Wednesday each month at 10:30am. We are meeting at the Whistlestop Hub at Matlock Bath Station and going on a gentle stroll. Our monthly strolls look to support mental health and general wellbeing by enjoying the fresh air, meeting new people and building relationships. This walk is in partnership with both the Derbyshire Wildlife Trust and the Wirksworth Mental Health Initiative. Refreshments will be available at the Hub on return. **July 9, Aug 13, Sep 10**

Booking is required – please contact wirksworthmhi@yahoo.com