



Derbyshire Dales Community Walks

January to March 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!


Derbyshire Dales Health Walks – for details on difficulty, distance and time please look at the relevant page

Walks on a Monday


 [Wirksworth Leisure Centre](#) at 2pm every week



Walks on a Tuesday


 [Ashbourne walks](#) at 10:30am every week meet by the Pavilion in the Rec

 [Matlock walks](#) from different start points 10am every week

 and  [Darley Dale walks](#) from Whitworth Park 10:30am every week

 [Youlgrave walks](#) from Coldwell End Car Park at 10:30am every 2nd Tuesday and other local start points every 4th Tuesday

 and  [Walks for all](#), dementia friendly and fully accessible at 2pm every 2nd Tuesday in the Whitworth Park, Darley Dale

 [Walk Moor](#) walks from different start points around the Eastern Moors at 10:30am on the first Tuesday of every month starting in March

Walks on a Wednesday



 [Great Longstone](#) St Giles Church at 10am every week

 [Wirksworth Leisure Centre](#) car park at 10am every week


 [Tideswell Fountain Square](#) at 10am every 1st and 3rd Wednesday

 [Matlock walks](#) from different start points 10am every week

 [Ashbourne walks](#) from different start points at 10:30m every week

 and  [Walks for all](#), Forget-me-nots, dementia friendly and fully accessible at 2pm every 4th Wednesday from different start points


Walks on a Thursday


 [Bakewell walks](#) from different start points at 10am every week

 and  [Matlock Hall Leys Park Bandstand](#) 10am every week

 [Farming Life Centre](#) walks from different start points at 1:30 each month

Walks on a Friday

 [Bakewell walks](#) every week at 9:45am from Old Police Station on Granby Rd


 [Bakewell walks](#) every week at 10:30am from behind the Old Pudding Shop on Water Street

Walks on a Saturday

 [Matlock Hall Leys Park Bandstand](#) at 10am every week

Walk Levels


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

 Very short walk of 30 to 60 minutes


Suitable for people who have not walked much before, are wanting 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 at a very steady pace.

 Short walk of 60 to 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 of 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 to 3½ miles.

 Longer steady walks of 120 to 180 minutes

Visit [our website](#) for full Health Walk details, [email](#) or phone Helen on 01629 761194

Longer, more challenging walks which are likely to include stiles, uphill and downhill walking on rougher terrain. They cover about 2 miles in an hour.





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.

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 including hills and stiles. Postcodes given as a guide only – grid references are most accurate.


Date	Meeting point including nearest postcode and the grid ref
Jan 8	Ilam - parking roadside by the cross or National Trust at Ilam Hall, meet in car park (DE6 2AZ, SK130507)
Jan 15	Ashbourne for Alsop Station. Bus station for bus no.442 10.05am (not a circular walk) (DE6 1BW, SK180465)
Jan 22	Rudyard Lake- old railway station off B5331(ST13 8UX,SJ955578)
Jan 29	Minninglow Trail car park (DE4 2PN, SK195583)
Feb 5	Brassington - Wirksworth Dale car park (DE4 4HA, SK233546)
Feb 12	Milldale PDNP car park (DE6 2GB, SK136 547)
Feb 19	Carsington village roadside (DE4 4DE, SK252534)
Feb 26	Atlow Village Hall car park (DE6 1NS, SK231485)
Mar 5	Hulme End - The Tea Junction Cafe car park (SK17 0EZ, SK103593)

Visit [our website](#) for full Health Walk details, [email](#) or phone Helen on 01629 761194


Date	Meeting point including nearest postcode and the grid ref
Mar 12	Calton Lees - Chatsworth Calton Lees car park (DE4 2NX, SK259685)
Mar 19	Parsley Hay – High Peak Trail car park (SK17 0DG, SK146637)
Mar 26	Bakewell Get Together walk - Agricultural Business Centre (ABC) car park (DE45 1AH, SK222683)

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 at a steady pace including hills and stiles.

Date	Meeting Point
Jan 9	Bakewell – Agricultural Business Centre DE45 1AH
Jan 16	Great Longstone – Main St on Green between pubs DE45 1TA
Jan 23	Chatsworth House – in the car park by the house DE45 1PP
Jan 30	Rowsley – Peak Village car park outside Bamford's DE4 2JE
Feb 6	Ashford in the Water – meet on Fennel St opposite Holy Trinity Church DE45 1QG
Feb 13	Monsal Head – on Butts Rd (to Little Longstone) DE45 1NL
Feb 20	Chatsworth House – in the car park by the house DE45 1PP
Feb 27	Bakewell – Agricultural Business Centre DE45 1AH
Mar 6	Calton Lees car park near Chatsworth garden centre
Mar 13	Rowsley – Peak Village car park outside Bamford's DE4 2JE
Mar 20	Alport – park in lay-by at the top of Alport on Youlgrave road – DE45 1LG
Mar 27	Ashford in the Water – meet on Fennel St opposite Holy Trinity Church DE45 1QG



Friday 9:45am – steady walk – meet outside the old Police Station on Granby Road for 60-90 minutes covering 3 miles or so, 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 covering a couple of miles on good ground, sometimes using the local buses.

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
Jan 7	Bonsall – Clatterway carpark opposite Fountain café - DE4 2AA
Jan 14	Ashover – meet in the Parish Hall car park - S45 0BA
Jan 21	Black Rocks lower car park (pay and display) – DE4 4GT
Jan 28	Butterly Top – layby past Tansley Barn garden centre on B6014 - DE4 5GF
Feb 4	Cromford Meadows Rugby Club car park (pay and display) DE4
Feb 11	National Stone Centre P&D car park – DE4 4LS
Feb 18	Lumsdale – opposite Highfields School upper site – DE4 5NA
Feb 25	Tansley, Alders Lane at junction of Carr Lane and Cunnery Lane
Mar 4	Rowsley Peak Village in walkers' car park at far side - DE4 2JE
Mar 11	Stanton Moor – car park opposite Birchover Quarry on top road
Mar 18	Ogston Reservoir - North car park
Mar 25	Winster – top of West Bank car park - DE4 2DR





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
Jan 8	Whitworth Centre car park off A6 – DE4 2EQ
Jan 15	Woolley Moor – Jubilee playing fields car park on Badger Lane – DE55 6FG
Jan 22	Wirestone Lane – Eddlestowe Lot car park, Robriding Road
Jan 29	Ashover – meet in the Parish Hall car park - S45 0BA
Feb 5	High Peak Junction car park, Lea Road below Lea Bridge
Feb 12	Chatsworth Calton Lees car park opposite Chatsworth Garden Centre


Visit [our website](#) for full Health Walk details, [email](#) or phone Helen on 01629 761194

Date	Meeting Point
Feb 19	Lumsdale – opposite Highfields School upper site – DE4 5NA
Feb 26	Alport – layby above Alport on Alport Lane to Youlgrave – DE45 1LG
Mar 5	Winster South car park – top of West Bank car park - DE4 2DR
Mar 12	Tansley, Alders Lane at junction of Carr Lane and Cunnery Lane
Mar 19	Car park opposite Birchover Stone Quarry on top road from Birchover to Stanton in Peak
Mar 26	Get Together Walk - Bakewell Agricultural Centre - DE45 1AH


 **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 take in the surrounding area. Meet at the war memorial by the car park in Whitworth Park for anything up to a 60 - 90 min walk. Walks are on good ground with no stiles at a very steady pace.

Tideswell


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

Jan 15th, Feb 5th, Feb 19th, Mar 5th, Mar 19th

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.

Farming Life Centre

 **Thursday 1:15pm – short walk** – 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](#) or contact us. See below for more information.

Date	Meeting Point
Jan 30	Monsal Trail – meet in Thornbridge Hall car park for a leisurely walk down Monsal Trail followed by refreshments at the café
Feb 20	Tissington – meet by the tearooms parking in the village. Walking in village and on Tissington Trail followed by drinks in the café
Mar 27	Rowsley South Station – park at Peak Rail station off Harrison Way, DE4 2LF, pretty walk by the River Derwent then the café

Youlgrave

 **Tuesday 10:30am – steady walk** – meet at Coldwell End car park on the 2nd Tuesday of month, meet at other local locations on 4th Tuesday of month for a 60 - 90 minute walk around the Youlgrave area of about 3-3.5 miles.


Date	Meeting Point
Jan 14	Youlgrave - Coldwell End car park - DE45 1UY
Jan 28	Minninglow car park – DE4 2PN
Feb 11	Youlgrave - Coldwell End car park - DE45 1UY
Feb 25	Stanton Moor – meet in car park opposite Birchover Stone Quarry on top road between Birchover and Stanton in Peak
Mar 11	Youlgrave - Coldwell End car park - DE45 1UY
Mar 25	Hartington – meet outside Devonshire Arms – SK17 0AL

Eastern Moors
Partnership



Eastern Moors – Walk Moor

These are stunning walks on the Eastern Moors and the gritstone edges around that area. The walk leaders often have great knowledge of the heritage and birdlife that is encountered.

 **Tuesday 10:30am – steady walk** - various meeting points on the first Tuesday of the month for a walk up on gritstone edges and across moorland lasting about 90 minutes. Booking advisable with Helen Milton. Walk Moor runs from March to November each year. The [full leaflet will be available online](#) in February. Please be ready to walk at 10:30am.

Visit [our website](#) for full Health Walk details, [email](#) or phone Helen on 01629 761194

Tues Mar 4 - walk on Longshaw Estate. Park in Woodcroft (visitor centre) car park (P&D - free to National Trust members) for a 2.5 mile walk.

Walks for All

Fully Accessible Dementia Friendly Walk and Talk



2nd Tuesday 2pm – short walk, stroll or bench to bench

Meet at the war memorial in Whitworth Park on the **2nd 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. The Whitworth offers fully accessible toilets, good parking and the opportunity for refreshments afterwards to share experiences. Contact us for details or visit [our website](#). These walks continue through the year.

Date	Meeting Point
Jan 14	Whitworth Centre in Darley Dale – meet by the war memorial near the main car park for a stroll on very good surfaces in and around the beautiful park. Always followed by great cake in the café.
Feb 11	
Mar 11	



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.

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

Menopause Awareness walks



The Community and Environment Department here at District Council held a very successful Menopause Awareness walk in October on World Menopause Day and have committed to running a walk each quarter in different locations around the Derbyshire Dales. Date is likely to be January 23rd at 1pm from Hannage Brook Medical Centre but please check with sportsdevelopment@derbyshiredales.gov.uk first.

Visit [our website](#) for full Health Walk details, [email](#) or phone Helen on 01629 761194

Get Together Walks

The next Get Together walks will be on March 26th at Bakewell ABC. There will be 3 walks on offer, all very steady, of about 1 hour, 2 hours and 3 hours – something for everyone to get involved in. See website for more details.

Are these walks for you?

Have you looked at these walks and wondered if they are for you? If you have then please just come along and have a go. Every group is really friendly and welcoming and within a few weeks you will be one of the gang and look forward to coming as an important part of your week. If you are a bit more reserved and like your own space then this is still a really good free way of walking in the safety of a led group - you don't have to be a chatterbox.

These groups have made the difference to hundreds of people in the Derbyshire Dales. We are a District where 15% of our households are inhabited by lone people over the age of 65 – so please don't be lonely – come out and meet others in the same boat.

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 by phone on 01629 761194 or [email Helen](#)