



Derbyshire Dales Community Walks April - June 2024



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



'Matlock Wednesday' meet in and around Matlock at 10am for a 90min/3 miles walk– see page 6

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
10:10am 	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, on 01629 761194 or email Helen at helen.milton@derbyshiredales.gov.uk

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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 mainly firm surfaces with 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. No stiles are included. 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 Health 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
Apr 3	Wetton Mill roadside parking opposite mill (DE6 2AG, SK094561)
Apr 10	Clifton - Fairways Garden Centre car park (DE6 2GN, SK169445)
Apr 17	Middleton by Youlgrave roadside parking (DE45 1LS, SK195631)
Apr 24	Ilam – park roadside by cross or National Trust car park at Ilam Hall – meet in car park (DE6 2AZ, SK130507)
May 1	Alsop Station car park on Tissington Trail (DE6 1NN, SK156549)
May 8	Youlgrave – Moor Lane car park (DE45 1LU, SK194644)
May 15	Tissington – well dressing parking in village, meet by church (DE6 1RA, SK178521)
May 22	Cromford Wharf car park (DE4 3RQ, SK300570)
May 29	Alsop Station car park on Tissington Trail (DE6 1NN, SK156549)
Jun 5	Hulme End car park by the Tea Junction (SK17 0EZ, SK102592)
Jun 12	Hurdlow car park on Tissington Trail (SK17 9QJ, SK127658)
Jun 19	Over Haddon village car park (DE45 1HZ, SK203664)
Jun 26	Get Together Walk - Thornbridge Hall car park near Great Longstone (postcode leads you astray – A6020 Ashford to Hassop Road avoiding deliveries track, SK199701)

 **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 4	Bakewell Agricultural Business Centre pay and display car park
Apr 11	Monsal Head on roadside to Little Longstone
Apr 18	Alport by roadside layby
Apr 25	Rowsley - Peak Village in walkers' car park at far side
May 2	Great Longstone village on roadside
May 9	Ashford in the Water by old footbridge
May 16	Calver next to Church
May 23	Bakewell Agricultural Business Centre pay and display car park
May 30	Monsal Head on roadside to Little Longstone
Jun 6	Alport by roadside layby
Jun 13	Rowsley - Peak Village in walkers' car park at far side
Jun 20	Great Longstone village on roadside
Jun 27	Ashford in the Water by old footbridge



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 11	St Helen's Church, Grindleford (near the bridge, S32 2JN) for a riverside walk to experience the sights and sounds of Spring. Followed by cakes and refreshments at the church café.
May 9	Hulme End Tea Junction car park (SK17 0EZ) to walk the beautiful Manifold Way followed by refreshments at the café.
June 6	Curbar Gap car park (S32 3YR) to walk across the spectacular Curbar Edge. Refreshments at Calver Bridge craft centre.



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
Apr 2	Rowsley Peak Village in walkers car park at far side
Apr 9	Meet in Ashover parish hall car park – park in village
Apr 16	Cromford Meadows rugby club pay and display car park
Apr 23	Whitworth Centre £1.50/4hours in car park
Apr 30	High Peak Junction pay and display car park
May 7	Cross Green by church in South Darley
May 14	Free car park opposite Birchover Stone quarry on top road
May 21	Free car park next to Darley Bridge Cricket Club
May 28	Park on Lumsdale opposite Highfields School
Jun 4	Park on road by Lea Gardens
Jun 11	Flash Lane – lay-by where Flash Lane has a right angle bend
Jun 18	Arc Leisure Centre (Matlock) meeting in top car park
Jun 25	National Stone Centre car park





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
Apr 3	Free car park next to Darley Bridge Cricket Club
Apr 10	Black Rocks lower car park pay and display
Apr 17	Winster – car park at the top of West Bank
Apr 24	Rowsley Peak Village in walkers car park at far side
May 1	Meet in Ashover parish hall car park – park in village
May 8	Cromford Meadows rugby club pay and display car park
May 15	Park on road by Lea Gardens
May 22	Cavendish Fields sports ground car park (DE4 3HE)
May 29	Park on Lumsdale opposite Highfields School
Jun 5	Arc Leisure Centre (Matlock) meeting in top car park
Jun 12	Free car park opposite Birchover Stone quarry on top road
Jun 19	High Peak Junction pay and display car park
Jun 26	Cross Green by church in South Darley

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 for either up to 60 minutes or 60 - 90 minutes walks at a very steady pace on good ground with no stiles.

  **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 with no stiles.




Darley Dale

  **Tuesday 10:30am – very short & short walk** – we offer two walks at the same time to cater for all needs. A very steady walk choosing to stay in Whitworth Park or to 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.

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 3rd, Apr 17th, May 8th, May 22nd, Jun 5th, Jun 19th

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
Apr 9	Youlgrave Coldwell End car park
Apr 23	Middleton by Youlgrave – park by playground on roadside
May 14	Youlgrave Coldwell End car park
May 28	Biggin – park in the village hall near the church
Jun 11	Youlgrave Coldwell End car park
Jun 25	Hartington - meet in village centre by pond, P&D car park nearby

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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 9 Apr – Birchen Edge car park (by Robin Hood pub) walking below the Edge to Gardom’s Edge with a couple of stiles for a 2.5mile walk.

Tues 7 May – Curbar Gap car park to walk across Baslow Edge to Wellington Monument, Jack Flat and Big Moor returning down stone steps – 3 miles


Tues 4 Jun – Surprise View car park to walk over Winyards Nick and Surprise view (more uphill than our other routes) – 2.6 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. 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.

April 24th – meet at Millers Dale Station car park

For more info about Forget-Me-Nots and **future walk dates** contact Debbie Rushworth on 01629 812154 press 2 or email debbie@ddcvs.org.uk.

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 – starting April 4th

3rd Thursday – Hall Leys Park by bandstand – starting April 18th

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