



Derbyshire Dales Community Walks

January to March 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!


Derbyshire Dales Community 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

 [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  [Dementia friendly](#) and fully accessible 'Walks for all' 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 restarting in March

Walks on a Wednesday

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


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

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


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

 [Milk Churn Strollers](#) from the Milk Churn café at Farmer's View on Hurst Farm at 9:30am every 1st and 3rd Wednesday


Walks on a Thursday


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


 and  [Matlock Hall Leys Park Bandstand](#) 10:15am every week

 [Farming Life Centre](#) walks from different start points at 1:15pm each month

Walks on a Friday

 [Bakewell walks](#) every week at 9:30am from Old Police Station on Granby Rd

 [Ashbourne walks](#) every week at 10am from the Leisure Centre car park

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

 [Whistlestop Wanderers](#) from the Whistlestop Hub at Matlock Bath station at 1:00pm every 4th Friday

Walks on a Saturday

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

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.

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

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. The walks listed [on this page](#) 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. 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 about 5 to 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 7	Meet at 9:30am at Alsop Station - Tissington Trail car park - to catch bus to Parsley Hay and walk back (DE6 1NN, SK156549)
Jan 14	Minninglow - High Peak Trail car park (DE4 2PN, SK195583)
Jan 21	Chatsworth House car park (DE45 1PP, SK260703)
Jan 28	Thorpe Station - Tissington Trail car park (DE6 2AT, SK165503)
Feb 4	Friden - High Peak Trail car park (SK17 0DY, SK173608)
Feb 11	Milldale - PDNP car park (DE6 2GB, SK136 547)
Feb 18	Carsington Water - visitor centre car park (DE6 1ST, SK241516)
Feb 25	Alsop Station - car park on Tissington Trail (DE6 1NN, SK156549)
Mar 4	Winster - Wensley Road car park (DE4 2DH, SK247606)
Mar 11	Froghall - Froghall Wharf (ST10 2HJ, SK027476)
Mar 18	Middleton Top - visitor centre car park (DE4 4LS, SK275551)
Mar 25	Hartington Station - Tissington Trail car park (SK17 0AZ, SK150610)


 **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 at a steady pace including hills and stiles.

Date	Meeting Point
Jan 1	No walk
Jan 8	Bakewell – Agricultural Business Centre DE45 1AH
Jan 15	Chatsworth House – in the car park by the house DE45 1PP
Jan 22	Rowsley - Peak Village car park outside Bamfords DE4 2JE
Jan 29	Ashford in the water – meet on Fennel St opposite Holy Trinity Church DE45 1QG
Feb 5	Monsal Head – on Butts Rd (to Little Longstone) DE45 1NL
Feb 12	Chatsworth House – in the car park by the house DE45 1PP
Feb 19	Bakewell – Agricultural Business Centre DE45 1AH
Feb 26	Calton Lees car park near Chatsworth garden centre
Mar 5	Rowsley – Peak Village car park outside Bamford's DE4 2JE – picnic lunch afterwards at Rowsley village hall
Mar 12	Great Longstone – Main St on green between pubs DE45 1TA
Mar 19	Alport – Alport Lane above Alport on Youlgrave road DE45 1LG
Mar 26	Ashford in the Water – meet on Fennel St opposite Holy Trinity Church DE45 1QG

 **Thursday 1:15pm – Farming Life Centre - 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 22	Monsal Trail – meet in car park at Quackers, Thornbridge Hall for a lovely winter walk up the trail with refreshments in the café
Feb 12	Tissington Trail – meet close to Herbert's Tearooms in Tissington village for a walk along the beautiful Tissington Trail followed by refreshments in the café
Mar	No walk

 **Friday 9:30am – steady walk** – meet outside the old Police Station on Granby Road for 60-90 minutes up to 3 miles, 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 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 [here on the website](#) on the Matlock Tuesday/Wednesday leaflet.




Tuesday 10am – steady walk


Date	Meeting Point
Jan 6	Black Rocks lower car park (pay and display) – DE4 4GT
Jan 13	Butterly Top – layby past Tansley Barn garden centre on B6014
Jan 20	Tansley, Alders Lane at junction of Carr Lane and Cunnery Lane
Jan 27	Ashover – meet in the Parish Hall car park - S45 0BA
Feb 3	Cromford Meadows rugby club car park (pay and display) DE4 3RQ
Feb 10	Bonsall – Clatterway carpark opposite Fountain café - DE4 2AA
Feb 17	Cross Green by the church in South Darley DE4 2JT
Feb 24	Rowsley Peak Village in walkers' car park at far side - DE4 2JE
Mar 3	High Peak Junction car park, Lea Road below Lea Bridge
Mar 10	Winster South car park at top of West Bank - DE4 2DR
Mar 17	Middleton Top car park off B5035 - DE4 4LS
Mar 24	Ogston Reservoir - North car park off B6014
Mar 31	Birchover - car park opposite Birchover Stone on top road DE4 2BN




Wednesday 10am – steady walk

Date	Meeting Point
Jan 7	Wirestone Lane – Eddlestowe Lot car park, Robriding Road
Jan 14	Birchover - car park opposite Birchover Stone on top road DE4 2BN
Jan 21	High Peak Junction car park, Lea Road below Lea Bridge
Jan 28	Cross Green by the church in South Darley DE4 2JT
Feb 4	Ashover – meet in the Parish Hall car park - S45 0BA
Feb 11	Chatsworth Calton Lees car park opposite Chatsworth Garden Centre
Feb 18	Lumsdale – opposite Highfields School upper site – DE4 5NA
Feb 25	Arc Leisure Centre (Matlock) meeting in top car park
Mar 4	Woolley Moor – Jubilee playing field car park on Badger Lane DE55 6FG
Mar 11	Rowsley Peak Village in walkers' car park at far side - DE4 2JE
Mar 18	Oaker – park at Aston Lane junction – DE4 2JJ
Mar 25	Winster South car park at top of West Bank - DE4 2DR


 **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 the Whitworth Park and taking 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.

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 90-180 minute walk around the Youlgrave area of about 3-4 miles.

Date	Meeting Point
Jan 13	Youlgrave - Coldwell End car park - DE45 1UY
Jan 27	Elton - park alongside the sports field on Winster Lane for a walk to Winster - DE4 2AQ
Feb 10	Youlgrave - Coldwell End car park - DE45 1UY
Feb 24	Hartington - by Devonshire Arms in the Market Place - SK17 0AL
Mar 10	Youlgrave - Coldwell End car park - DE45 1UY
Mar 24	Minninglow car park - Mouldridge Lane, Pikehall - DE4 2PN



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 is advisable. The [full leaflet is available here online](#). Please be ready to walk at 10:30am.

Walk Moor runs from March to November. Full details for the March walk will be on the website from early February.

Dementia friendly stroll – fully accessible

 **2nd Tuesday 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. **Jan 13, Feb 10, Mar 10**

Contact us for details or visit [our website](#). These walks continue through the year.

Whistlestop Wanderers – Matlock Bath




 **4th Friday each month at 1:00pm – short walk**

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 Time Swap. Refreshments will be available at the Hub on return.

Dates in this quarter: Fridays: **Jan 23, Feb 27, Mar 27**

Milk Churn Strollers

 **1st and 3rd Wednesday at 9:30am** – meet by the Milk Churn café at Farmer's View on Hurst Farm for a stroll in the woodland on the new Heritage Trail and local area. This is a gentle group that welcomes all abilities and ends with refreshments in the café.

Visit [our website](#) for full Health Walk details, [email](#) or phone 01629 761389