



www.erewash.gov.uk

EREWASH



Erewash **walking** week

8 - 14
April 2024

Promoting everyday walking to improve
health and wellbeing

Join us for guided walks and walking challenges

Great fun for all ages and family members





Let's get walking!

Welcome to Erewash Walking Week which is taking place from Monday 8th April to Sunday 14th April 2024. The programme is run to encourage everyone to get outdoors and explore the local area through walking. There are a range of walks on offer from Monday to Sunday, whether you are interested in learning about local history, exploring nature, socialising with friends, or simply challenging yourself. Walking can also contribute to boosting your immunity and reduces the risk of long-term health conditions.

Please note the following:

- All walks are free of charge to attend.
- Booking information where relevant is listed against each walk.
- When walking, please ensure that you wear suitable footwear and clothing.
- All children must be accompanied by an adult.
- Please make sure to bring a filled water bottle and a snack with you on your walk.

Following Erewash Walking Week, we have also set up an 85-mile walking challenge for you to do during the National Walking Month of May. See the back page for full details.

Erewash Borough Council is working with Walk Derbyshire to encourage people to walk more often everyday and to create a culture of walking, as part of everyday life, to help improve both physical and mental wellbeing. The aim is to create a social movement in which Derbyshire becomes a walking county where people can join a walking group, find routes easily or walk more often from their own doorstep. Find out more about walking opportunities in your local area at walkderbyshire.org.uk/

Key



Easy
- flat terrain



Medium
- mixed terrain



Hard
- hills / challenging



Suitable for children



Waterproof footwear
recommended



Booking required



Dogs on lead welcome



Suitable for wheelchairs
and pushchairs



Toilets

communityhealthwellbeing@erewash.gov.uk

Erewash Museum Walking Activities

National Walking Day

Wed
3
April

The 3rd of April is National Walking Day and to celebrate this Erewash Museum has organised the following history walk in partnership with Ilkeston and District Local History Society.

Old Railways Walk, Ilkeston

Time: 10am - 12noon

Start and finish: Victoria Park, Drummond Road, Ilkeston, DE7 5HA

Distance: 2 - 2.5 miles

Toilets: On the walk, along the proposed route

Parking: Car park at Victoria Park

A member from Ilkeston and District Local History Society will explain how it's been 60 years since the railways were open and how there is so much to see and discover about the old railways. This walk will particularly suit the railway enthusiast.

Erewash Museum has organised this walk, in partnership with Ilkeston and District Local History Society. The society runs meetings and activities to discover fascinating details about the town's past, from industry, social history to heritage.

If you are interested in attending this walk, please book your place using the contact details below.

Contact: Katherine Simpson on 07929 731026 or email katherine.simpson@erewash.gov.uk

Erewash Museum 500k Step Challenge

Taking place at Erewash Museum on Wednesday 10th, Thursday 11th, Friday 12th and Saturday 13th April 2024 from 11am until 4pm

Come and join Erewash Museum to reach a target of 500,000 steps during Erewash Walking Week. Pop a pedometer on and we will tally up each day to hit our goal! Activities will be available to play, move and step the way to 500k.

For more information, please contact Katherine Simpson 07929 731026 or email katherine.simpson@erewash.gov.uk

You can also pop into the museum: Erewash Museum, High Street, Ilkeston, DE7 5JA

Petersham Breakfast Café Walk, Long Eaton

Run by Hope Long Eaton



Mon
8
April

Time: 9.45am - 10.15am

Start and finish: Petersham Community Hall, Grassmere Road, Long Eaton, NG10 4DZ

Distance: 1.5 miles

Toilets: Available

Parking: Free on street parking is available on surrounding streets

A short walk lasting around 30 minutes around the Petersham community. A free breakfast is available at the community café before or after the walk from 9am until 11am.

Hope Long Eaton is a Christian ethos charity that runs community outreach in the Long Eaton area.

No booking is required.

Contact: Just turn up at the start of the walk.



West Park Circular Walk, Long Eaton

Run by Long Eaton Health Walk



Mon
8
April

Time: 10am - 11am

Start and finish: Long Eaton Town Hall, Derby Road, Long Eaton, Nottingham, NG10 1HU

Distance: 1.5 - 2 miles

Toilets: Available

Parking: £1 for up to 3 hours at Long Eaton Town Hall lower car park

An easy going walk around West Park which is an attractive local park.

Long Eaton Health Walk is a friendly group who meet every Monday at 10am outside Long Eaton Town Hall.

No booking is required.

Contact: Just turn up at the start of the walk.



Potters Loop Walk, Ilkeston

Run by Monday Strollers Group



Mon
8
April

Time: 10.15am for a 10.30am start

Start and finish: Victoria Park Leisure Centre,
Manner Road, Ilkeston, DE7 8AT

Distance: 2.5 miles

Toilets: At the beginning at Victoria Park Leisure Centre

Parking: At Victoria Park Leisure Centre or surrounding area

A circular walk through Ilkeston down to Potters Lock and back along Erewash canal. The group disperses near Tesco where people can get some refreshments.

The Monday Strollers are a friendly group who meet most Mondays (except Bank Holidays) at Victoria Park Leisure Centre at 10.15 am. Occasionally, the group meets at The Gallows Playing Fields for a walk along the canal. All walks are usually between 2.5 - 3.5 miles in length.

No booking is required.

Contact: Just turn up at the start of the walk.



Pioneer Meadows Nature Reserve Walk, Kirk Hallam

Run by Kirk Hallam Community Network



Mon
8
April

Time: 11am - 12noon

Start and finish: Pioneer Meadows Nature Reserve, Wirksworth Road, Ilkeston, DE7 4GE

Distance: 3 miles

Toilets: Not available

Parking: Parking available at nature reserve (6 spaces) and around local area

Walkers will walk about Pioneer Meadows Nature Reserve which is truly a breathtaking experience. The peacefulness of the area is only interrupted by the occasional chirping of birds or rustling of leaves. The trail is well maintained and easy to navigate, making it suitable for all levels of walkers. It's a great opportunity to disconnect from the hustle and bustle of everyday life and immerse yourself in nature.

Kirk Hallam Community network aims to increase physical activity levels across Kirk Hallam.

No booking is required.

Contact: If you have any queries or questions about the walk, please contact Aija Cirule on 07540 094808 or email aija.cirule@erewash.gov.uk



Shipleigh Park – Carers Walk & Talk, Heanor

Run by Derbyshire Carers (Unpaid carers registered with Derbyshire Carers Association)



Tues
9
April

Time: 10am - 12.30 pm

Start and finish: Shipleigh Country Park Visitor Centre, Heanor, DE75 7GX

Distance: 4.8 miles

Toilets: Toilets available at the beginning of the walk at the Visitor Centre

Parking: Pay and display parking is available



Come along to the Carers Walk & Talk at Shipleigh Country Park. Walkers will meet at the Visitor Centre before beginning the guided 4.8-mile walk. Chat to the organisers and other carers whilst taking in the scenery! Carers are welcome to bring a packed lunch to have at the end of the walk.

Carers Walk & Talk is organised by unpaid carers who are registered with Derbyshire Carers Association.



If you are interested in attending this walk, please book your place using the contact details below.

Contact: Katie Matkin email katie.matkin@derbyshirecarers.co.uk to book your place.

Erewash Canal Walk, Long Eaton

Run by West Park Walkers



Wed
10
April

Time: 10am - 11.30am

Start and finish: West Park Leisure Centre, Wilsthorpe Road, Long Eaton, Nottingham, NG10 4AA

Distance: 4.5 - 5 miles

Toilets: Toilets available at West Park Leisure Centre

Parking: At West Park Leisure Centre or surrounding area

Walk a section of the Erewash Valley Trail, which is a scenic 30-mile path for walkers through Long Eaton offering access to captivating wildlife and heritage.

West Park Walkers run an ongoing walking group on Saturdays from 10am at West Park.

If you are interested in attending this walk, please book your place using the contact details below.

Contact: Rachel Buczkiewicz on 07878 847170 to book your place.



Bennerley Viaduct Skywalk, Ilkeston

Run by The Friends of Bennerley Viaduct



Wed
10
April

Time: 11am - 12.30pm

Start and finish: Bennerley Viaduct, Awsworth Road, Ilkeston, DE7 8PX. The closest postcode to the lane is DE7 8JF. Access via a lane off Awsworth Road. From A6069, Shilo Way, turn onto Awsworth Road. Drive down and turn right before the railway bridge. Coming from Ilkeston it's the first left after the railway bridge. Drive down the tarmac lane. If you are walking use the Erewash Canal towpath then the woodland track to the railway footbridge. Follow the path to the compound. Walking from Nottingham side, follow the path underneath the viaduct to the Erewash River footbridge.

Distance: 2 miles



Toilets: Not available

Parking: Free car park

Enjoy a guided walk of Bennerley Viaduct which is one of only two wrought iron viaducts nationally and its beautiful surroundings. Learn about history, industry and nature and work to rescue and reopen this amazing place.

The Friends of Bennerley Viaduct is a charity dedicated to restoring, conserving, and celebrating Bennerley Viaduct.

If you are interested in attending this walk, please book your place using the contact details below.

Contact: info@bennerleyviaduct.org.uk to book your place and see www.bennerleyviaduct.org

Morley Hayes layby to Brackley Gate Walk, Morley

Run by Erewash Ramblers



Wed
10
April

Time: 10.30am – 12.45pm

Start and finish: Layby next to Morley Hayes Golf Club (A608)

Distance: 4.5 miles

Toilets: Not available

Parking: Layby only



Walk to Brackley Gate passing the Alms Houses and return via Morley Hayes Church and Morley Hayes Golf Club.

Erewash Ramblers is a local group of The Ramblers, based in south-east Derbyshire, established in 1981. The group organises group walks in the local area and beyond, led by experienced walk leaders.



No booking is required.

Contact: If you have any queries or questions, please contact Derek on 07973 254317, www.erewashramblers.org.uk.

Old Railways Walk, Ilkeston

Run by Erewash Museum in partnership with Ilkeston and District Local History Society



Time: 10am - 12noon

Start and finish: Victoria Park, Drummond Road, Ilkeston, DE7 5HA

Distance: 2 - 2.5 miles

Toilets: On the walk, along the proposed route

Parking: Car park at Victoria Park

Ilkeston and District Local History Society will explain how it's been 60 years since the railways were open and how there is so much to see and discover about the old railways. This walk will particularly suit the railway enthusiast.

Erewash Museum has organised this walk in partnership with Ilkeston and District Local History Society. The society runs meetings and activities to discover fascinating details about the town's past, from industry, social history to heritage.

If you are interested in attending this walk, please book your place using the contact details below.

Contact: Katherine Simpson 07929 731026 or email katherine.simpson@erewash.gov.uk to book your place.



Little Eaton to Breadsall Walk, Little Eaton

Run by Erewash Ramblers



Time: 10.30am - 1pm

Start and finish: Little Eaton Village Hall, Vicarage Lane, Little Eaton, Derby, DE21 5EA

Distance: 5 miles

Toilets: Not available

Parking: At Little Eaton Village Hall car park

Little Eaton walk to Breadsall which loops round the Great Northern Railway Greenway back to Breadsall and returning to Little Eaton passing Drum Hill.

Erewash Ramblers is a local group of The Ramblers, based in south-east Derbyshire, established in 1981. The group organises group walks in the local area and beyond, led by experienced walk leaders.

No booking is required.

Contact: If you have any queries or questions, please contact Derek on 07973 254317 www.erewashramblers.org.uk.



Thurs
11
April

Walk Derbyshire Cotmanhay Walk, Ilkeston

Run by Parkside High CIC, Cotmanhay
Conversations, Walk Derbyshire Active
Neighbourhood Pilot



Time: 10am - 11am

Start and finish: Cotmanhay Children's Centre,
Beauvale Drive, Ilkeston, DE7 8RU

Distance: 2-3 miles

Toilets: Not available

Parking: On road parking by Cotmanhay Children's Centre

A relaxed walk is available to residents of all ages and abilities with the aim being to talk about Cotmanhay, barriers to walking and seek out potential walking routes. It will include positive engagement and how walking can benefit individuals to improve health and wellbeing.

Parkside High is working with Walk Derbyshire and other local partners to research and understand what walking means to people locally, in and around Cotmanhay.

No booking is required.

Contact: If you have any queries or questions, please contact
Josh Binch on 0115 930 1000 or email joshua@parksidehigh.co.uk



Thurs
11
April

Ilkeston Town Walk, Ilkeston

Run by Ilkeston Town Walkers



Time: 10am - 12.30pm

Start and finish: Outside Ilkeston Library, Market Street, Ilkeston, DE7 5RN

Distance: 4 miles

Toilets: Marketplace public toilets available at start and finish of the walk

Parking: There is a pay and display car park at Pimlico car park or South Street car park.

A gentle stroll to Straws Bridge Nature Reserve via Rutland Recreation Ground. Try to bring binoculars if you can.

Ilkeston Town Walkers is a new walking group with walks taking place around Ilkeston and surrounding areas. Beginner walkers are very welcome.

No booking is required.

Contact: If you have any queries or questions, please contact
Ken Foster 07964 374105 or email ken.foster82@hotmail.com



Bennerley Viaduct Skywalk, Ilkeston

Run by The Friends of Bennerley Viaduct



Fri
12
April

Time: 11am - 12.30pm

Start and finish: Bennerley Viaduct, Awsworth Road, Ilkeston, DE7 8PX. The closest postcode to the lane is DE7 8JF. Access via a lane off Awsworth Road. From A6069, Shilo Way, turn onto Awsworth Road. Drive down and turn right before the railway bridge. Coming from Ilkeston it's the first left after the railway bridge. Drive down the tarmac lane. If you are walking use the Erewash Canal towpath then the woodland track to the railway footbridge. Follow the path to the compound. Walking from Nottingham side, follow the path underneath the viaduct to the Erewash River footbridge.

Distance: 2 miles

Toilets: Not available

Parking: Free car park

Enjoy a guided walk of Bennerley Viaduct which is one of only two wrought iron viaducts nationally and its beautiful surroundings. Learn about history, industry and nature and work to rescue and reopen this amazing place.

The Friends of Bennerley Viaduct is a charity dedicated to restoring, conserving, and celebrating Bennerley Viaduct.



If you are interested in attending this walk, please book your place using the contact details below.

Contact: info@bennerleyviaduct.org.uk to book your place and see www.bennerleyviaduct.org

Petersham Family Easter Trail Walk, Long Eaton

Run by Hope Long Eaton



Long Eaton



Fri
12
April

Time: 11am - 1pm

Start and finish: Petersham Green, Grassmere Road, Long Eaton, NG10 4DZ

Distance: 0.5 miles

Toilets: Not available

Parking: Free on street parking available on surrounding streets

A free Easter trail for families. Find the hidden clues to complete the trail and win a prize.

Hope Long Eaton is a Christian ethos charity that runs community outreach in the Long Eaton area.

No booking is required.

Contact: Just turn up at the start of the walk.



The Navy's Walk around Borrowwash, Draycott and Ockbrook

Run by Erewash Borough Council

Time: 5.30pm - 8.00pm

Start and finish: Village centre shops, Victoria Avenue, Borrowwash, DE72 3HE

Distance: 5.5 miles

Toilets: Public toilets at Victoria Avenue, Borrowwash

Parking: Please park on the streets because parking in the shop car park is limited to 2 hours.

This is a picturesque walk nearby Hopwell Hall grounds, Draycott House and the Old Derby canal.

Erewash Borough Council runs a walking project to raise awareness of local walking groups and to promote everyday walking to help improve health and wellbeing.

If you are interested in attending this walk, please book your place using the contact details below.



Contact: Rachel Scott email rachel.scott@erewash.gov.uk to book your place.

Fri
12
April



Hermits Walk, Dale Abbey

Run by Erewash Borough Council

Time: 9.30am - 12noon

Start and finish: Pioneer Meadows Nature Reserve, Wirksworth Road, Ilkeston, DE7 4GE

Distance: 3.5 miles

Toilets: Not available

Parking: At Pioneer Meadows Nature Reserve (Limited parking)

A lovely circular walk from Kirk Hallam to the Dale Abbey Hermits Wood and Dale Abbey Arch.

Erewash Borough Council runs a walking project to raise awareness of local walking groups and promote everyday walking to help to improve health and wellbeing.

If you are interested in attending this walk, please book your place using the contact details below.

Contact: Rachel Scott email rachel.scott@erewash.gov.uk to book your place.



Sat
13
April



Walks4Wellbeing (mixed group) Walk, Draycott

Run by Walks4Wellbeing

Time: 10am - 12noon

Start and finish: In the car park behind Draycott Fish Bar, 15-17 Derby Road, Draycott, DE72 3NJ

Distance: 3 - 4 miles

Toilets: Public toilets in the centre of Draycott

Parking: Free car park behind Draycott Fish Bar



Sun
14
April

A walk from Draycott and around the local area. There are plenty of resting places on this walk where walkers can have a drink and chat.

Walks 4 Wellbeing runs mixed, and men only walks. The men only walks take place every first and third Sunday and the second Sunday is a mixed group, led by a qualified Walk Leader.

If you are interested in attending this walk, please book your place using the contact details below.

Contact: Raoul 07775 673189 to book your place.



Accessible Walk & Talk, Long Eaton

Run by Walks4Wellbeing

Time: 2pm – 4pm

Start and finish: Outside West Park Leisure Centre, Wilsthorpe Road, Long Eaton, NG10 4AA

Distance: 1 mile

Toilets: Yes, including disabled toilets

Parking: Free car park including disabled parking



Sun
14
April

A gentle walk around West Park. The route is flat and accessible and will be led by a trained Walk Leader. Suitable for wheelchair user and people with reduced mobility. There are plenty of resting places on this walk where walkers can have a drink and chat.

If you are interested in attending this walk, please book your place using the contact details below.

Contact: Raoul 07775 673189 to book your place.



Forthcoming walking activities

Derbyshire Adult Community Education are running two remote sessions as follows:

The Peak District Ethels

1pm - 3pm

Thurs
18
April

Find out about the work of Ethel Haythornthwaite in preserving the Derbyshire landscape and helping to establish the Peak District National Park. Ninety-five high points in the Peaks were designated as Ethels in recognition of her work.

Virtual Map Reading

1pm - 3pm

Tues
30
April

This session is for beginners interested in using maps to explore the countryside by foot or by bike. Learn how to recognise key map symbols and relate them to features on the ground, estimate distances on a map and find out how to keep safe when out in the countryside.

For people who live in Derbyshire aged 19 years and over. Both sessions will be delivered remotely, and participants will be part of a live class with a tutor but with everyone doing the lesson in their own home.

For more information and bookings please see www.derbyshire.gov.uk/adulteducation with bookings opening on 18th March 2024.





Become a Walk Leader

Become a volunteer walk leader and / or want to set up a new walking group in your local area.

Throughout Erewash our trained volunteers lead our weekly walks. We are always on the lookout for new volunteers. If you enjoy the outdoors, like meeting new people, giving back to your local community, whilst keeping active then why not become a walk leader?

We can provide free Walk Leader training and you will receive ongoing support from Walk Derbyshire and other experienced volunteers. If you would like to attend Walk Leader training, please follow the QR code (right) to register your interest in attending a training course and to provide your contact details for the training.



Cotmanhay Conversations

Walk Derbyshire Active Neighbourhood Pilot.

Parkside High is working with Walk Derbyshire and other local partners to research and understand what walking means to you, in and around Cotmanhay. Please tell us about your experiences.

You will be entered into a prize draw for £25 in vouchers on completion of this survey. You can also complete this survey online - scan the QR code (right)



In addition, Parkside High is running an Easter Egg Hunt at The POD on Monday 8th April from 11 am to 3 pm. Families are encouraged to attend with children aged 8 - 11 years.

Story Walk at West Park

Suitable for children and families. Enjoy the story trail around West Park. Pick up a supporting leaflet from West Park Leisure Centre. Read and follow the markers with set challenges related to the story.

Monthly 85 Mile Walking Challenge

During National Walking Month of May

1st May - 31st May 2024

The month of May is National Walking Month and so we want to encourage as many people as possible across Erewash to walk more often every day to help to keep fit and active.

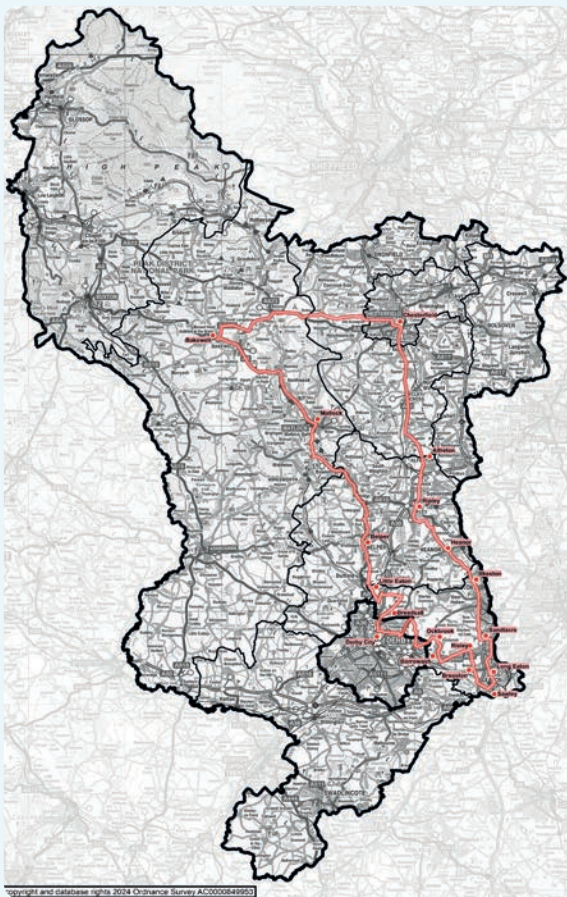
We have developed a walking challenge whereby participants walk 85 miles during the National Walking Month of May. This equates to 2.74 miles each day and is approximately 54 minutes walking every day throughout the month of May.

If you continued at this pace for an entire year, you would have walked 1000 miles which is about the equivalent of walking from Land's End to John O'Groats.

Alternatively, for those, who would like to take things a little more gradual and at a more suitable pace, then this could be halved to 1.37 miles a day which would take 27 minutes a day, as an alternative challenge.

Walking 85 miles during National Walking Month of May would be equivalent to walking the following route locally around Derbyshire:

Ilkeston to Heanor	4 miles
Heanor to Ripley	4 miles
Ripley to Alfreton	4 miles
Alfreton to Chesterfield	15 miles
Chesterfield to Bakewell	13 miles
Bakewell to Matlock	8 miles
Matlock to Belper	11 miles
Belper to Little Eaton	5 miles
Little Eaton to Breadsall	2 miles
Breadsall to Derby City	3 miles
Derby City to Ockbrook	5 miles
Ockbrook to Borrowwash	1 mile
Borrowwash to Risley	3 miles
Risley to Breaston	2 miles
Breaston to Sawley	2 miles
Sawley to Long Eaton	3 miles



Please note that the first 50 walkers to register completion of the 85-mile walking challenge will receive a free adult general swim voucher to use at either West Park Leisure Centre, Long Eaton or Victoria Park Leisure Centre, Ilkeston.

If you want to take part in the walking challenge, please register your interest by following the QR code below (simply shine your mobile phone camera at the QR code and it will take you straight to the survey)



Thank you for taking part

We would like to receive your thoughts and feedback on Erewash Walking Week. Get in touch with us via:

 @erewashbc

 /erewashbc

 Communityhealthwellbeing@erewash.gov.uk