



# Derbyshire Dales Guide to Health Walks

April to June 2023

Free, friendly and for all



## Welcome to Health 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 10am every week meeting 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 2<sup>nd</sup> Tuesday and other local start points every 4<sup>th</sup> Tuesday


 and  [Walks for all](#), dementia friendly and fully accessible at 2pm every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday

### Walks on a Wednesday


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

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


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

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

### Walks on a Thursday

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

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

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

 [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



[Ashbourne walks](#) at 10am every week meeting just outside the Leisure Centre



[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 mainly firm surfaces with 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. 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 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 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 walk suitable for people living with dementia who need their carer to be with them. This walk or stroll is every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday is 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 Health Walks.


## Ashbourne

 **Tuesday 10am - 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
Apr 5	Wetton – village car park, Carr Lane (DE6 2AF, SK 108553)
Apr 12	Brassington – roadside by church (DE4 4HJ, SK 230543)
Apr 19	Hassop Station – Get Together Walk (DE45 1NW, SK 217705)
Apr 26	Hognaston – roadside by church (DE6 1PR, SK 235506)
May 3	Winster – car park at top of West Bank (DE4 2DR, SK 238603)
May 10	Ilam – meet by church – park roadside in village or in Ilam Hall National Trust car park (DE6 2AZ, SK 131507)
May 17	Rowsley – Old Station Close car park (DE4 2EL, SK 259659)
May 24	Alsop Moor – A515 lay-by (DE6 1QS, SK 156563)
May 31	Earl Sterndale roadside by village green (SK17 0BT, SK 090670)
Jun 7	Youlgrave – Coldwell End car park (DE45 1UY, SK 206640)
Jun 14	Monyash – village car park or roadside (DE45 1JJ, SK 149666)
Jun 21	Oakamoor – village car park (ST10 3AG, SK 053447)
Jun 28	Black Rocks – pay and display car park (DE4 4GT, SK291556)

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


 **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 including hills and stiles.

### 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 9:45am – 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.

### 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
Apr 6	Bakewell Agricultural Business Centre pay and display car park
Apr 13	Monsal Head on roadside to Little Longstone
Apr 20	Alport by roadside layby
Apr 27	Great Longstone village on roadside
May 4	Rowsley - Peak Village in walkers' car park at far side
May 11	Calver next to Church
May 18	Ashford in the Water by old footbridge
May 25	Edensor village by church
Jun 1	Birchover – car park opposite Birchover Stone on top road
Jun 8	Alport by roadside layby
Jun 15	Rowsley - Peak Village in walkers car park at far side
Jun 22	Bakewell Agricultural Business Centre pay and display car park
Jun 29	Foolow village green

 **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.

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

## 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 4	Cromford Meadows pay and display car park
Apr 11	Whitworth Centre £1/4hours in car park
Apr 18	Rowsley Peak Village in walkers car park at far side
Apr 25	Free car park opposite Birchover Stone quarry on top road
May 2	Car park opposite Bonsall Fountain Café - £1 in honesty box
May 9	Free car park next to Darley Bridge Cricket Club
May 16	High Peak Junction pay and display car park
May 23	Ashover village hall – park in village
May 30	Park on Lumsdale opposite Highfields School
Jun 6	Lea Gardens, parking on Long Lane
Jun 13	Butterly Top - lay-by past Tansley Barn Garden Centre on B6014
Jun 20	Winster, top of West Bank in free car park
Jun 27	Flash Lane – lay-by where Flash Lane has a right angle bend




**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 5	Rowsley Peak Village in walkers car park at far side
Apr 12	Black Rocks lower car park pay and display
Apr 19	Hassop Station – Get Together Walk – pay and display car park
Apr 26	Flash Lane – lay-by where Flash Lane has a right angle bend
May 3	Ashover village hall – park in village
May 10	Cromford Meadows pay and display car park
May 17	Winster, top of West Bank in free car park
May 24	Lea Gardens, parking on Long Lane
May 31	Park on Lumsdale opposite Highfields School
Jun 7	Whitworth Centre £1/4hours in car park
Jun 14	Free car park opposite Birchover Stone quarry on top road
Jun 21	High Peak Junction pay and display car park
Jun 28	Free car park next to Darley Bridge Cricket Club


 **Thursday 10am – very short and 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 – short walk** – a very steady walk around Whitworth Park and the immediate 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.

### Tideswell

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

Apr 5<sup>th</sup>, Apr 19<sup>th</sup>, May 3<sup>rd</sup>, May 17<sup>th</sup>, Jun 7<sup>th</sup>, Jun 14<sup>th</sup>

### Farming Life Centre

 **Thursday 1:30pm – 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 next page for more information.

Date	Meeting Point
Apr 27	Tissington – meet in front of Herbert’s tea rooms for a walk around the village and on the Tissington trail followed by refreshments at the cafe
May 25	Tideswell Dale – meet in the Peak Park car park in Tideswell Dale for a stroll down this beautiful dale. We will follow our walk with a coffee stop in Tideswell.
Jun 15	Baslow Edge – meet in the car park at Curbar Gap for a return to one of our favourite walks across Baslow Edge towards Wellington’s monument. Coffee and cakes at Calver craft centre.

## Youlgrave



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

April 4<sup>th</sup>, May 2<sup>nd</sup>, June 6<sup>th</sup> – meet Coldwell End car park  
 April 25<sup>th</sup> Minninglow car park, Mouldridge Lane, Pikehall  
 May 23<sup>rd</sup> Biggin – on the main road  
 June 27<sup>th</sup> Winster – car park at top of West Bank

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.



**Thursday 10:30am – steady walk** - various meeting points on the first Thursday of the month for a walk up on gritstone edges and across moorland lasting about 90 minutes. Booking advisable with Helen Milton. Full details and [leaflet online](#). Please be ready to walk at 10:30am.

**Thurs 6<sup>th</sup> April** – walk below Birchen Edge to Gardom's Edge. Park in car park below Birchen Edge next to Robin Hood pub (£3.50/4 hours – free to National Trust members) for a 2.5 mile walk – includes 2 stiles.

**Thurs 4<sup>th</sup> May** – walk over Winyards Nick and Surprise View. Park in Surprise View car park (£4/4 hours - card only) for a 2.6 mile walk which includes more uphill walking than our other routes.

**Thurs 1<sup>st</sup> June** – walk along Bar Brook to stone circles returning via Little Barbrook. Park at Barbrook Cottage (free) for a 2.8 mile walk

### Walks for All



### Fully Accessible Dementia Friendly Walk and Talk

We are working with the **Peak District National Park** and their Rangers to offer fully accessible dementia friendly walks. The 2 locations on offer have fully accessible toilets, good parking and the opportunity for refreshments afterwards to share experiences.

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





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

Two different meeting points on the **2<sup>nd</sup> and 4<sup>th</sup> 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. Contact us for details or visit [our website](#). These walks continue through the year.

Date	Meeting Point
Apr 11, May 9, Jun 13	Whitworth Centre in Darley Dale for a walk on very good surfaces in and around the beautiful Park
Apr 25, May 23, Jun 27	Hassop Station near Bakewell for a walk there and back along the well surfaced Monsal Trail at your pace with Peak District National Park Rangers

### Get together walk

Join us for this popular event: 1 meeting point, 3 walks, for everyone.

**Where?** Hassop Station, Bakewell

**When?** 10:15am to sign in and be ready to walk at 10:30am

**What?** 3 choices of led walk

**Walk 1:** a short walk at a very steady pace on good ground

**Walk 2:** a steady walk of about 1½-2 hours covering 3-4 miles including hills, stiles and uneven ground

**Walk 3:** a steady walk of about 3 hours covering 5-6 miles including hills, stiles and uneven ground – for fitter walkers

Accessible toilets and café available with pay and display parking.

### 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.

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

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](#)