



Walks for all

fully accessible and dementia friendly

free and friendly, walk or stroll with trained walk leaders
new walkers always welcome - no need to book
if you need a carer - please do not come on your own as
unfortunately we can't offer any additional support

New
dates
for
Spring
2023

we gently walk for a time (15 - 60 mins) and pace
chosen by you on fully accessible paths and trails,
chatting away, looking for flora and fauna and
have refreshments together afterwards

Whitworth Park, Darley Dale
second Tuesday of every month at 2pm
meet at the war memorial from April 11th
with Health Walks leaders



SCAN ME

Hassop Station, Bakewell
fourth Tuesday of every month at 2pm
meet in front of the station from April 25th
with Peak District National Park Rangers

for more information about our Health Walks please contact
sportsdevelopment@derbyshiredales.gov.uk or 01629 761194
www.derbyshiredales.gov.uk/walksforall
we are more than happy to answer any queries

