



Derbyshire Dales Walking For Health Guide April – June 2010

A programme of led walks across the Derbyshire Dales, supporting local communities to maintain active lifestyles and improve the health and wellbeing of local people

HELP IMPROVE YOUR HEALTH
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EXPLORE THE DALES

EXPLORE THE DALES

ENJOY THE COMPANY

ENJOY THE COMPANY

GET ACTIVE

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All our walks are led by qualified Walk Leaders and are open to anyone wanting to take part in light exercise amongst pleasant company. The walks are free and the pace is set by those taking part.

We advise anyone wishing to take part to wear strong comfortable shoes and take note of weather conditions, as waterproofs may be required.

All walks start and finish at the same point, with car sharing advised whenever possible. There is no charge for attending but some groups stop for coffee during or after walks so please bring some spare change for a cuppa.



Walking For Health Timetable for April – June 2010

Hello and welcome to the April - June edition of the Derbyshire Dales Walking for Health guide.

As usual there are walks every weekday, sometimes two and the table below sets out a typical week of walks around the district. The traffic light system helps to classify the difficulty level of each walk so you can select the best one to suit you.

For further information regarding any of the walks, please contact Rob Wilks on 01629 761381 or rob.wilks@derbyshiredales.gov.uk

Walk Guide

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<p>Every week meet at 2.00pm at Wirksworth Leisure Centre Route chosen on the day 30 - 60 minute walk</p> <p>Every week meet at 11.00am Hurst Farm Community Centre, Matlock Route chosen on the day</p>	<p>Every week meet at 10.00am, start point varies each week (based around Matlock) see table below 60 - 90 minute walk</p>	<p>Every week meet at 9.45am at Wirksworth Leisure Centre Route chosen on the day 60 - 90 minute walk</p> <p>Every week meet at 10.30am Start point varies each week (based around Matlock) 60 – 90 minute walk</p>
<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Every week meet at 10.30am at Ashbourne Leisure Centre. Route to be chosen on the day 60 – 90 minute walk</p>	<p>Every week meet at 10.00am start point varies each week (based around Bakewell) 60 - 120 minute walk</p>	<p>Every week meet at 9.45am at Bakewell Pool Route chosen on the day 60 - 90 minute walk</p>

Green: Walks will usually last 30 - 60 minutes and are designed to gradually increase your heart rate.

Amber: Walks will last approximately 60 - 90 minutes and ideally suits walkers who would like to go that little bit further. These walks may involve more inclines and rougher terrain.

Red: Walks last between 60 - 120 minutes depending on the route and will include rough terrain and both gradual and steep inclines.



Matlock Walks April – June 2010

Tuesday Walks – 10.00am Meet Time			Wednesday Walks – 10.30am Meet Time		
Date	Location	Duration (Mins)	Date	Location	Duration (Mins)
6/4/10	Meet: Riber Village	60-90	7/4/10	Meet: Laburnum Pub (Hackney Road)	60-90
13/4/10	Meet: Matlock Lido	60-90	14/4/10	Meet: Cromford Meadows	60-90
20/4/10	Meet: Cross Green (By Village School)	60-90	21/4/10	Meet: Black Rocks (Lower Car Park)	60-90
27/4/10	Meet: Rowsley (Free Car Park)	60-90	28/4/10	Meet: Rowsley (free car park)	60-90
4/5/10	Meet: Bonsall – Meet at the main bus station and bring refreshment	60-90	5/5/10	Meet: Highfields School (Lumsdale)	60-90
11/5/10	Meet: Highfields School - Lumsdale	60-90	12/5/10	Meet: Cross Green (By Village School)	60-90
18/5/10	Meet: Cromford Meadows	60 - 90	19/5/10	Meet: Starkholmes (By village hall)	60-90
25/5/10	Meet: Alders Lane, Tansley	60 - 90	26/5/10	Meet: Scout Hut (Matlock Green)	60-90
1/6/10	Meet: Starkholmes (By Village Hall)	60 - 90	2/6/10	Meet: High Peak Junction Car Park (Lea)	60-90
8/6/10	Meet: Methodist Chapel (A6 Darley Dale)	60 - 90	9/6/10	Meet: Darley Bridge (Free Car Park)	60-90
15/6/10	Meet: High Peak Junction Car Park (Lea)	60 - 90	16/6/10	Meet: Tansley (Alders Lane)	60-90
22/6/10	Meet: Scott Hut (Matlock Green)	60 - 90	23/6/10	Meet: Black Rocks (Lower Car Park)	60-90
29/6/10	Meet: Black Rocks (Lower Car Park)	60 - 90	30/6/10	Meet: Rowsley (free car park)	60-90

Thursday's walks April – June 2010 Bakewell Group

Date	Time	Start Location	Duration (Mins)
6/4/10	10.00am	Meet: Edensor Village (by Church)	80 - 120
13/4/10	10.00am	Meet: Monsall Head	80 - 120
20/4/10	10.00am	Meet: Beeley Village (By the Village Hall)	80 - 120
27/4/10	10.00am	Meet: Great Longstone (White Lion Pub)	80 - 120
4/5/10	10.00am	Meet: Ashford in the Water (Sheepwash Bridge)	80 - 120
11/5/10	10.00am	Meet: Edensor Village (by Church)	80 - 120
18/5/10	10.00am	Meet: Monsall Head	80 - 120
25/5/10	10.00am	Meet: Beeley Village (By the Village Hall)	80 - 120
1/6/10	10.00am	Meet: Great Longstone (White Lion Pub)	80 - 120
8/6/10	10.00am	Meet: Ashford in the Water (Sheepwash Bridge)	80 – 120
15/6/10	10.00am	Meet: Edensor Village (by Church)	80 – 120
22/6/10	10.00am	Meet: Monsall Head	80 – 120

This information is also available, free of charge in electronic, audio, Braille, and large print versions and in other languages on request. For assistance in understanding or reading this document, please call 01629 761381

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