

# Dementia Friendly Walks

**Walking Works!** Walking is for everyone. It's free, simple and gentle on the body. You can do it on these short, very easy, fully accessible wheelchair friendly walks. Derbyshire Dales District Council Walking for Health are working in partnership with the Peak District National Park and the Alzheimer's Society.



## Tuesday Very Easy Dementia Friendly walks!

These easy walks will enable those living with Dementia and carers supporting loved ones to enjoy exercise outdoors. If you need someone to support you please don't come on your own as unfortunately we can't offer any additional support

### What you can expect!

- Walks led by qualified Walk Leaders who have a good understanding of dementia
- Length and pace of walk designed for you (15—60 mins)
- Enjoy a cup of tea and a cake afterwards



**Walks are all on Tuesday at 2pm**

### Four Different Locations

We have 4 locations for walks all including a café stop at the end :-

**1st Tuesday : Hope Valley**—Meet at **Castleton** Visitor Centre for a short walk around Castleton with Peak District National Park Rangers (Pay and Display)

**2nd Tuesday : Darley Dale**—Meet at the **Whitworth Centre** for a short walk around the park and linked trails. (Free Car Park)

**3rd Tuesday : Bakewell**—Meet at **Hassop Station** for a short walk along the Monsal Trail with Peak Park Rangers (Free Car Park at café)

**4th Tuesday : Ashbourne**—Meet outside the Co-op in **Shawcroft Car Park** for a walk in and around the park with Peak Park Rangers (Pay and Display)

	Castleton	Darley Dale	Bakewell	Ashbourne
April		9th at 2pm	16th at 2pm	23rd at 2pm
May	7th at 2pm	14th at 2pm	21st at 2pm	28th at 2pm
June	4th at 2pm	11th at 2pm	18th at 2pm	25th at 2pm

For more information **contact** Derbyshire Dales Walking for Health Coordinator *Helen Milton* 01629 761194.  
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