Derbyshire Dales Walking Festival: September 25th-October 1st 2023

Monday 25th Sep

- **1 1:30pm Ashbourne** with Ashbourne U3A. Steady walk for 3miles
- **2 2pm Wirksworth** with DDDC Health Walks. Very steady walk for up to 1.5hrs ~2miles

Tuesday 26th Sep

- **3 9:30am Dovedale** with Ashbourne U3A. 10miles in about 6hrs.
- Ramblers. Steady walk 4miles in ~2.5hrs

 5 2pm Hassop Station Walks for All with DDDC

4 10:30am Darley Bridge with DD

Health Walks. Fully accessible, dementia friendly stroll for up to 1hr followed by tea and cake

Wednesday 27th Sep

- 6 9:30am Ashbourne to Wirksworth via Carsington, bus back with Ashbourne U3A 5 or 10miles. 3hrs for each 5miles and and hour for lunch at Carsington
- 7 10am Darley Bridge with DDDC Health Walks. Steady walk of ~3.5miles in 90mins 8 10:30am Ilam with DDDC Health Walks.
- Steady walk of about 5.5miles in 3hrs

Thursday 28th Sep

- 9 10am Matlock with DDDC Health WalksVery steady walk of ~2miles in 90mins10 10am Foolow with DDDC Health Walks.
- **10 10am Foolow** with DDDC Health Walks. Steady walk of ~4miles in 2hrs
- **11 10am Ilam** with DD Ramblers. Steady walk of 8miles in ~4.5hrs

Friday 29th Sep

12 10:30am Bakewell with DDDC Health Walks. Very steady walk ~2miles in 90mins 13 10:30am Narlowes Lane with DDDC Health Walks supporting MacMillan Coffee Morning at Thorpe - 6miles in 4hrs with cake stop

Saturday 30th Sep

14 10am Matlock with DDDC Health Walks
Very steady walk of ~2miles in 90mins
15 10:30am Cromford Wharf fully
accessible walk to Aqueduct Cottage and
back for a Heritage Talk taking ~2.5hrs

Sunday 1st Oct

3miles in total

16 10am Calton Lees with DD Ramblers.
Walk of 11miles over 5.5hrs
17 10:30am Hathersage with DDDC Health
Walks. Family walk to Thorpe Farm for Hope
Valley ice cream. Just over a mile each way
—about 2 hours total

HOW TO BOOK

All walks are free and led by experienced volunteer walk leaders and must be booked.

To book your place contact **Helen Milton**,
DDDC Health Walks Coordinator:
phone or text 07775 931047
Email:

helen.milton@derbyshiredales.gov.uk

For more information on walks and starting points...

All Festival information and detailed start point information can be found at www.derbyshiredales.gov.uk/walkingfestival

Please also read advice from the Ramblers on how to prepare for a walk

www.derbyshiredalesramblers.org.uk

DOGS are welcome on a short lead

Derbyshire Dales Community Walking Festival

25th Sep - 1st Oct 2023

Welcome to the Derbyshire Dales Walking Festival.

This Festival has been put together in partnership with some of the organisations who offer free led walks.

Included are walks of a variety of distances and geographies around the Derbyshire Dales. There is something for everyone, from our fully accessible, dementia friendly walks to our Cromford heritage walks and our family walks.

See full details of walks and start points at derbyshiredales.gov.uk/walkingfestival

With thanks to:

Derbyshire Dales District Council (DDDC)

www.derbyshiredales.gov.uk/healthwalks

Derbyshire Dales Ramblers Group

www.derbyshiredalesramblers.org.uk

Derbyshire Wildlife Trust

www.derbyshirewildlifetrust.org.uk

Ashbourne U3A strolling, walking & hiking

groups

www.u3asites.org.uk/ashbourne

DETAILS DETAILS DETAILS







Walking Sports in the Derbyshire Dales

There are so many ways to enjoy walking! Here are some of the walking sports clubs in the Derbyshire Dales:

Mondays

Walking **football** - 11:30am Ashbourne Leisure Centre Social **netball** - 10:30am Arc Leisure Matlock

Tuesdays

Ladies' walking **football** - 11:30 Ashbourne Leisure Centre

Wednesdays

Walking **football** - 10am
Arc Leisure Matlock
Walking **netball** - 10am
Hathersage MUGA
Walking **football** - 7pm
Lady Manners School, Bakewell

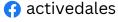
Thursdays

Walking **football** - 10am
Hathersage MUGA
Walking **tennis** - 1pm
Hall Leys Park, Matlock - free taster

Fridays

Walking **netball** -11am
Ashbourne Leisure Centre
Walking **cricket** - 10am
Whitworth Park, Darley Dale

For more information see www.derbyshiredales.gov.uk/walkingfestival or scan here >









2023 Derbyshire Dales











