

# 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.
- 4 10:30am Darley Bridge** with DD Ramblers. Steady walk 4miles in ~2.5hrs
- 5 2pm Hassop Station Walks for All** with DDDC 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 an 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 Walks. Very steady walk of ~2miles in 90mins
- 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. 3miles in total

## Sunday 1st Oct

- 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](mailto: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](http://www.derbyshiredales.gov.uk/walkingfestival)

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

[www.derbyshiredalesramblers.org.uk](http://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](http://derbyshiredales.gov.uk/walkingfestival)

## With thanks to:

Derbyshire Dales District Council (DDDC)  
[www.derbyshiredales.gov.uk/healthwalks](http://www.derbyshiredales.gov.uk/healthwalks)

Derbyshire Dales Ramblers Group

[www.derbyshiredalesramblers.org.uk](http://www.derbyshiredalesramblers.org.uk)

Derbyshire Wildlife Trust

[www.derbyshirewildlifetrust.org.uk](http://www.derbyshirewildlifetrust.org.uk)

Ashbourne U3A strolling, walking & hiking groups

[www.u3asites.org.uk/ashbourne](http://www.u3asites.org.uk/ashbourne)

## 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](http://www.derbyshiredales.gov.uk/walkingfestival) or scan here >



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# 2023

## Derbyshire Dales

