

A programme of led walks throughout the High Peak January - March 2020

Very easy walk:

Why not start with a short walk of less than 60 minutes?

This may be ideal if you are looking for gentle exercise or recovering from illness.

The first walk of every month will be under 30 minutes, so you can join us at the start of the month and see if Walking for Health is right for you.

Easy walk:

These walks last up to 90 minutes and may include some stiles and hill walking.

Progression walk:

If you are looking at moving beyond Walking for Health we also support longer walks.

Progression walks will be up to 120 minutes and include up-hill walking. Bring a drink.

Strenuous walk:

Longer more challenging walks lasting up to 180 minutes, usually including stiles, hills and rough terrain but at a pace to suit you.

Bring a drink and snack for a stop on the walk.

Walk leaders wanted

Easy and Very Easy walks



Help us expand our Walking for Health programme in the High Peak

We want more walk leaders so that we can extend our coverage in the local area and develop our range of walks. Your commitment can be as little as 1 hour a week. You will receive training and support, you don't need to be super fit or know how to read an Ordnance Survey map.

To find out more, please contact:
malcolm.bradford@bewellglossop.co.uk
or phone 07973 682881

High Peak Walking for Health is a popular programme of guided walks around the High Peak area. It is part of the national Ramblers Walking for Health scheme supported by the Ramblers Association.



Regular Very Easy Walks in the High Peak

Tues
12.30pm

Buxton short walk

Meet at Sainsbury's, Buxton for a 45 to 60 minute walk. Please contact Joseph on 07540 284348.

Weds
2pm

Walking for Lung Health

A 30 minute gentle walk to help people with breathing-related and other limiting conditions take those first steps towards a more active lifestyle. Meet at top of Manor Park car park in Glossop, SK13 7SH.

Fri
1pm

Chinley Every Step Counts walk

A walk round Chinley, may include some rough paths and gradients. Meet at Tea on the Green, 3 Green Lane, Chinley, SK23 6AA.

Short walk for people looking for gentle exercise. May involve some gradients, use of trails and uneven pathways. No stiles. Please contact Malcolm Bradford on 07973 682881.



2nd &
4th Tues
10am

Various start locations, please contact Malcolm Bradford on 07973 682881 for more details.

Thurs
10am

Meet at Jericho Café, 6, Winster Mews, Gamesley, SK13 0LU.





Regular Easy Walks in the High Peak

Monday except Bank Holidays 11am

A 60 minute walk around Chapel en le Frith, suitable for people recovering from illness. May include some gradients, rough paths and stiles. Tea and coffee are offered after the walk Blythe House Hospice, Eccles Fold, Chapel en le Frith, SK23 9TJ. Contact the Macmillan information centre on 01298 875080.

1st & 3rd Tues of the month 10am

Short walk for people looking for gentle exercise. May involve some gradients and use of trails. No stiles. Please contact Malcolm Bradford on 07973 682881. Meet at Longdendale Trail car park, Platt Street Hadfield, SK13 1DW



Thurs 11am

Walk along roads and trails in Whaley Bridge for those looking for gentle exercise, may involve some gradients and stiles Meet at Footsteps, Whaley Bridge Community Trust, 14 Market Street, Whaley Bridge, SK23 7BA.



Tuesday easy walks 1.15pm for 1.30pm

January

	Tues 7	Jane	New Mills Leisure Centre. SK002859
	Tues 14	Ann	Combs Reservoir car park. SK034789
	Tues 21	Richard	Tesco, Wrens Nest Road, Glossop. SK026942
	Tues 28	Steve	Corn St car park, Manor Park, Glossop, SK13 8QE

February

	Tues 4	Jane	Strines Station SJ979867
	Tues 11	Trish	Tesco car park, Whaley Bridge. SK013821
	Tues 18	Ann	Brabyns car park, Marple Bridge, SK6 5DT. SJ964893
	Tues 25	Steve	Manor Park, Glossop, SK13 8QE. Corn St car park.

March

	Tues 3	Jane	Top of Chunal, 61 bus stop, New Glossop. SK032902
	Tues 10	Ann	Chinley Independent church, The Wash Rd, Chapel Milton, SK23 0QN. SK55820
	Tues 17	Richard	New Mills, Newtown Station. SJ996848
	Tues 24	Trish	Sett Valley Trail car park, Hayfield, SK035869
	Tues 31	Steve	Corn St car park, Manor Park, Glossop, SK13 8QE

every step counts



Thursday progression walks • 10am

Meet at Glossop railway station, Norfolk Street,
Glossop, SK13 8BS

January

Thurs 2	Peter H
Thurs 9	Harry
Thurs 16	Peter M
Thurs 23	Steve
Thurs 30	Pat

February

Thurs 6	Peter H
Thurs 13	Harry
Thurs 20	Peter M
Thurs 27	Pat

March

Thurs 5	Peter H
Thurs 12	Harry
Thurs 19	Peter M
Thurs 26	Pat



Wednesday strenuous walks 12.45pm for 1pm

January

Wed 1	Terry	Padfield Main Road. SK025967
Wed 8	Roy	Peep O'Day. SK049850
Wed 15	John	New Mills Leisure Centre. SK001856
Wed 22	Harry B	Rowarth village car park. SK013892
Wed 29	Mike	Canalside car park, (Nelsons Pit off Anson Rd, Higher Poynton. SJ945834

February

Wed 5	Mark	Bowden Bridge, Hayfield. SK049869
Wed 12	Roy	Valley Road, Hayfield. SK039868
Wed 19	Harry B	Castleton car park. SK149829
Wed 26	Terry	Lamaload Res car park, nr Rainow. SJ976753

March

Wed 4	Mark	Tipps car park, Upper Booth. SK107847
Wed 11	Roy	New Mills Leisure Centre. SK001856
Wed 18	Harry B	Errwood Hall car park. SK012748
Wed 25	John	Combs Village Centre. SK042786

Wear clothes which are comfortable and easy to walk in. Layers work well so you can remove a layer when you warm up and replace it when you cool down. It is also a good idea to pack a lightweight waterproof for sudden downpours and bring a bottle of water with you.

Wear sturdy and comfortable shoes. Proper walking boots may be needed for the longer walks, but the very easy walks do not need any special walking equipment.

During adverse weather conditions, for example, severe snow and ice, organised walks may be cancelled.



High Peak Walks for Health is a partnership between High Peak Borough Council, Derbyshire County Council's Countryside Service, the Peak District National Park Authority, The National Trust and the NHS.