

A programme of led walks throughout the High Peak and Peak District April - June 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.



in the Peak District Miles without stiles

Fully accessible walks from 11am - 1pm that start from a location with disabled accessible toilets and are along wheelchair accessible routes.

Thurs
April 23
11am

Fairholmes pay and display car park/visitor centre, S33 0AQ
A short walk from Fairholmes car park on well surfaced trails.

Thurs
May 7
11am

Tideswell Dale pay and display car park, SK17 8SN
A linear walk towards Millers Dale Station and back.

Thurs
June 18
11am

Hulme End pay and display car park, SK17 0EZ
A walk along the beautiful Manifold Trail.

Dementia friendly walk

Tues
2 - 3pm

For people living with dementia and their carers.

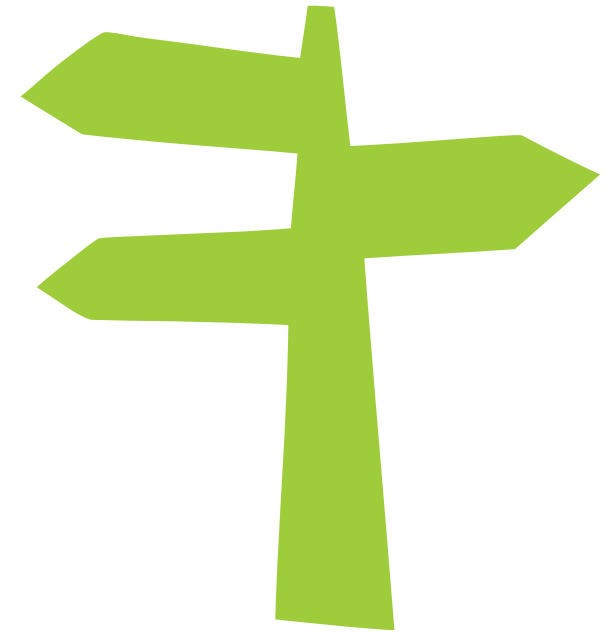
Tuesday 21 April

Tuesday 19 May

Tuesday 16 June

Free – no need to book
Meet at Hassop station car park, near Bakewell, DE45 1NW

For further information contact:
sally.wheal@peakdistrict.gov.uk





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

April

	Tues 7	Jane	New Mills Leisure Centre, SK22 2LP SK003856
	Tues 14	Trish	Buxton Leisure Centre entrance, Buxton. SK054734
	Tues 21	Richard	Newtown Station, New Mills
	Tues 28	Steve	Manor Park, Glossop

May

	Tues 5	Jane	New Mills Golf Course SJ994865
	Tues 12	Trish	Information kiosk, main car park, Lyme Park. SK963823
	Tues 19	Ann	Strines Station SJ978865
	Tues 26	Steve	Manor Park, Glossop

June

	Tues 2	Jane	Waterside SJ98685856
	Tues 9	Richard	Tesco's, Glossop
	Tues 16	Ann	Valley Road, Hayfield. SK039943
	Tues 23	Steve	Manor Park, Glossop
	Tues 30	Trish	Village hall, main car park, Edale. SK123853

every step counts



Thursday progression walks • 10am

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

April

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

May

Thurs 7	Peter H
Thurs 14	Harry
Thurs 21	Peter M
Thurs 28	Peter H

June

Thurs 4	Harry
Thurs 11	Peter M
Thurs 18	Peter H
Thurs 25	Steve



Wednesday strenuous walks 12.45pm for 1pm

April

Wed 1	Mark	Bowden Bridge, Hayfield SK049869
Wed 8	John	Monyash village SK150667
Wed 15	Roy	Lyme Park car park, Disley SJ963823
Wed 22	Terry	Monsal Head SK185715
Wed 29	Harry B	Station Road café, Birch Vale SK021869

May

Wed 6	Mark	Bowden Bridge, Hayfield SK049869
Wed 13	Mike	Peak Forest SK115794
Wed 20	John	Carr Lane, Thornhill nr Bamford SK197840
Wed 27	Terry	Manor Park car park, Glossop SK039942

June

Wed 3	Mark	Tipps car park, Upper Booth SK107847
Wed 10	Harry B	Adlington Road car park, Bollington. SJ930780
Wed 17	Roy	Edale Station car park SK123854
Wed 24	Mike	Arkwright Road, Marple (opp. The Green) SJ964887

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.



best
foot
forward

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.