

Step

Right

Up



AMBER VALLEY WALKING PROGRAMME



All our walks are free of charge and our walk leaders are dedicated volunteers. There is no need to book prior to attending, but we do suggest calling beforehand as some walks have various meeting places.

Remember to dress appropriately for the weather conditions!

Duffield Meadows & River walks

Tuesday 9.45am FORTNIGHTLY Length: 40 minutes & 60+ minutes

Meet at Weston Centre, Tamworth Street, Duffield DE56 4ER, for more info Contact Chris on 07977 140415 Refreshments available after the walks in the Weston Centre.



Crich Walk Every Tuesday 10.30am meet

Length: 45 – 90 minutes

Meet in the Market Place near to the bus stop.



Waingroves Woodland Walk First Tuesday each Month 11.00am – 12.30pm

Length: 60 – 90 minutes

Meet at The Marquis of Ormonde, Codnor Denby Lane (free parking), DE5 9SP. For more information contact Ripley Leisure Centre on 01773 514727.



Ripley Follow-on Walk Every second, third, fourth and fifth Tuesday 11.00am – 12.30pm

Length: 90 minutes

Meet at the entrance to Ripley Leisure Centre, Derby Road, Ripley, DE5 3HR. For more information contact Ripley Leisure Centre on 01773 514727.



Heanor Walking Group Every Tuesday 2.00pm meet

Length: 60-90 minutes

Meet outside the visitor's centre at Shipley County Park, DE75

7GX every other week. A detailed schedule is available for this walk on request.



Horsley Woodhouse Group Every Wednesday 9.45am meet

Length: 60-90 minutes

Various start points around Horsley Woodhouse

A detailed schedule is available for this walk on request.



Belper WFH Every Wednesday 10.00am meet

Length: 90 minutes

Usually meet outside Belper Clinic, Babington Hospital., But please check prior to walk.

A detailed schedule is available for this walk on request.



Belper Beginners Walk Every Wednesday 2.15pm start

Length: 45 minutes – 60 minutes

Meet at the reception of Belper Leisure Centre, John O'Gaunts Way, Kilbourne Road, Belper, DE56 0DA. Contact Belper Leisure Centre on 01773 825285



Denby WFH Every Thursday 9.30am meet

Length: 40 minutes + 60 minutes

Meet outside the Bourne Café at Denby Pottery Visitors Centre, DE5 8NX.



Somercotes WFH Every Thursday 9.45am meet

Length: 90 minutes

Meet at Somercotes Village Hall, St Thomas's Centre, Nottingham Rd DE55 4LY. A detailed schedule is available for this walk on request.



Ripley Dementia Friendly Health Walk Every Friday 12noon

Length: 30 – 45 minutes—Lead by Specially trained staff, so you can enjoy a local walk with the knowledge you are in good hands, the walk is specifically tailored to be Dementia friendly. Meet at the reception of Ripley Leisure Centre, Derby Road, DE5 3HR contact 01773 514727



Lea Gardens Progression Walk Every Saturday 10.00am meet

Length: 120 Minutes

Usually meet outside Lea Tea Rooms. For more info contact Peter Herbert on 07591 227123



Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness



Suitable for people who are looking to increase their activity levels; Walks may include Moderate slopes. steps, uneven surfaces and possibly stiles.



For people looking for more challenging walks and increasing their level of physical activity. Walks may include steeper slopes, steps, uneven surfaces and stiles.

For more information on all walks see our website ambervalley.gov.uk or email jayne.stallion@ambervalley.gov.uk

Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?

Walking is truly accessible — almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

How you can get involved

Amber Valley Health Walks is your local Walking for Health scheme. Our walks are free, fun and friendly — perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like.

If you want to know more before you start or if you would be interested to become one of our Walk Leaders, please get in touch at jayne.stallion@ambervalley.gov.uk



For all national enquiries, please contact Walking for Health head office on 0207 339 8541 or walkingforhealth@ramblers.org.uk

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. 5C039799)

