

A Programme of Accompanied Walks 2011

in South Derbyshire and The National Forest



Get Active in

The Forest



Welcome to a new year of inspired walks...

which form part of the *Get Active in The Forest Project* to help you get active, stay healthy, enjoy friendly company and beautiful countryside. In our guide you will find a walk to suit everyone at all times of the year. So get out, get active and discover some great walks in South Derbyshire and the National Forest.

Most walks last between 45 and 60 minutes except intermediate walks which last up to 2 hours and are more challenging. Walkers accompanied by first-aid trained walk leaders. Please wear strong comfortable shoes and bring some waterproof clothing.



For more information on any of our walks please contact Debbie or Tor on **01283 563483**

JANUARY

SATURDAY 8TH

New Year Resolution Walk

2pm

Walk off a few Christmas pounds and start the year off as you mean to go on! Join us for a Winter walk through Calke Abbey's wonderful parkland.

£1



Meet at 1.45pm for 2pm start in Calke Abbey main car park. (In partnership with The National Trust).

FEBRUARY

SATURDAY 5TH

Swadlincote Open Spaces Walk

10:30am

Intermediate Walk*
Join Dot Morson to explore Swadlincote's little-known open spaces.

£1

Meet at 10.15am for 10.30am start at Sharpe's Pottery Centre, Swadlincote. *Please note this is an intermediate walk and will last up to 2 hours.

SUNDAY 13TH

Singles Walk

2pm

Enjoy a social walk around Rosliston Forestry Centre with other like-minded individuals. Then enjoy tea and cake in The Hub Café.

£3.50



Meet at 1:45 for 2pm start in Rosliston Forestry Centre Foyer.



MARCH

SATURDAY 5TH

Walk and Warm

2pm

Come and brave the chilly weather. Join us on a walk around Rosliston Forestry Centre, stopping off for a warming bowl of soup at a local pub.

£3.50



Meet at 1:45 for 2pm start in Rosliston Forestry Centre Foyer.

SUNDAY 20TH

Hartshorne Pub Walk

2pm

Enjoy the surrounding fields of Hartshorne as well as a few of the local pubs. One of the Beermat walks.

£1

Meet at 1:45pm for 2pm start at The Mill Wheel.

APRIL

SUNDAY 3RD

Mothers Day Walk

2pm

Enjoy a spring walk around Rosliston Forestry Centre, followed by tea and cake at the Hub cafe.

£3.50



Meet at 1.45pm for 2pm start in Rosliston Forestry Centre Foyer.



SUNDAY 17TH

Bluebell Walk

2pm

Join our annual pilgrimage to the nearby 'hidden' bluebell wood. Bring your camera. Please note that there are a few stiles en route.

£1



Meet at 1.45pm for 2pm start in Rosliston Forestry Centre Foyer.

MAY

SUNDAY 8TH

Willington's Wetland Wonders

2pm

Join Derbyshire Wildlife Trust for an introduction to Willington Gravel Pits nature reserve. A walk down the lane leads to platforms with wonderful views over this special wetland site.

£1



Meet at 1:45pm for 2pm start just off the Repton Road next to Willington bridge, under the barrier. Wear stout footwear and bring your binoculars. No toilets on site. No dogs please. The walk will last approximately 1 hour.

SATURDAY 21ST

Walk To The Wall

10.30am

Join local service personnel and members of The Royal British Legion for the National Memorial Arboretum's second 'Walk to The Wall.'



The walk covers approximately 6 miles from Rosliston Forestry Centre to the National Memorial Arboretum. Registration 10:30am – 12pm. For more information contact the National Memorial Arboretum on 01283 792333.

JUNE

SUNDAY 5TH

Drakelow's Hidden Secrets

2pm

Come and view the secrets of this permit only nature reserve managed by Derbyshire Wildlife Trust. Drakelow is a unique wetland site with paths to wander around and bird hides to visit.

£1



Meet at Drakelow Power Station Gate C at 1:45pm for a 2pm start. Wear stout footwear and bring your binoculars. No toilets on site. No dogs please. The walk will last around 1 hour.

SATURDAY 18TH

Bird Walk

10am

Learn a little about Rosliston Forestry Centre's feathered friends as you walk with expert Brian George.

£1



Meet at 9.45am for 10am start in Rosliston Forestry Centre Foyer.



JULY

SUNDAY 3RD

Hilton's Habitats

2pm

Hilton's open water pools and grasslands form a wonderful nature reserve in the old gravel pits. Join Derbyshire Wildlife Trust for an introduction to this varied site.

£1



Meet at the Willowpit Lane entrance at 1:45pm for a 2pm start. Wear stout footwear and bring your binoculars. No toilets on site. No dogs please. The walk will last approx 1 hour.

SATURDAY 16TH

Butterfly Walk

2pm

Join our local enthusiast Peter Brewster on a butterfly safari around the site.

£1



Meet at 1:45pm for 2pm start in Rosliston Forestry Centre Foyer.



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AUGUST

SUNDAY 7TH

Willington's Wetland Wonders 2pm Join Derbyshire Wildlife Trust for an introduction to Willington Gravel Pits nature reserve. A walk down the lane leads to platforms with wonderful views over this special wetland site. £1



Meet at 1:45pm for 2pm start just off the Repton Road next to Willington bridge, under the barrier. Wear stout footwear and bring your binoculars. No toilets on site. No dogs please. The walk will last approximately 1 hour.

FRIDAY 19TH

Linton Beermat Evening Walk 6:30pm Explore Linton and its surrounding countryside. £1

Meet at 6:15pm for 6:30pm start at the Square and Compass pub.*Please note this is an intermediate walk and will last up to 2 hours.

SEPTEMBER

SUNDAY 4TH

Drakelow's Hidden Secrets 2pm Come and view the secrets of this permit only nature reserve managed by Derbyshire Wildlife Trust. Drakelow is a unique wetland site with paths to wander around and bird hides to visit. £1



Meet at Drakelow Power Station Gate C at 1:45pm for a 2pm start. Wear stout footwear and bring your binoculars. No toilets on site. No dogs please. The walk will last around 1 hour.

SATURDAY 17TH

Walk and Warm 11am Get out in the Autumn Sunshine. Join us on a walk around Rosliston Forestry Centre, stopping off for a bacon buttie at a local pub. £3.50



Meet at 10.45am for 11am start in Rosliston Forestry Centre Foyer.



OCTOBER

SUNDAY 2ND

Hilton's Habitats 2pm Hilton's open water pools and grasslands form a wonderful nature reserve in the old gravel pits. Join Derbyshire Wildlife Trust for an introduction to this varied site. £1



Meet at the Willowpit Lane entrance at 1:45pm for a 2pm start. Wear stout footwear and bring your binoculars. No toilets on site. No dogs please. The walk will last approx 1 hour.

SATURDAY 29TH

Family Pumpkin Walk 2pm Enjoy a family afternoon walk around Rosliston Forestry Centre, followed by a bowl of pumpkin soup in The Hub Café. £3.50



Bring a pre-carved pumpkin with you to share and compare. Fancy dress welcome. Meet at 1:45pm for 2pm start in Rosliston Forestry Centre Foyer.



NOVEMBER

SUNDAY 6TH

Poppy Walk 12noon Come and support the Poppy Appeal. £1



Meet at 11:45am for 12noon start for a led walk. Sponsorship forms available or make a donation on the day



SATURDAY 12TH

Canal Walk 2pm Enjoy a walk through the heart of The National Forest. We will explore a little of the Ashby Woulds Trail and begin and end at the wonderful Moira Furnace. £1

1:45pm, 2pm start outside Moira Furnace Tea Room.

DECEMBER

SATURDAY 17TH

Mince Pie and Mulled Wine Walk 2pm Come and be merry! Enjoy a bracing walk around the Centre, finished off with a warming drink and a mince pie in the restaurant. £3.50



Meet at 1:45pm for 2pm start in Rosliston Forestry Centre Foyer.



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Regular Walks

in South Derbyshire and the National Forest

MONDAY

Hilton (meet at Hilton Brook pub)	10.30am
Calke Abbey (no walk 5th Monday of the month)	2pm

TUESDAY

Pushchair Walk, Rosliston Forestry Centre	10.30am
COPD Walk, Heartwood Surgery, Swadlincote	1pm
Overseal Surgery	1.30pm

WEDNESDAY

Green Bank Leisure Centre	10am
Gresley Dale Surgery	1pm
Darklands Surgery, Swadlincote	1pm

THURSDAY

Strolling Strong Exercise Walk, Rosliston Forestry Centre, £3	11.30am
Willington	1.30pm

FRIDAY

Prestwood Surgery (meet Railway Inn, Midway Road)	2pm
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For public transport information Tel: 0870 608 2608

The Environmental Education Project also organises a number of family walks and events around the district. Tel: 01283 535039 for details.

OBTAINING ALTERNATIVE VERSIONS OF THIS DOCUMENT

If you would like this document in another language, or if you require the services of an interpreter, please contact us. This information is also available in large print, Braille or audio format upon request. Phone: **01283 595795**

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Derbyshire County 
Primary Care Trust




THE NATIONAL
FOREST


South
Derbyshire
District Council