

High Peak

April, May and June 2011

Walks for Health

A programme of led walks throughout the High Peak



Stay Active: Stay Healthy

Try our Free
7 day gym pass -
contact the centre for details



Our 'Active 4 Life' sessions offer a wide range of activities specifically aimed at the older person to help keep you active and healthy.

Or become a Kinetika member for just £15.00 per month on direct debit or £150.00 for 12 months in advance*.

Membership benefits include

- Unlimited use of the Gym
- Unlimited Swimming including our 'Active 4 life swims'
- Our unique 'Kinetika Journey'™ programme to help get you started
- Guaranteed results or your money back #
- Free Group Exercise classes including Pilates and Water Workouts



It's never too late to get started - Call us today and see what a difference exercise can make to your life!

Glossop Leisure Centre
Tel: 01457 842272 or
email: enquiries@glossopleisurecentre.co.uk

Glossop Pool
Tel: 01457 842262 or
email: enquiries@glossopswimmingpool.co.uk

New Mills Leisure Centre
Tel: 01663 748842 or
email: enquiries@newmillsleisurecentre.co.uk

 kinetika
fitness
www.kinetikagyms.co.uk

 DC LEISURE
Local Councils Association
Operator of the Year 2009 & 2008

 High Peak Borough Council
working for our community

*Must be aged 60 and over # Terms & conditions apply



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High Peak Walks for Health is a popular programme of guided walks around the High Peak area.

It has been awarded accreditation by ‘Walking the Way to Health’ (WHI) a joint initiative between Natural England and the British Heart Foundation.

This free service aims to promote regular, gentle exercise and enjoyment of the countryside through walking.

The walks — led by an experienced leader — are available to everyone including retired people, those working shifts or taking a day off, people recovering from illness and people with learning difficulties.



The walks are graded according to accessibility and range from 'very easy' to 'moderate'.

Here are some short descriptions of the walks to help you decide which one would be most suitable for your needs:

Very easy walk:

Short walks for people looking for some gentle exercise or who are recuperating from serious illness, people who are looking to lose weight or have sedentary lifestyles.

Easy walk:

Lasting about 1½ hours these walks may include some stiles and slight up-hill walking.

Moderate walk:

Longer, more challenging walks lasting 2½ hours, likely to include stiles, up-hill and downhill walking.

Your walking clothing should be comfortable and loose-fitting to allow you to move about freely. Wear layers so you may remove a layer as you warm up and put it back on if you feel cool - waterproofs, fleece or wool for example. Sturdy footwear such as walking boots should be worn. It is also important to carry drinking water with you.

If you want to find out further information about the walks or if you have any special requirements please contact Paul Evans or Samantha Lindsey on 0845 129 77 77 or 01298 28400.

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

Please look on the Council's website www.highpeak.gov.uk/culture/walks/ or contact 0845 129 77 77 or 01298 28400 to confirm if walks are going ahead.



High Peak Borough Council Licence 100018411

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.





Date	Time	Leader	Meeting point	Type
Every Friday	11am	Various	Steward Medical Centre Hartington Road, Buxton	Very easy
Every Thursday	1pm	Various	New Mills Leisure Centre, Hyde Bank Road	Very easy

April

Date	Time	Leader	Meeting point	Type
Tues 5	1.15pm for 1.30pm	Paul	Whaley Bridge Canal Basin, Bingswood Avenue	Easy
Weds 6 for 1pm	12.45pm	John	Peak Forest village centre A623 — need more details, street?	Moderate
Thurs 7	10am	David	Glossop Railway Station, Station Road	Moderate
Tues 12	1.15pm for 1.30pm	Jane	New Mills Golf Club, Eaves Knoll Road (please do not use car park)	Easy
Weds 13	12.45pm for 1pm	Joan	Goyt Valley, Goyt Lane car park (off A5004)	Moderate
Thurs 14	10am	David	Glossop Railway Station, Station Road	Moderate
Tues 19	1.15pm for 1.30pm	Sara	Fernilee Reservoir, off A5004 (Long Hill)	Easy
Weds 20	12.45pm for 1pm	Mike	Mam Nick, Castleton Road, Hope Valley?	Moderate
Thurs 21	10am	David	Glossop Railway Station, Station Road	Moderate
Tues 26	1.15pm for 1.30pm	Brian?	Hayfield bus station car park	Easy
Weds 27	12.45pm for 1pm	Harry	New Mills Leisure Centre, Hyde Bank Road	Moderate
Thurs 28	10am	David	Glossop Railway Station, Station Road	Moderate

May

Tues 3	1.15pm for 1.30pm	Joan	New Mills Leisure Centre, Hyde Bank Road	Easy
Weds 4	12.45pm for 1pm	Brian?	Hayfield bus station car park	Moderate
Thurs 5	10am	David	Glossop Railway Station, Station Road	Moderate
Tues 10	1.15pm for 1.30pm	Paul	Newtown Station, Albion Road, New Mills	Easy
Weds 11	12.45pm for 1pm	Mark	Bowden Bridge car park, Kinder Road, Hayfield	Moderate
Thurs 12	10am	David	Glossop Railway Station, Station Road	Moderate

6 Walks for Health

Date	Time	Leader	Meeting point	Type
Tues 17	1.15pm for 1.30pm	Jane	Valley Road, Hayfield, (campsite end)	Easy
Weds 18	12.45pm for 1pm	Mike	Cat & Fiddle lay-by, A537 Macclesfield Road (3 Shires walk)	Moderate
Thurs 19	10am	Peter	Glossop Railway Station (car share to lane opposite Plainsteads Farm, Monks Road 10.30am)	Moderate
Tues 24	1.15pm for 1.30pm	Sara	Alderbrook Day Centre, Buxton Road, Chinley	Easy
Weds 25	12.45pm for 1pm	Harry	Cressbrook flower walk. Meet in Litton – need some more details, street?	Moderate
Thurs 26	10am	Pat	Glossop Railway Station (car share to Coach Road 10.30am, off Mottram Moor)	Moderate
Tues 31	1.15pm for 1.30pm	Paul	Hayfield bus station car park	Easy

June

Date	Time	Leader	Meeting point	Type
Wed 1	12.45pm for 1pm	John	Mellor Church car park, Church Road	Moderate
Thurs 2	10am	David	Glossop Railway Station, Station Road	Moderate
Tues 7	1.15pm for 1.30pm	Jane	Thornsett Band room, High Hill Road, New Mills	Easy
Weds 8	12.45pm for 1pm	Joan	Hayfield bus station car park Lantern Pike walk	Moderate
Thurs 9	10am	David	Glossop Railway Station, Station Rd	Moderate
Tues 14	1.15pm for 1.30pm	Joan	Valley Road Hayfield, (campsite end)	Easy
Weds 15	12.45pm for 1pm	John	Lamb-a-Load Reservoir car park	Moderate
Thurs 16	10am	Sue	Glossop Railway Station (car share to Hadfield Station at 10.15am Bottoms Reservoir walk)	Moderate
Tues 21	1.15pm for 1.30pm	Paul	New Mills Leisure Centre, Hyde Bank Road	Easy
Weds 22	12.45pm for 1pm	Mike	Chapel Gate lay-by on Rushup Edge, Castleton Road, Hope Valley?	Moderate
Thurs 23	10am	David	Glossop Railway Station, Station Road	Moderate
Tues 28	1.15pm for 1pm	Sara	Fernilee Reservoir car park, off Long Hill (A5004)	Easy
Weds 29	12.45pm for 1pm	Harry	Chee Dale stepping stones. Meet at large lay-by at top of Topley Pike (left hand side of A6 going from Buxton to Bakewell)	Moderate
Thurs 30	10am	David	Glossop Railway Station, Station Road	Moderate





Walks for the blind and visually impaired

There are walks available for people who are blind or visually impaired. Set up by the Buxton VIP (visually impaired) group, the walks take place twice a month, alternating between High Peak and Derbyshire Dales.

The next programme of walks is as follows:

8 April **Buxton**

22 April **Matlock**

30 April **Chatsworth/Baslow**
(Part of the Peak District National Park Walking Festival. Please note, 10.30am start)

4 May **Stanton Moor**
(Part of Peak District National Park Walking Festival)

Each walker has a sighted guide who can provide a description of the setting as well as assisting them over steps, gates or stiles, helping them to feel safe and secure during their walk. Family, friends and guide dogs are also welcome. Walks start at 1.30pm and last approximately 1½ hours including a stop for tea and coffee. Shorter walks may be available for people who cannot walk far.

You will be notified of any walk changes along with arrangements for refreshments and travel. Travel assistance may be given to people to and from the walk but this will be assessed on a case-by-case basis.

● For further information and to confirm attendance, please contact Ross at the Volunteer Centre on 01298 23970.

National Trust Walk for Health in the Peak District



THE
NATIONAL
TRUST

**Tuesdays 1.30pm - 4pm
Free!**

Health walks are suitable for all levels.

● Call 01433 670368 for details and bookings
● or visit www.nationaltrust.org.uk/peakdistrict

The next programme of walks is as follows:

5 April **Mam Tor, Castleton**

3 May **Edale**

7 June **Fairholmes, Derwent**

5 July **Longshaw Estate**

9 August **Edale**





If you have a dog and want to go on an organised walk where your pet can come along too, why not come along to one of the following walks:

11
Apr Meet at Fernilee Reservoir car park (just off Long Hill A5004)

25
Apr Meet New Mills Leisure Centre, Hyde Bank Road, SK22 4BP

9
May Meet New Mills Central Station, Station Road, New Mills

23
May Meet Whaley Bridge car park (behind doctors)

6
June Meet Fernilee Reservoir

20
June Meet New Mills Leisure Centre

● All walks start at 11am. To find out further information please contact Walk Leader Samantha Lindsey on 01298 28400 or 0845 129 77 77

Sure Start Walking Group

Buxton Family Walks take place on Wednesday 2 - 4pm. Places are not limited but you will need to register to receive all the information.

● For more information and to register your interest please call your nearest Sure Start Group. Contact Alison Hill on 01298 74895.

Longer more challenging walks

If your fitness level improves and you need more of a challenge there are other organised walks in the area. For more information contact:

*Derbyshire County Council
Countryside Service –
visit www.derbyshire.gov.uk/countryside
or contact Hayfield Information Centre,
Station Road, Hayfield, 01633 746222*

*Peak District National Park Authority –
for details of guided walks with the National
Park Rangers contact Bakewell Tourist
Information Centre, Bridge Street, Bakewell,
01629 813227*

*Hope Valley & High Peak
Transport Partnership –
for details of their guided walks visit
www.hvhptp.org.uk*

*The Rambler's Association
New Mills & District Group –
visit www.nmramblers.freeserve.co.uk*





Parks and open spaces

If you prefer to organise your own walks, why not take advantage of the many parks and open spaces around High Peak.

High Peak Borough Council manages 78 hectares of parks and open spaces, including a variety of active and passive recreational facilities to suit the needs of local people and their families.

From challenging play areas and busy multi-sport courts through to peaceful strolling and taking in the surrounding beautiful views, our parks and open spaces provide something for everyone.

Our main parks are:

- **Manor Park (Glossop)**
- **Pavilion Gardens (Buxton)**
- **Howard Park (Glossop)**
- **Whaley Bridge Memorial Park (Whaley Bridge)**
- **Ashwood Park (Buxton)**

We also support 4 dedicated 'Friends' groups at the Pavilion Gardens, Manor Park, Howard Park and Whaley Bridge Memorial Park, along with several other groups committed to improving their local green space!

Our parks are also award winning with 3 'Green Flags' and one 'Green Heritage' site in recognition of our high quality and management of the parks service.

There is a very active 'Buxton in Bloom' committee, which saw Buxton win the top prize in last year's East Midlands in Bloom competition for the fourth year in a row. Buxton also won a silver medal in the Towns category of the prestigious Entente Florale competition.

● If you would be interested in finding out more about any of our parks or would like to be involved with your local park, then contact the Parks Service on 0845 129 77 77 or 01298 28400.





Andalucia

Walking Holidays

Walk Andalucia offer a range of delightful Guided & Self Guided walking holidays from a traditional Moorish white village with the best climate in Europe! We welcome couples, singles and groups alike to enjoy a combination of stunning mountain, valley and coastal walking. Magnificent food, fine Spanish wine and good company are also a major part of the Walk Andalucia holiday experience.

“This was a truly great holiday which I would recommend to any of my friends!”

Janet Langelaan April 2010

Departures 2011:

April	2	30	October	8	22
May	21		November	3	24
September	3	17			



milletts

Are you a Walking for Health member?

You could sign up for our Specialist Card entitling you to great discounts



To Sign up simply go to
Milletts,
53/55 Spring Gardens,
Buxton,
SK17 6BJ

Excludes SatMap, Garmin, Gift Cards and online purchases
Full Terms and Conditions are given with the card.

Photography: © Natural England/
Walking for Health/Paul Glendell



For more information about Walks for Health contact Paul Evans or Samantha Lindsey:

● Paul Evans
● Community Sports Co-ordinator
High Peak Borough Council
Email: paul.evans@highpeak.gov.uk
Tel: 0845 129 77 77 or
01298 28400, ext. 2209

Samantha Lindsey
Community Sports Coach
High Peak Borough Council
Email: samantha.lindsey@highpeak.gov.uk
Tel: 0845 129 77 77 or
01298 28400, ext. 2217

or, go to

www.highpeak.gov.uk

