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| Wednesday 6th December 10am – 11.30am Babington Hospital Clinic | Duffield to Quarndon 3 miles 6.4 bus to Broadway, Duffield |
| Wednesday 13th December 10am – 11.30am Meet Poundland at 9.55am | Heage (Paul's walk) 3 miles 6.3 bus to Heage |
| Wednesday 20th December 10am – 11.30am Meet Poundland 10.10am | Bessalone 3 miles 7.1 bus to Windmill lane and walk over Bessalone |
| Wednesday 27th December 10am – 11.30am Babington Hospital Clinic | Lower Chevin 3 miles Over Pontoon Bridge & along Lower Chevin Road |

If weather conditions are bad the routes may be changed
The walk will only be cancelled if there is any Ice

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| Wednesday 3rd January 10am – 11.30am Babington Hospital Clinic | Walker Bottoms 3 miles Sandbed Lane via Walker Bottoms & back to Belper |
| Wednesday 10th January 10am – 11.30am 9.55am at Train Station | Attenborough 3 miles Train to Attenborough |
| Wednesday 17th January 10am – 11.30am 10.10am at Poundland | Holbrook Makeney Bridleway 3 miles 7.1 bus to Holbrook & down Holly Lane |
| Wednesday 24th January 10am – 11.30am Babington Hospital Clinic | Allestree Park 3 miles 6.4 bus to the park |
| Wednesday 31st January 10am – 11.30am Babington Hospital Clinic | Two Lanes 3 miles Up Wildersley Lane & along Kirks Lane |

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| Wednesday 7th February 10am-11.30am Babington Hospital Clinic | Bakewell 3 miles 6.1 bus to Bakewell & return |
| Wednesday 14th February 10am-11.30am 10.45 Derby Bus Station | Derby to Alvaston Park 3 miles Walk along river to Alvaston Pk |
| Wednesday 21st February 10am-11.30am Babington Hospital Clinic | Markeaton Park 3 miles 6.4 bus to the Broadway walk to Markeaton Park |
| Wednesday 28th February 10am-11.30am 10.10 at Poundland | Holbrook (Dumbles) 3 miles 7.1 bus to Spotted Cow |

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| <p>Wednesday 7th March 10am– 11.30am Meet Outside Wilko's</p> | <p>Crich 3 miles 143 bus to Crich & walk to Ambergate</p> |
| <p>Wednesday 14th March 10am– 11.30am Babington Hospital Clinic</p> | <p>Darley Abbey Park 3 miles 6.4 bus to Darley Abbey & walk around the river</p> |
| <p>Wednesday 21st March 10am– 11.30am Babington Hospital Clinic</p> | <p>The Lumb 3 miles 6.1 bus to Blackbrook & walk back to Belper</p> |
| <p>Wednesday 28th March 10am– 11.30am Babington Hospital Clinic</p> | <p>Wirksworth 3 miles 6.1 bus to Wirksworth</p> |



Belper Walking Group



The aim of the group is to encourage local walking as a cheap, convenient form of exercise whilst providing excellent social opportunities and the chance to discover the natural beauty found in and around the surrounding area. Walks are short, ranging between 1.5 and 3.5 miles long. They are led by trained walk leaders and walkers are able to walk at their own pace. So, if you are looking for gentle exercise in a secure and friendly environment, come and give *The Belper Walking Group* a try!

*For more information, contact Amanda Gowing
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Or visit ambervalley.gov.uk*

**Walks for December, January,
February & March 2018**