

<p><b>Wednesday 4<sup>th</sup> April</b>  10am – 11.30am  <b>10.00am at Poundland</b></p>	<p><b>Heage/Lower Hartshay</b>  3 miles  6.3 bus to Heage (Eagle Tavern), walk down to Lower Hartshay and back to Heage</p>
<p><b>Wednesday 11<sup>th</sup> april</b>  10am – 11.30am  <b>Babington Hospital Clinic</b></p>	<p><b>Duffield Round Cafe</b>  3 miles  6.4 bus to Milford bus shelter stop. Circular walk</p>
<p><b>Wednesday 18<sup>th</sup> April</b>  10am– 11.30am  <b>Babington Hospital Clinic</b></p>	<p><b>Milford/Chevin/Duffield</b>  3 miles  6.4 bus or walk to Duffield, over the Chevin to Duffield</p>
<p><b>Wednesday 25<sup>th</sup> April</b>  10am-11.30am  <b>10.00am Outside Wilkos</b></p>	<p><b>Shining Cliff Wood</b>  3 miles  Bus to Ambergate church, circular walk up through Shining Cliff Woods</p>

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

<p><b>Wednesday 2<sup>nd</sup> May</b>  10am – 11.30am  <b>9.55 at train station</b></p>	<p><b>Matlock</b>  3 miles  Train to Matlock, walk to Matlock Bath</p>
<p><b>Wednesday 9<sup>th</sup> May</b>  10am – 11.30am  <b>Babington Hospital Clinic</b></p>	<p><b>Darley Abbey to Derby</b>  3 miles  6.4 bus to Darley Abbey Park, view gardens &amp; walk into Derby</p>
<p><b>Wednesday 16<sup>th</sup> May</b>  10am – 11.30am  <b>Babington Hospital Clinic</b></p>	<p><b>Shottlegate</b>  3 miles  6.1 bus to Shottlegate. Walk back to Belper</p>
<p><b>Wednesday 23<sup>rd</sup> May</b>  10am – 11.30am  <b>Babington Hospital Clinic</b></p>	<p><b>Little Eaton</b>  3 miles  6.4 bus to Duffield Chapel, walk over Eaton Bank and back to Duffield</p>
<p><b>Wednesday 30<sup>th</sup> May</b>  10am – 11.30am  <b>9.55 at train station</b></p>	<p><b>Cromford Canal</b>  3 miles  10.01 train to Whatstandwell, walk to Cromford</p>

<p><b>Wednesday 6<sup>th</sup> June</b>  10am– 11.30am  <b>To be announced</b></p>	<p><b>To be announced</b></p>
<p><b>Wednesday 13<sup>th</sup> June</b>  10am– 11.30am  <b>10.00am at Poundland</b></p>	<p><b>Heage to Belper</b>  3 miles  6.3 bus to Heage &amp; walk back to Belper via Bessalone</p>
<p><b>Wednesday 20<sup>th</sup> June</b>  10am– 11.30am  <b>Babington Hospital Clinic</b></p>	<p><b>Markeaton Park</b>  3 miles  6.4 bus to the Broadway and walk to Markeaton Park and back, bus back to Belper</p>
<p><b>Wednesday 28<sup>th</sup> June</b>  10am– 11.30am  <b>Babington Hospital Clinic</b></p>	<p><b>Wyver Lane</b>  3 miles  Walk to Wyver Lane Nature Reserve &amp; return via the River Gardens</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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**Walks for April, May & June  
2018**