

<p>Wednesday 4th July 10am – 11.30am Babington Hospital Clinic</p>	<p>Black Rocks 3 miles 6.1 bus to Black Rocks & walk down to Cromford</p>
<p>Wednesday 11th July 10am – 11.30am Babington Hospital Clinic</p>	<p>Dalley Lane Round 3 miles 6.1 bus to end of Dalley Lane</p>
<p>Wednesday 18th July 10am– 11.30am Outside Wilko's 10am</p>	<p>Crich Stand 3 miles 143 bus and walk from Crich Stand, down to Whatstandwell</p>
<p>Wednesday 25th July 10am-11.30am Outside Wilko's 10am</p>	<p>Lower Hartsay 3 miles 143 Bus to Lower Hartsay & walk back to Ambergate</p>

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

<p>Wednesday 1st August TO BE ANNOUNCED</p>	<p>TBA</p>
<p>Wednesday 8th August 10am – 11.30am Babington Hospital Clinic</p>	<p>Plains Lane 3 miles 6.1 bus to Plains Lane</p>
<p>Wednesday 15th August 10am – 11.30am Outside Poundland at 9.55am</p>	<p>Ripley Greenway 3 miles 6.3 bus to Ripley & walk to Denby</p>
<p>Wednesday 22nd August 10am – 11.30am Babington Hospital Clinic</p>	<p>Darley Abbey Nutwood 3 miles 6.4 bus to Mile Ash Lane stop</p>
<p>Wednesday 29th August 10am – 11.30am Babington Hospital Clinic</p>	<p>Bakewell Rowsley 3 miles 6.1 bus to Bakewell & walk to Rowsley</p>

Wednesday 5th September 10am– 11.30am Babington Hospital Clinic	Shireoaks 3 miles 6.1 bus to end of Dalley Lane
Wednesday 12th September 10am– 11.30am Babington Hospital Clinic	Duffield, Makeney Linear 3 miles 6.4 bus to the chapel at Duffield & walk back
Wednesday 19th September 10am– 11.30am Babington Hospital Clinic	Duffield to Quarndon 3 miles 6.4 bus to the Broadway at Duffield
Wednesday 26th September 10am– 11.30am Outside Poundland at 9.55am	Heage (Paul's Walk) 3 miles 6.3 bus to Heage

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 July. August &
September 2018**