

<p>Wednesday 5th December 10am– 11.30am Babington Hospital Clinic</p>	<p>Allestree Park 3 miles 6.4 bus to park entrance road</p>
<p>Wednesday 12th December 10am– 11.30am Babington Hospital Clinic</p>	<p>Duffield Round Meadows 3 miles 6.4 bus to the chapel at Duffield & walk round Millennium Meadows</p>
<p>Wednesday 19th December 10am– 11.30am Babington Hospital Clinic</p>	<p>Two Lanes 3 miles Walk up to Wildersley Lane and along Kirks Lane</p>
<p>Wednesday 26th December</p> <p>NO WALK</p>	<p>BOXING DAY</p> <p>NO WALK</p>

ALL WALKS ARE UNDERTAKEN AT WALKERS OWN RISK,
PLEASE NOTE: THAT DOGS ARE NOT PERMITTED ON
THESE PARTICULAR WALKS

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 visit ambervalley.gov.uk

**Walks for October, November &
December 2018**

<p>Wednesday 3rd October 10am – 11.30am Babington Hospital Clinic</p>	<p>Duffield Round Cafe 3 miles 6.4 bus to Duffield bus shelter stop, circular</p>
<p>Wednesday 10th October 10am – 11.30am Outside Poundland 10.10am</p>	<p>Bessalone 3 miles 7.1 bus to Windmill Lane, walk over Bessalone</p>
<p>Wednesday 17th October 10am – 11.30am Babington Hospital Clinic</p>	<p>Lower Chevin 3 miles Over pontoon bridge, along Chevin and over the fields to river path</p>
<p>Wednesday 24th October 10am-11.30am Belper train station 9.55am</p>	<p>Cromford Canal Ambergate 3 miles 10.01 train to Whatstandwell, walk to Ambergate</p>
<p>Wednesday 31st October 10am – 11.30am Outside Poundland 10.10am</p>	<p>Holbrook Shaw Lane 3 miles 7.1 bus to Holbrook, walk back via Wildersley Lane</p>

<p>Wednesday 7th November 10am – 11.30am Outside Poundland at 9.55am</p>	<p>Heage to Belper 3 miles 6.3 bus to Heage and back to Belper via Bessalone</p>
<p>Wednesday 14th November 10am – 11.30am Outside Wilko's at 10am</p>	<p>Lower Hartsay 3 miles 143 bus to Lower Hartsay, walk back to Ambergate</p>
<p>Wednesday 21st November 10am – 11.30am Babington Hospital Clinic</p>	<p>Poetry Trail 3 miles The Belper poetry route</p>
<p>Wednesday 28th November 10am – 11.30am Belper train station 9.55am</p>	<p>Attenborough 3 miles 9.59 train to Attenborough</p>

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