

Get Active in the Forest

Get Active in the Forest is a community project, which has been providing physical activity opportunities in South Derbyshire for over 20 years. The aim of Get Active in the Forest is to help you get active, stay healthy, enjoy friendly company and get out in the beautiful countryside of South Derbyshire and the National Forest.

New or returning
to exercise?

Want to
get more
active?

Walks led by
trained walk
leaders

1 to 5 mile
walks



For further details on any of
our activities, please email
Get.Active@southderbyshire.gov.uk
or call 01283 595906


GET ACTIVE
IN THE FOREST

REGULAR WALKS (all walks are free)

MONDAY		No. of miles
10.30 - 11.30am	Hilton Walk (meet at The Hilton House Hotel)	1 - 3
2 - 3.15pm	Calke Abbey Walk (no walk on 5th Monday of the month or Bank Holidays)	1 - 3
2.30 - 3.30pm	National Memorial Arboretum Walk (ask at the Welcome Desk for the days meeting point)	2
TUESDAY		
10 - 10.30am	Measham Walk (meet in Peggs Close Car Park, Measham)	1 - 1.5
1.30 - 3pm	Overseal Walk (meeting places vary, please call before attending)	3 - 5
WEDNESDAY		
10 - 11am	Green Bank Leisure Centre Walk, Swadlincote (meet in the café area)	1 - 2.5
THURSDAY		
9.15 - 10.15am	Albert Village Lake Buggy Walk (meet at Albert Village Lake Car Park)	2
10 - 10.30am	Measham Walk (meet in Peggs Close Car Park, Measham)	1 - 1.5
10.30 - 12noon	Measham Longer Walk (Meeting places vary. Please contact walk leader on 07956 299700)	3 - 5
1.30 - 2.30pm	Willington Walk Please call before attending. (meet at canal/picnic area car park)	2 - 3

All of our walks are led by trained walk leaders. We have a range of walks to suit everyone, from those who have not walked much before, are looking to be more active, or are returning to exercise after injury or illness, all the way through to those looking for more challenging walks of up to 5 miles. Please contact us for more information on the details given below.



REGULAR ACTIVITIES

TUESDAY

10 - 11am	Nordic Walking Currently postponed	£3.80 or £2 if you have your own poles
3 - 4.30pm	Tai Chi (suitable for beginners) Currently postponed	£4.50 per person

WEDNESDAY

10 - 11am	Nordic Walking Elvaston Castle (meet in courtyard near café)	£3.80 or £2 if you have your own poles
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THURSDAY

10 - 11am	Nordic Walking Rosliston Forestry Centre (meet on picnic area)	£3.80 or £2 if you have your own poles
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FRIDAY

10 - 11am	Friday Cycling Currently postponed	£3.80 or £2 if you use your own bike
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For the most up to date information on any of our walks and activities please call us on 01283 595906 or email get.active@southderbyshire.gov.uk To keep up to date with all of our sessions, follow our facebook page:  Get Active in the Forest



OBTAINING ALTERNATIVE VERSIONS OF THIS DOCUMENT

If you would like this document in another language, or if you require the services of an interpreter, please contact us.

This information is also available in large print, Braille or audio format upon request.

Phone: 01283 595795

Email: customer.services@southderbyshire.gov.uk

This information was correct at the time of publication



For public transport information

Tel: 0870 608 2608

