

# 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**



Supported by the  
National Forest

For further details on any of  
our activities, please email  
[Get.Active@southderbyshire.gov.uk](mailto:Get.Active@southderbyshire.gov.uk)  
or call 01283 595906

  
**GET ACTIVE**  
IN THE FOREST

# REGULAR WALKS (all walks are free)

MONDAY		Number of miles
10.30 - 11.30am	Hilton Walk (meet at Hilton Brook Pub, DE65 5FG no walk on Bank Holidays)	2 - 3
1.45 - 3.15pm	Calke Abbey Walk (no walk on 5th Monday of the month or Bank Holidays)	1 - 3
2 - 3pm	National Memorial Arboretum Walk (ask at the Welcome Desk for the day's 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
10.30 - 11.30am	Rosliston Forestry Centre (meet in the courtyard by the outdoor classroom, at the back of the café building)	2 - 2.5
THURSDAY		
10 - 10.30am	Measham Walk (meet in Peggs Close Car Park, Measham)	1 - 1.5
10 - 11am	Coronation Park Walk (meet at Coronation Park car park, William Nadin Way, DE11 0UH)	2.5 - 3
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
7 - 8pm	Elvaston Castle Night Walk (meet at Thulston village green opposite the Harrington Arms entrance)	3 - 5
FRIDAY		
10 - 11am	Heartwood Surgery Walk (meet in the Reception area)	1 - 2
10 - 11am	Rosliston Forestry Centre (meet by the Hub café)	2 - 3

Only assistance dogs are allowed on these walks.

# REGULAR ACTIVITIES

## MONDAY

2 - 4pm	<b>Drop In Gardening (DIG)</b> For more information, call 01283 535039 or email <a href="mailto:rosliston@southderbyshire.gov.uk">rosliston@southderbyshire.gov.uk</a>	FREE  Environmental Education Project
8 - 9pm	<b>Walking Football</b> Green Bank Leisure Centre (Meet in the sport's hall, no sessions on a bank holiday)	£5 a session First session FREE

## TUESDAY

10 - 3pm	<b>Rosliston Rangers</b> 2nd and 4th Tuesday each month For more information, call 01283 535039 or email <a href="mailto:rosliston@southderbyshire.gov.uk">rosliston@southderbyshire.gov.uk</a>	FREE  Environmental Education Project
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## WEDNESDAY

10.30 - 11.30am	<b>Tai Chi</b> Rosliston Forestry Centre For more information, call 01283 563483	£3.50 per session  Painting the Rainbow Community Based Tai Chi for everyone
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## THURSDAY

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

10 - 11am	<b>Friday Cycling</b>	£3.80 or £2 if you use your own bike
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**Birdwatching for Beginners** - FREE guided walks for people interested in birds and also wildlife photography. Walks take place at Rosliston Forestry Centre usually the 3rd Sunday of the month 9-11am. For more details contact [birdingfor@gmail.com](mailto:birdingfor@gmail.com)



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](mailto: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](mailto:customer.services@southderbyshire.gov.uk)**

This information was correct at the time of publication

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.



**For public transport information**  
**Tel: 0870 608 2608**

