



Walks Programme

Guided walks exploring South Derbyshire

Welcome to the 2017 walks programme!

This booklet includes walks throughout the Year to complement the seasons. No need to book, just turn up on the day and enjoy!



Get Active in The Forest

Welcome to a new Year of family friendly walks which form part of the Get Active in The Forest Project to help you get active, stay healthy, enjoy friendly company and beautiful countryside. In our guide you will find a walk to suit everyone at all times of year. So get out, get active and discover.

The walks last between 45 and 60 minutes and are led by trained walk leaders. Please wear comfortable shoes and bring some waterproof clothing.

For more information on any our walks please contact Debbie or Tor on 01283 563483

Environmental Education Project

The Environmental Education Project also organises walks and events with an environmental, cultural and/or heritage theme. We also run wildlife events and school visits around the District. Contact us for more information.



Environmental
Education
Project



Environmental Education Project
at Rosliston Forestry Centre

For more information ring 01283 535039
or email rosliston@south-derbys.gov.uk

www.south-derbys.gov.uk/environmentaleducation #RoslistonEnvEd

WALK INFORMATION-ALL WALKS

There is no need to book (unless stated): just turn up 15 minutes before the start time

Dogs are not allowed unless they are a support for someone with a disability

South Derbyshire District Council/Get Active in the Forest or the walk leader cannot accept responsibility for any damage, loss or injury which may occur during the walk, nor cancellation due to adverse weather or unforeseen circumstances.



Melbourne Footpaths Group

The group aims to improve rights of way around Melbourne and neighbouring villages and to promote Melbourne as a 'Walkers are Welcome' town— the first in Derbyshire.

We very much welcome volunteers to help with this work.

www.melbournefootpathsgroup.org.uk
or call 0770 8435469

Overseal Footpaths Group

Overseal Footpaths Group is dedicated to promoting and improving the rights of way network around the village.

For more information contact the Environmental Education Project.



Monday 2nd January, 2pm **New Year's Resolution Walk**

Walk off a few Christmas pounds and start the Year as you mean to go on! Join us for a Winter walk through Calke Abbey's wonderful parkland.

Meet at 1:45pm for 2pm start in Calke Abbey main car park. (In partnership with The National Trust) For further information call :

01283 563483

2.5 miles 0 stiles

Price: £1



Saturday 18th February, 2:30pm **Winter Woodland Walk**

Enjoy a brisk walk around Rosliston Forestry Centre, and take in the beautiful scenery on display late on a Winter's day afternoon. Afterwards, warm up with a hot chocolate in the Hub café.

Meet at 2:15pm for 2:30pm start in Rosliston Forestry Centre Foyer.

2 miles, 0 stiles

Price: £2.50 (includes hot chocolate)



Saturday 18th March, 1pm **Time for a cuppa**

Dementia Charity walk

Join us on a walk around Rosliston Forestry Centre in aid of the Dementia Charity. Enjoy this early Spring walk followed by a hot drink and a biscuit. Donations requested. All monies will go to support this wonderful charity.

Meet at 12:45pm for 1pm start in Rosliston Forestry Centre Foyer.

2 miles, 0 stiles



Sunday 9th April, 10am **Village Walk**

Take a walk with us along the paths of Rosliston Forestry Centre, and through Rosliston Village for a visit to Beehive Farm café, where we will stop for refreshments before walking back to the Forestry Centre.

Meet at 9:45am for 10am start in Rosliston Forestry Centre Foyer.

3 miles, 0 stiles.

Price: £1 per person (does not include refreshments at Beehive café)



Saturday 29th April Dawn Chorus Walk at Rosliston Forestry Centre



Join us for a leisurely walk with bird expert Dave Scattergood to discover the wonders of the dawn chorus.

Suitable for children over 12 and adults.

Booking essential

Meet 5.00am at Rosliston Forestry Centre foyer.

2 miles Price: £8.00 per person
(includes hot snack and drink).

Sunday 7th May, 11am Bluebell Walk

Join our annual pilgrimage to the nearby 'hidden' bluebell wood. Bring your camera. Please note that there are a few stiles en route.

Meet at 10:45am for 11am start in Rosliston Forestry Centre Foyer.

2 miles, some stiles Price: £1 per person

Saturday 13th May, 10:30am Teddy Walk



Your little ones will love this Teddy walk. Follow Bertie Bear on his adventures around Swadlincote Woodlands. This guided walk takes you through the woodlands whilst reading the story of Bertie Bear on his trail.

Meet at 10:15am for 10:30am start in Swadlincote Woodlands car park.

1 mile, 0 stiles Price: No charge



Thurs 25th May, Thurs 29th June 2-4pm 'Made in Swadlincote' Walks

Join us for one or both of these fascinating walks, looking at the history of Swadlincote over the last 100 years, led by the Magic Attic.

Meet at 1:45pm at Sharpe's Pottery Museum.

1 mile, 0 stiles. Price: £2 per person per walk

Saturday 10th June, 10am

Bird Walk

Learn a little about Rosliston Forestry Centre's feathered friends as you walk with expert Brian George.

Meet at 9:45am for 10am start in Rosliston Forestry Centre Foyer.

2 miles, no stiles. Price: £1

Sunday 2nd July, 2pm

Butterfly Walk



Join our local enthusiast Peter Brewster on a butterfly safari around the site. Walkers will be given a butterfly identification chart, and nets to use during the walk, to catch and identify the many different types of butterfly that can be seen throughout the Summer. Perfect for children and adults alike!

Meet at 1:45pm for 2pm start in Rosliston Forestry Centre Foyer, Burton Road, Rosliston DE12 8JX.

2 miles, 0 stiles Price: £1 per person

Thurs 3rd Aug 2-4pm



'Swadlincote Heritage Trail walk'

Find out more about Swadlincote's new Heritage Trail on this walk led by the Magic Attic. Part of Swadlincote Townscape project

Other details same as 25th May/29th June



Saturday 9th September, 11am

Bacon Buttie Walk

Get out in the Autumn sunshine. Join us on a walk around Rosliston Forestry Centre, stopping off for a bacon buttie at the Bull's Head in Rosliston village.

Meet at 10:45am for 11am start in Rosliston Forestry Centre Foyer.

2 miles 0 stiles **Price: £4.00 per person**
(includes bacon buttie)



Tues 19th September, 6.30

-8.15pm

Bat

Walk



An opportunity to find out about bats – where they live, what they eat and how they find their way in the dark.

Led by Derbyshire Bat Group.

Meet at Rosliston Forestry Centre classroom.

£2.50 per person

Suitable for children over 10 and adults.

1.5miles 0 stiles **Price: £2.50 per person**

Sunday 8th October, 9:30am

Photography Walk

Join us for this hour and a half photography walk around Rosliston Forestry Centre. The walk will be led by a professional photographer, who will be able to give tips on how to get the best from your photos this Autumn.

Bring your own camera. This short walk (approx. 1 mile) may take you through long grass, so sturdy footwear is advisable.

Meet at 9:15am for 9:30am start

1 mile, 0 stiles.

Price: £2.50 per person



Sunday 5th November, 10am

Nordic Walking Taster Session

Walking, only smarter! Burn up to 40% more calories during your walk! This taster session will introduce you to the basics of Nordic Walking. Led by a qualified Nordic Walking instructor.

Meet at 9.45am for 10am start in Rosliston Forestry Centre Foyer. Booking essential as places are limited. Call 01283 563483

Price: £3 with pole hire, £1.50 if bringing own poles.



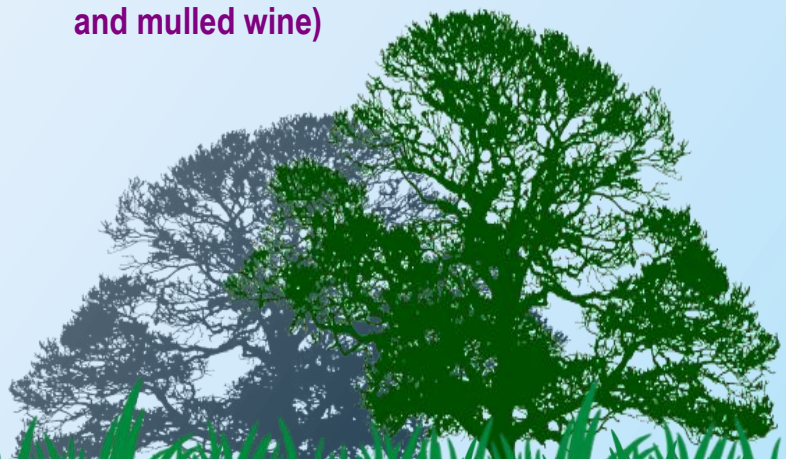
Saturday 9th December, 2pm

Mince Pie and Mulled Wine Walk

Come and be merry! Enjoy a bracing walk around the Centre, finished off with a glass of mulled wine and a mince pie.

Meet at 1:45pm for 2pm start in Rosliston Forestry Centre Foyer. 2 miles, 0 stiles.

Price: £3.50 per person (includes mince pie and mulled wine)



Regular Activities

MONDAY

6 – 7pm (May – Oct only)	Nordic Walking Rosliston Forestry Centre (meet in the games room)	£1.50 if using own poles, £3 if hiring poles
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TUESDAY

10:30 – 11:30am	Strolling Strong Pushchair Exercise Walk Newhall Park (meet by the childrens play area near the small car park)	£1.50
1:15 – 2:15pm	Tai Chi (suitable for beginners) Hilton Village Hall	£5 per person (Run independently, supported by Get Active)
3 – 4.30pm	Tai Chi (suitable for beginners) Rosliston Forestry Centre	£3.50 per person

WEDNESDAY

10 – 11am	Nordic Walking Elvaston Castle	£1.50 if using own poles, £3 if hiring poles
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THURSDAY

10 – 11am	Nordic Walking Rosliston Forestry Centre (meet inside main foyer)	£1.50 if using own poles, £3 if hiring poles
10.30 – 11.30am	Strolling Strong Pushchair Exercise Walk Rosliston Forestry Centre	£1.50

FRIDAY


10 – 11am	Over 50's Cycling Rosliston Forestry Centre	£1.50 if using own bike, £3 if hiring a bike
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Regular Walks (all walks are free)

MONDAY		GRADING
10:30 – 11:30am	Hilton Health Walk (meet at Hilton Brook pub)	  
2 – 3pm	Calke Abbey Health Walk (no walk on 5th Monday of the month)	
2.30 – 3.30pm	National Memorial Arboretum Walk (meet in cafe area)	 
TUESDAY		
10.30 – 11.30am	Pushchair Health Walk Rosliston Forestry Centre	 
1.30 – 3pm	Overseal Walk (meet places vary, please call before attending)	 
WEDNESDAY		
10 – 11am	Green Bank Leisure Centre Health Walk (meet in the cafe area)	 
10.30 – 11.30am	Swadlincote Buggy Walk (meet at play area at Sharpe's Pottery Museum)	 
1 – 2pm	Gresleydale Surgery Health Walk (meet inside waiting room)	
2pm	Calke Long Walk (every 3rd Wednesday of the month)	 
THURSDAY		
1.30 – 2.30pm	Willington Health Walk (meet at canal/picnic area car park)	
2 – 3pm	Newhall Health Walk (meet at Old Post Centre, inside cafe)	
FRIDAY		
2 – 3pm	Oakland Village Health Walk (meet in Oakland Village, main reception)	 

GRADING:  Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps/stiles.

 Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes and uneven surfaces.

 For people looking for more challenging walks and increasing their level of physical activity. They are generally 45-90 minutes and may include steeper slopes, uneven surfaces and steps.

Only assistance dogs are allowed on these walks.



**For other outdoor events at Rosliston Forestry Centre, across
The National Forest and beyond go to:**

**www.roslistonforestrycentre.co.uk
www.south-derbys.gov.uk/environmentaleducation
www.nationalforest.org
www.thenationalforestwalkingfestival.org.uk
www.healthiersouthderbyshire.org**



@RFC1993



Rosliston Forestry Centre

**For a different type of exercise,
come and help in the wildlife/herb gardens
at Rosliston Forestry Centre DE12 8JX
on Monday afternoons:
2-4pm Winter 2:30-4:30 Summer
Ring 01283 535039
or email Rosliston@south-derbys.gov.uk
for more information**

**If you require this information in large print or in
another language please phone:01283 595795 or
email: customer.services@south-derbys.gov.uk**



**THE NATIONAL
FOREST**