

# 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.

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.



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	<b>Hilton Walk</b> (meet at Hilton Brook Pub, DE65 5FG no walk on Bank Holidays)	2 - 3
1.45 - 3pm	<b>Calke Abbey Walk</b> (Meet at Round House near ticket office, no walk on 5th Monday of the month or Bank Holidays)	1 - 3
2 - 3pm	<b>National Memorial Arboretum Walk</b> (ask at the Welcome Desk for the day's meeting point)	2
TUESDAY		
10 - 10.30am	<b>Measham Walk</b> (meet in Peggs Close Car Park, Measham DE12 7LJ)	1 - 1.5
1.30 - 3pm	<b>Overseal Walk</b> (meeting places vary, please call before attending)	3 - 5
6.30 - 7.30pm	<b>Swad Joggers Walk</b> (Autumn/Winter - meet at Swadlincote Library, Spring/Summer - meet at The Bandstand at Maurice Lea Memorial Park)	3
WEDNESDAY		
10 - 11am	<b>Green Bank Leisure Centre Walk, Swadlincote</b> (meet in the café area)	1 - 2.5
10.30 - 11.30am	<b>Rosliston Forestry Centre</b> (meet in the courtyard by the outdoor classroom, at the back of the café building)	2 - 2.5

**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)



Only assistance dogs are allowed on these walks.

## THURSDAY

Number  
of miles

10 - 10.30am	<b>Measham Walk</b> (meet in Peggs Close Car Park, Measham DE12 7LJ)	1 - 1.5
10 - 11am	<b>Coronation Park Walk</b> (meet at Coronation Park car park, William Nadin Way, DE11 0UH)	2.5 - 3
10.30 - 12noon	<b>Measham Longer Walk</b> (meeting places vary, please call before attending)	3 - 5
1.30 - 2.30pm	<b>Willington Walk</b> (meet at canal/picnic area car park DE65 6BP)	2 - 3
6.30 - 7.30pm	<b>Swad Joggers Walk</b> (Autumn/Winter - meet at Swadlincote Library, Spring/Summer - meet at The Bandstand at Maurice Lea Memorial Park)	3
7 - 8pm	<b>Elvaston Castle Night Walk</b> (meet at Thulston village green opposite the Harrington Arms car park entrance. Please bring a headtorch if you have one)	3 - 5

## FRIDAY

9.15 - 10.30am	<b>Trails and Tales Ladies walk</b> (meeting places vary in and around Burton-upon-Trent and Shobnall area, please call walk leader before attending on 07955 727545)	1 - 2
10 - 11am	<b>Heartwood Surgery Walk</b> (meet in the Reception area, Heartwood Medical Practice, Civic Way, Swadlincote)	1 - 2
10 - 11am	<b>Rosliston Forestry Centre</b> (meet at the staff car park area)	2 - 3

# 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
1.30 - 2.30pm	<b>Parkinson's Nordic Walking Group</b> Join us for this weekly social group for people with Parkinson's and their families. Walk, Nordic Walk, or hire one of our mobility scooters and join us for the scenery and chat. Followed by a hot drink .	£2.50 (carers free)

## WEDNESDAY

9.30 - 10.30am	<b>Tai Chi Beginners</b> Rosliston Forestry Centre For more information, call 01283 563483	Charges apply
10.45 - 11.45am	<b>Tai Chi Intermediate</b> Rosliston Forestry Centre For more information, call 01283 563483	Charges apply

## THURSDAY

10 - 11am	<b>Nordic Walking</b> Rosliston Forestry Centre (meet on picnic area)	£4.50 or £2.50 if you have your own poles
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## FRIDAY

10 - 11am	<b>Friday Cycling</b> Rosliston Forestry Centre (meet by the Hub café)	£4.50 or £2.50 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](mailto:get.active@southderbyshire.gov.uk)

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.

For public transport information  
Tel: 0870 608 2608

