



Erewash **walking** week

11 - 17

April 2022

Join us for guided walks around Erewash.
Great fun for every member of the family.



WALK
Derbyshire



Let's get walking!

Welcome to Erewash Walking week. This event is packed with opportunities to join led walks, or some self-guided trails. Many of the walks are accessible for all ages and abilities. Whether you're interested in learning about the local history, exploring nature, socialising, or pushing yourself, there's something for all ages and abilities.

Walk Derbyshire is a countrywide campaign to encourage people to walk and create a culture of walking, as part of everyday life, to help improve both physical and mental wellbeing. The aim is to create a social movement in which Derbyshire becomes a walking county where people can join a walking group, find routes easily or walk from their doorstep.

Find out more about walking opportunities in your local area.
erewash.gov.uk/community-health-and-wellbeing-development/walking

It's time to grab your boots and friends, and head outdoors! We hope you enjoy exploring the scenery of Erewash.

Key information

- All walks are FREE
- See each walk for the booking information
- Please wear suitable shoes and clothing
- Children must be supervised
- Please come prepared – bring a water

Become a volunteer walk leader

Throughout Erewash our trained volunteers lead our weekly walks. We are always on the lookout for new volunteers! If you enjoy the outdoors, like meeting new people, giving back to your community, whilst keeping active then why not become a walk leader? Through our free training, you will receive ongoing support from the Walk Derbyshire Scheme and other experienced volunteers.

If you are interested in volunteering email: kathleen.taylor@erewash.gov.uk

“Being a walk leader gives you a great sense of purpose and achievement, I've been doing it 14 years, I've met so many great people through these groups.”

“I started coming because I was worried about my fitness after being diagnosed with Type 2 Diabetes. My health has really improved since!”

“It's not just the walking aspect, there's a big social side to it too. I've made some really good friends since coming, we often go out and on trips together too.”

Key



Easy - flat terrain



Medium - mixed terrain



Hard - hills / challenging



Suitable for children



Waterproof footwear recommended



Dogs on lead welcome



Suitable for pushchairs



Suitable for wheelchairs



Booking required



Toilets



Mon

11

April

Bennerley Viaduct

Skywalk

Walk 1

Time: 10am
Distance: 1.2 miles with some climbs
Meeting Point: Ramp access to viaduct as shown on map

Walk 2

Time: 1pm
Distance: 1.2 miles with some climbs
Meeting Point: Ramp access to viaduct as shown on map
 Awsworth Rd, Ilkeston DE7 8PX
Limited parking

Come and learn the fascinating history of Bennerley Viaduct and enjoy magnificent views of the Erewash Valley on this guided walk. Discover and experience this magnificent monument to our industrial past and learn about the role of the community in bringing this Iron Giant back to life after 54 years of closure.

This will include walking on both the Nottingham and Erewash Canal towpaths, on top of the viaduct and under the viaduct. There will be lots of time for talking and telling the fascinating story of Bennerley Viaduct. There will also be the opportunity to buy Bennerley Viaduct cards, souvenirs and merchandise.

Decent Footwear recommended as it can be wet and muddy under the viaduct.
 Booking needed. **Bookings:** kathleen.taylor@erewash.gov.uk



Dockholme Canal Walk

Walk Derbyshire

Time: 10am - 11am
Start and Finish: Long Eaton Town Hall
Distance: 2-3 miles
Toilets: At the beginning (Long Eaton Town Hall)
Parking: ASDA car park

A pleasant walk up the Erewash Canal to Dockholme Lock and return through Toton Washlands. The highlights of the walk will be walking along the canal seeing all the boats and the wildlife. No booking needed.



Mon

11

April



Mon
11
April

Monday Strollers

Walk Derbyshire

Time: 10am - 12pm
Start and Finish: Victoria Park Leisure Centre
Distance: 3 miles
Parking: Victoria Park Leisure Centre

A walk around Ilkeston starting through Victoria Park, across Rutland Rec, and through towards Chaucer school.

Following the path along the canal and back up Station Road. Heading through Ilkeston back towards Victoria Park. No pushchairs.



Mon
11
April

Breastfeeding Network Family Walk

West Park, Long Eaton

Time: 10am - 11pm
Start and Finish: Bench near butterfly gates and car park
Distance: 1 mile
Parking: West Park car park

Join our walk with supportive and informed Breastfeeding Network trained volunteers, to talk about feeding and all things parenting.



Long Eaton
Breastfeeding Support



A great opportunity to meet other local parents and carers. This is a gentle walk of around 45 minutes. We aim to start at 10am and finish at 11am, allowing for breaks and delays. This walk is flat and we will stay on tarmacked paths which are buggyfriendly. Slings, backpack carriers and mobile babies (under close adult supervision) are very welcome.

We will meet to the side of the leisure centre and our volunteers will be ready to welcome you from 9.45am. The volunteers will be visible with high-vis jackets on and there is a bench should you need to feed your baby before we set off on the walk. The Breastfeeding Network has over 70 volunteers in Derbyshire, providing breastfeeding peer support to families all across the county. In Erewash, there are two Breastfeeding Network groups: Long Eaton Breastfeeding Support (LEBS) and Cradles in Ilkeston. The groups are run by experienced peer supporters who are all local mums.



Tues
12
April

Nature Foraging Walk in Draycott Elephant Rooms

Time: 9am - 10.30am
Start and Finish: Elephant Rooms
Health and Wellbeing
Centre, 36 South St,
Draycott
Distance: 2-3 miles
Toilets: At the beginning
Parking: Road parking, outside
Elephant Rooms



Elephant Rooms is located in the heart of Draycott. It is a social enterprise venture offering a wide range of classes, therapies, groups and courses focussed on health and wellbeing. Join us at the Elephant Rooms as we connect to our gatherer roots and immerse ourselves in nature with a Spring Foraging walk. On this walk we will learn all about wild edibles and their medicinal properties. We will feel back to a time when our deep connection with Mother Earth was collective and foraging native plant allies was the norm. On this walk we will be hunting for plants/herbs such as; wild garlic, wild garlic mustard, mallow, bramble, plantain and more. We will discuss their history, how and why we came to use them and how we can use them in our own kitchens and their healing benefits. No dogs.

Bookings: Helen Patilla | elephantroomsdraycott@gmail.com | 07375 468005



Tues
12
April

Nordic Walking

Taster Session

Time: 11.45am - 12.30pm
Start and Finish: Meeting in the car
park behind Victoria
Park Leisure Centre
Ilkeston
Distance: 1 mile
Toilets: Victoria Park LC
Parking: Victoria Park LC



Have a go at Nordic Walking! Nordic Walking uses specially designed poles - not to be confused with trekking poles – to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross-country skiing, Nordic Walking is a genuinely whole body exercise that can be enjoyed at many levels, at low, medium or high intensity. Walking poles provided. Rachel is a qualified instructor with British Nordic Walking, the only UK organisation affiliated to INWA, the International Nordic Walking Federation.

Bookings: nordicrachel@gmail.com



Tues
12
April

Stanley & Baldock Mill

Walk Derbyshire

Time: 10.45am
Start and Finish: Stanley Post Office
Distance: 3.5 miles
Parking: Street parking - near Stanley Post Office



Starting in Stanley, heading up Dale road and through fields to Baldock Mill. The walk involves a steady hill, and some stiles. As well as beautiful views surrounding Stanley.



The footpath is a bit rugged and muddy fields so firm footwear is recommended. If the weather is bad an alternative route using footpaths to Mapperley will be used (5 miles).

No booking needed

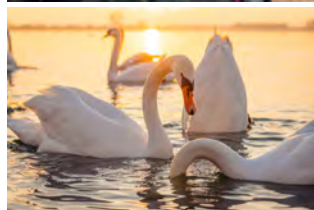
A photograph of a woman with blonde hair, wearing a dark jacket and a backpack, taking a photo of a path with trees in the background. The path is dirt and leads into a wooded area with trees showing autumn foliage.

PHOTOGRAPHY COMPETITION

whilst you are on your walks why not take photos to enter in our nature photography competition. You can enter 2 categories: Nature and Wildlife.

The top 5 photos from each will be displayed in Ilkeston museum and Long Eaton Town Hall! And win a £10 one4all voucher.

Email your entries to SportsDevelopment@erewash.gov.uk



Photography competition will be judged by Sawley Youth Group

Wed
13
April

Draycott Walk

Erewash Ramblers

Time: 10.30am - 1pm
Start and Finish: Car park behind
Draycott fish and chip
shop
Distance: 4 miles
Toilets: 250m from start point
Parking: Car park behind
Draycott fish and chip
shop



A circular walk around the Draycott area. We will be following the field paths to Derby/Sandiacre canal path and through to the canal cottages. On return the route will take us through further fields with one stile on the route and two tea rooms available at the end of the walk.

Walkers will need stout walking shoes/boots and some protective clothing in case of bad weather plus a drink and snack as we will have a short break on route. Dogs are welcome if owners are responsible and they're kept on a lead.

No booking or membership needed.

Contact: Brian Marshall 01332873849



Wed
13
April

Walking Football

Taster Session

Time: 10.30am - 12pm
Start and Finish: Cotmanhay
Community Network
Building

For ages 18+. Join our free walking football group. We use football and physical activity to increase self-esteem, build confidence, improve fitness levels and meet new people. The session will be fun, free, welcoming and carried out by qualified coaches in a safe environment. Open to all abilities.

For more information email:
Mark Clifford – manorfdn@gmail.com



*Manor
Foundation*



Wed
13
April

Fibro Active Walk

for Fibro and CFS sufferers
and Carers



Time: 10.30am - 1pm
Start and Finish: Cafe stop 12pm - 12.30pm
Distance: ½ mile – 1 ½ mile
Toilets: At cafe & Leisure Centre
Parking: Leisure Centre car park at Butterfly gates



Fibro Active is a support group for people with Fibromyalgia and Chronic Fatigue Syndrome and their carer's.

We attend gentle flat walks on West Park, Long Eaton every Wednesday subject to weather. The walks can be divided according to ability. We stop off at the café for a cuppa and chat on the way round.



This walk is for people aged 18+ only. We will welcome all sufferer's and carer's. Please book before attending. Mobility scooter users welcome. Manual wheel chair users must come with a carer to push.

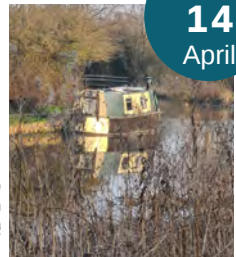
Bookings: julie@fibroactive.co.uk | 07944111190



Thur
14
April

Sandiacre Heritage Walk

Time: 2pm - 4pm
Start and Finish: Sandiacre Library
Distance: 2 miles
Toilets: Library and public toilets on Longmoor Lane
Parking: Doncaster Avenue
Recreational ground



Sandiacre Now and Then: A walk around some of Sandiacre's historical heritage.

Starting and finishing at the library, the walk takes in a number of remaining historical landmarks, (industrial, educational, religious and social), and walkers will also be able to view photographs of long lost landmarks at appropriate stopping places. 12 spaces on this walk so please email to book. The route is easy with street pavements and tarmac public footpaths.



Bookings: Kathleen.taylor@erewash.gov.uk | 07929731026



Thur
14
April

River Trent and Trent Meadows

Erewash Ramblers



Time: 10.40am - 2.15pm
Start and Finish: Trent Lock
Distance: 6 miles
Toilets: At start of route
Parking: Trent Lock - free car park

A circular walk starting at Trent Lock. Following the riverside footpath to Sawley Marina and return via Lock Lane to Trent Lock (where walk can be cut short if desired).



Then onwards via the canal towpath to Cranfleet Lock and returning via Trent Meadows. Walkers will need stout walking shoes/boots and some protective clothing in case of bad weather plus a drink and snack as we will have a short break on route.

Dogs are welcome if owners are responsible and they're kept on a lead. No booking or membership needed. **Contact:** Brian Bennett - 0115 9723615



Thur
14
April

Soul Steppin'

Taster Session

Time: 7.30pm - 8.30pm
Start and Finish: West Park Leisure Centre
Toilets: In the centre
Parking: West Park Leisure Centre

Come and join us for a taster session! Soul Steppin' or Soul Line Dancing is a fun dance class with the emphasis on dancing in unison/formation. (i.e Candy Dance, Cha Cha Slide, Jerusalem Dance).

Your instructor Simon will take you through each step in a way everyone can easily manage. On the way we'll have some fun dancing to popular music from the 80's to present day. Up to 3000 steps can be achieved in 1 hour. Wear comfortable casual clothing e.g. leggings, trackies. Trainers or thick socks.

Contact: Text or call Simon - 07977491272



Thur
14
April

Nordic Walking

Taster Session

Time: 11.45am - 12.30pm
Start and Finish: Meeting in the car park at Rutland Sports park, Ilkeston
Distance: 1 mile
Toilets: Rutland Sports Park
Parking: Rutland Sports Park



Have a go at Nordic Walking! Nordic Walking uses specially designed poles - not to be confused with trekking poles – to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross-country skiing, Nordic Walking is a genuinely whole body exercise that can be enjoyed at many levels, at low, medium or high intensity. Walking poles provided. Rachel is a qualified instructor with British Nordic Walking, the only UK organisation affiliated to INWA, the International Nordic Walking Federation.

Bookings: nordicrachel@gmail.com



Thur
14
April

Rethink Walk

West Park, Long Eaton

Time: 12pm - 2pm
Start and Finish: Lime Terrace next to Long Eaton Family Support Centre
Distance: 2 miles
Toilets: West Park LC
Parking: West Park LC



Join a Long Eaton Walking Group aimed at anyone wanting to improve their mental and physical wellbeing through a steady and social stroll around West Park.

We do encourage people to contact the Group Development Worker before they attend for the first time but can then inform the facilitator thereafter. Dogs are welcome if they are kept on a lead and under control at all times.

Bookings: Contact Ben at ben.gough@rethink.org for more information or to let the group know you wish to attend.



Fri
15
April

River Trent Stroll with Age UK Walk Derbyshire



Time: 2pm - 3.15pm
Start and Finish: Trent Meadows car park
Distance: 2.5 miles
Toilets: Possible stop at Spring Lakes for refreshments
Parking: Trent Meadows car park



Join our 15 minute warm up with Jo Briggs showing us the super six challenges which aims to improve balance and reduce risk of falls. Anyone can have a fall so let's learn how to decrease this risk and plan ahead!

The walk will take you through Trent Meadows car park we cross over the gravel pit bridge to the path alongside the River Trent. Turning right we keep on this path for about 1 mile where we turn right again to follow the track to the bottom of Pasture Lane. We join the path alongside this up to Spring Lakes where we can either stop for refreshments with toilet facilities or join the road again and follow it back to Meadow Lane. This walk has lovely views over the river to the villages of Barton and Thrumpton.

No Bookings needed.



TAGTAP AR

Use Tag Tap To Explore Your Local Area, And Take Part In Daily Challenges To Move You Up The Leader Boards!

TagTap AR is a free interactive community focused game for everyone! TagTap is an Augmented Reality App allows players to compete with one another by collecting the most points and being hailed the TagTap AR Boss!

Simply download the app from the App Store or Google Play, sign up and start TagTapping. Use the map to find and locate TagTap markers, open the AR viewer and tap the TagTap to collect the point or click the "Activity and Info" button to open up challenges. The more you walk, and the more tags you collect, the more points you win!

Join Players from across the UK to become the TagTap Boss.

Use TagTap to explore Erewash this Easter and collect Easter Eggs. The app can continue to be used throughout the year, keeping on theme with different celebrations and seasons!



Sat
16
April

Shipley Park and Smalley Dam

Erewash Ramblers



Time: 10.30am - 2pm
Start and Finish: Mapperley Reservoir car park
Distance: 5.8 miles
Parking: Mapperley Reservoir car park - pay and display



A circular walk through Mapperley village and along the path parallel to the disused railway line to Smalley Dam and returning via Bell Lane. The walk involves up to 10 stiles and the possibility of livestock. There are some short cuts available, weather dependent. Walking boots are recommended for this walk. No booking and membership needed.

Contact Derek Stobbs 07973 254317 for further information.



Sat
16
April

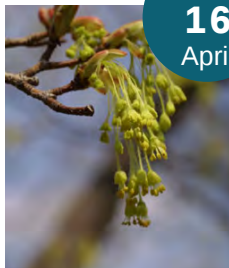
Tree Trail

West Park, Long Eaton

Time: 10am - 12pm
Start and Finish: **Start:** West Park Leisure Centre car park.
Finish - Broad Street entrance
Distance: 1 mile
Parking: West Park LC

Learn more about the various trees of West Park with Long Eaton Natural History Society Wildlife Group – LENS aims to further the protection, conservation, awareness and study of local wildlife, flora and fauna. If you would like a copy of the Tree Trail please email parks@erewash.gov.uk.

No bookings needed.



Sat /Sun
16 & 17
April

Easter tree trail

Follow the Easter Trail made out of hand decorated spoons. Remember to check on the back to see different activities / challenges to complete.

Make the trail extra exciting by following the spring sensory hunt.

Locations:

- Orchid Wood Nature Reserve
- Stoney Cloud Nature Reserve
- Ilkeston Victoria Park
- Long Eaton West Park
- Straws Bridge Nature Reserve
- Pioneer Meadow Nature Reserve
- Kirk Hallam Lake & Meadows Nature Reserve

A huge thankyou to the individuals of
Ladywood School, Wild Bears Group,
Kirk Hallam Stay & Play group,
Westfield Pre-school, Sawley Youth club,
Breaston Pre School, Dallimore School,
St Laurence Pre- School, for your involvement
with decorating the spoons to create the trail!



Sensory outdoor scavenger hunt



Can you find them all?



Feel wind on my face



Smell a flower



Find a pattern
from nature



Touch the bark on 2
different trees



Put your fingers in soil



Find a rock
that sparkles



Hear a bird chirping



Touch a bumpy and
smooth rock



Listen to insects buzz



Feel 3 different kinds
of leaves



Listen to water running



Touch a pine cone



Smell green grass



Look for
animal tracks



Watch ants move
around



Touch moss

SEE

A bird sitting
A bird in flight
A yellow flower
A Bee
A butterfly
A squirrel
A smooth rock
Feather
Acorn
A birds nest
Spider web
Find animals in the shapes of clouds



SMELL

A flower
Fresh cut grass
Types of herbs

HEAR

Birds chirping
Water running
Bees buzzing
Dogs barking
Wind blowing

TOUCH

Moss
A green leaf
A smooth rock
Rough bark off a tree
Soil between your fingers
A flower in bloom

MOVE

Skip along a path
Plant a flower
Dance in the sun or rain
Lay on the grass and look at the clouds
Walk up a hill



We would love to hear your thoughts on Erewash Walking Week.
Get in touch with us via:



@erewashbc



/erewashbc



SportsDevelopment@erewash.gov.uk