



## Accessible Walks this Autumn in the High Peak and Derbyshire Dales

'Stoll and roll' are fully accessible walks led by qualified walk leaders. Disabled parking, cafes and refreshment, picnic areas and accessible toilets are always available

The walks are free and the pace is set by you! Wear appropriate shoes and check the weather forecast and dress appropriately.

We want to develop a programme of learning disability friendly walking groups that help;

**IMROVE YOUR HEALTH, EXLPORE THE DALES, SOCIALISE AND GET ACTIVE**

**Monday 17th October** - Etherow Country Park 11.00am – 1.00pm

Meeting point – visitor car park on George Street, Compstall, Stockport SK6 5JD. Accessible café and disabled toilets available

**Monday 7 November** – Hassop Station on the Monsal Trail 11.00am – 1.00pm

Meeting point – visitor car park, Hassop Station Café, Hassop Rd, Bakewell DE45 1NW  
Setting out at along the Monsal Trail from for a lovely level walk. Accessible café and disabled toilets available

**Monday 21st November** - Millers Dale, Monsal Trail 11.00am – 1.00pm

Meeting point – Millers Dale Station Car Park for the Monsal Trail. The nearest post code is SK17 8SN . Accessible toilets available and a catering van which serves drinks and ice creams is on site every day

**Monday 5 December** – Cromford Canal Wharf 11.00am – 1.00pm

Come and join us at Cromford Wharf, Mill Road, Cromford. DE4 3RP. Joining us on this festive walk are friends of Cromford Canal, who are happy for walkers to use their narrowboat 'Birdswood' to complete part of the journey to or from the Lea Pumping Station just past High Peak Junction (1.2 miles). Unfortunately at present the boat isn't accessible for wheelchair users.

**Monday 19th December:** Lyme Park (National Trust) 11.00am – 1.00pm

Meeting point – main visitor car parking near to the hall or adjoining the Timber Yard café, Disley, Stockport, Cheshire, SK12 2NR. Parking is free for blue badge holders and NT members. Accessible café and toilets available

For more information and to book your place contact;

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If you need someone to support you please don't come on your own as we can't offer any additional support. Please ring with any questions

