WALK 1
DURATION :50 MINUTES – 1 HOUR

Will I make it ?   *Mainly on the levelish*

What may I see ?   *Fox, rabbit, badger, kingfisher, squirrel, kestrel, buzzard – depending on time of day and whether they see you first!*

What should I sing ?   *"Theres An Old Mill By The Stream"*

Where does it start ?   *The front door*

Cross the main road and take the tarmac drive up the slight incline to the right of Amber House. It's OK, it's a public right of way as indicated by the public footpath sign.

On reaching the five-barred gate to the left of the bungalow, go through the squeeze stile (go on you can make it), and then through a slit stile about 15 metres along the wall to your left.

You are now in Ashover Show Fields! Head diagonally across the field between the big trees towards a wooden wicket gate. You'll see the back of the Cricket Pavillion ahead. Turn right along the wall side for two fields and follow the well-defined path through the fields and 4 squeeze stiles.

Another stile leads you into a natural woodland. Keep to the path as you view the quarry to the right. Where the path exits the wood through two metal posts, turn right and follow the path along the quarry edge. (It's OK, its well fenced).

You'll go through a small field and then drop down onto the road via the steps. Turn right and then cross the road after about 30 metres, and follow the little lane down to Fall Mill. (You can sing now!)

Turn left as you pass the Mill and across the little bridge over the River Amber. Walk across the railway tracks. (It's OK, there are no trains now), and then take the farm lane by the sign for Demonsdale Farm. The path continues between the old farm buildings on the right and new wooden workshop to your left.

Go through the smaller of the two gates and follow the path along the side of the River Amber, crossing it by an ancient stone bridge.

When you've climbed the short steep bit turn left along the road track back to The Poets for a well-deserved pint !!!