

THE NATIONAL FOREST WALKING FESTIVAL

15th-29th May 2026



Hicks Lodge

Walks for all, celebrating Art and
Culture within the National Forest.



THE NATIONAL
FOREST

www.thenationalforestwalkingfestival.org.uk

WELCOME to the 2026 National Forest Walking Festival!

We are delighted to welcome you to the 2026 National Forest Walking Festival! This year marks the 17th edition of our annual celebration, made possible by the dedication and enthusiasm of our incredible volunteers, so a huge thank you to each of them for helping bring this event to life.

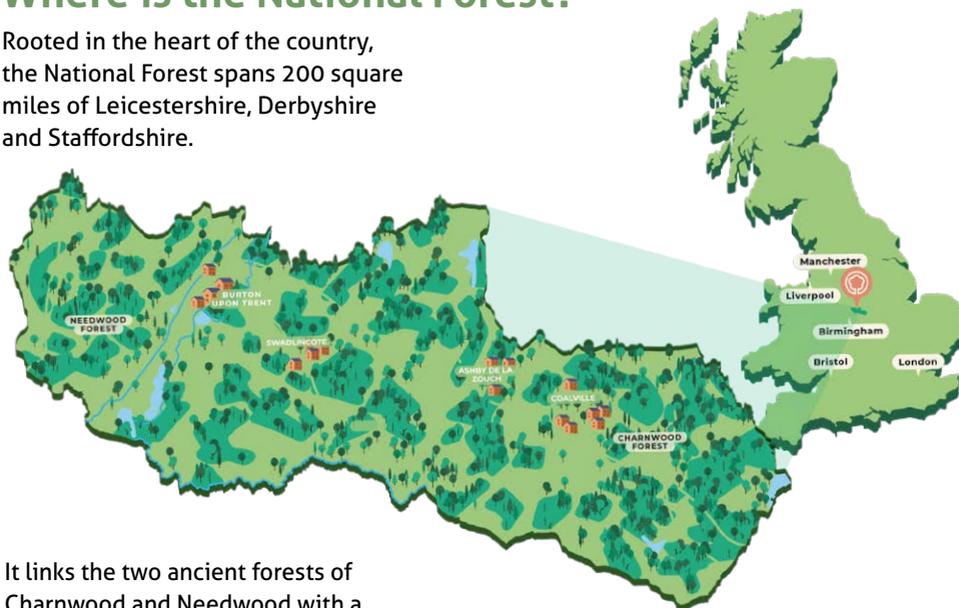
This year, we invite you to explore the Forest through the lens of art and culture. You will be taken on walks that encourage playful engagement with sound, texture, and colour, or those that explore the ways the

Forest has shaped communities and local history. In addition, the Youth Landscapers Collective will join the festival as artists in residence, to mark their tenth anniversary. With a spirit of curiosity and creativity, they will appear at selected walks to collect the sights and sounds of the Forest in imaginative ways. Recordings and images collected will be used in a new public artwork later in the year.

We warmly invite you to join us and hope this year's festival inspires you to see the Forest in new ways and unleash your own creativity, both during the event and beyond. Enjoy your walks!

Where is the National Forest?

Rooted in the heart of the country, the National Forest spans 200 square miles of Leicestershire, Derbyshire and Staffordshire.



It links the two ancient forests of Charnwood and Needwood with a connected treescape of new woodlands, meadows, hedgerows and water. At the heart of the Forest, the story is one

of huge landscape-scale transformation; from black coalfields and grey clay pits to green canopies and wildlife-rich habitats.

What is the National Forest?



Cademan Woods

A Forest of hope and renewal

Since 1991, the National Forest has been more than trees, it has been a bold vision brought to life. In the heart of England, an area once scarred by coal mines, clay pits and heavy industry is now a living, breathing landscape where people, wildlife and communities thrive together. This is a forest in the oldest sense: not wall-to-wall trees, but a place to live, work, explore, and be inspired by nature.

Over three decades, ten million trees have been planted, turning derelict land and spoil heaps into glades, woodlands and thriving habitats. The Forest has revitalised communities, created opportunities for local businesses, encouraged sustainable tourism, and shown how imagination and determination can transform a landscape. It is a place where children learn, families explore, and people connect with nature every day.



Grangewood

Achievements in the National Forest in the last year



With the ongoing support of local communities and partners, the National Forest continues to grow. Trees are planted, woodlands are cared for, and habitats are created, ensuring a greener, healthier and more sustainable future.

Every path walked, every glade explored, and every tree nurtured is a testament to the power of vision and collective effort.

The National Forest is a national beacon for sustainability and regeneration, a blueprint for what can be achieved when people and nature work together. It has inspired the creation of new national forests across England and demonstrates how trees can transform landscapes, communities and economies. It proves that even the most ordinary landscapes can become extraordinary. Step into the Forest, explore its wonders, and help shape its future at www.nationalforest.org.



**Become a
Forest champion.**

Believe in a greener future? Grow it.

As a Forest Champion, your monthly donation helps plant trees, protect wildlife, fight climate change, and inspire generations.

Join the community today.



THE NATIONAL FOREST



Grow the future for just £2 a month.
Sign up at nationalforest.org

 Registered with FUNDRAISING REGULATOR
Registered charity number: 1166563



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Trail walking shoes and woodland wellies for the whole family

Simply visit www.cotswoldshoes.co.uk and apply discount code **WALK20** at the checkout to claim 20% off your purchase. Offer ends 31st March 2027.

EAT, DRINK SHOP, STAY



Broadleaves Glamping



Blacksmith's Cottage

Why not come and stay? The National Forest offers a great range of accommodation, from glamping and youth hostels, forest lodges and cosy cottages, to luxurious inns and hotels.



Meynell Ingram Arms



Mercia Marina

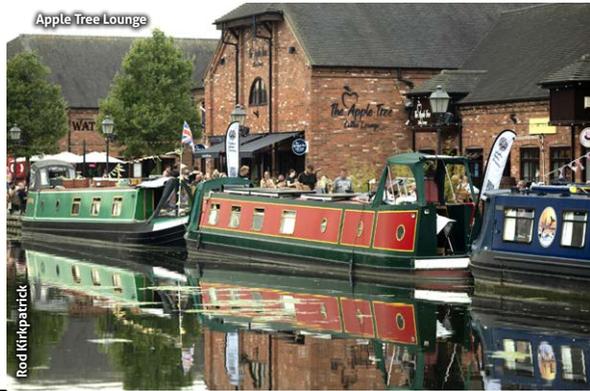


Creative Melbourne Gallery



Heaths farm Shop.

On a short break in the National Forest you can explore the area's many attractions, including famous stately homes and castles, and fascinating museums and visitor centres with fun activities for all ages.



Rod Kirkpatrick

The highlight of your stay may well be the restaurants, pubs, cafés, farm shops and delicatessens offering fabulous local produce – the area is famous for its beer, but there is much more to discover.



Forest Lodges at Rosliston Forestry Centre

The Forest's historic towns, villages, marinas and craft centres are home to independent retailers, artists and crafters where you can pick up something special, be it new or antique.

Make your walk in the Forest a stay to remember

STAY/EAT/DRINK/SHOP/STAY/EAT

For more information on the many things to see and do visit:

South Derbyshire Visitor Information Centre

Tel: 01283 223333 Email: info@visitsouthderbyshire.co.uk

www.visitsouthderbyshire.co.uk

www.discovereaststaffordshire.com

www.nwleics.gov.uk/tourism



A guide to the walks

Most walks are free and do not need to be booked. Where there is a charge or booking is required, details are listed under each walk.

You may find the following information useful before attending a walk:

- Please wear suitable footwear and clothing (weather related)
- Remember to bring any medication you may need
- It is advisable to always carry a drink
- You may need to bring a packed lunch (see individual walk key for more info)
- Walkers aged 16 and under must be accompanied by an adult
- If dogs are allowed on a walk (see individual walk key for more info), they must be kept on a lead at all times
- All those taking part in a walk do so at their own risk
- Most walk leaders are volunteers
- Walks will start promptly

Please be advised walkers may be taking photographs on any of the festival walks, which may be used in future publicity.

South Derbyshire District Council would like to thank the individual groups and volunteers who plan and organise these walks.

Walks are graded for difficulty:

EASY Routes suitable for most levels of fitness. May be suitable for conventional wheelchairs and pushchairs (please see individual walk key for more information).

LEISURELY Routes for reasonably fit people. May include some unsurfaced rural paths.

MODERATE Walks for people with a good level of fitness. May include some steep paths, open countryside and may be at a brisk pace.

STRENUOUS Walks for experienced countryside walkers with an above average level of fitness. May include hills, rough countryside and be at a brisk pace.

KEY

 Car park fee

 Entrance fee

 Toilets available en route

 Wheelchair access

 Pushchair access

 Children welcome when accompanied by an adult

 Dogs allowed on a lead

 Booking not required

 Dogs not allowed

 Bring water

 Bring packed lunch

 Suitable footwear

 Running shoes

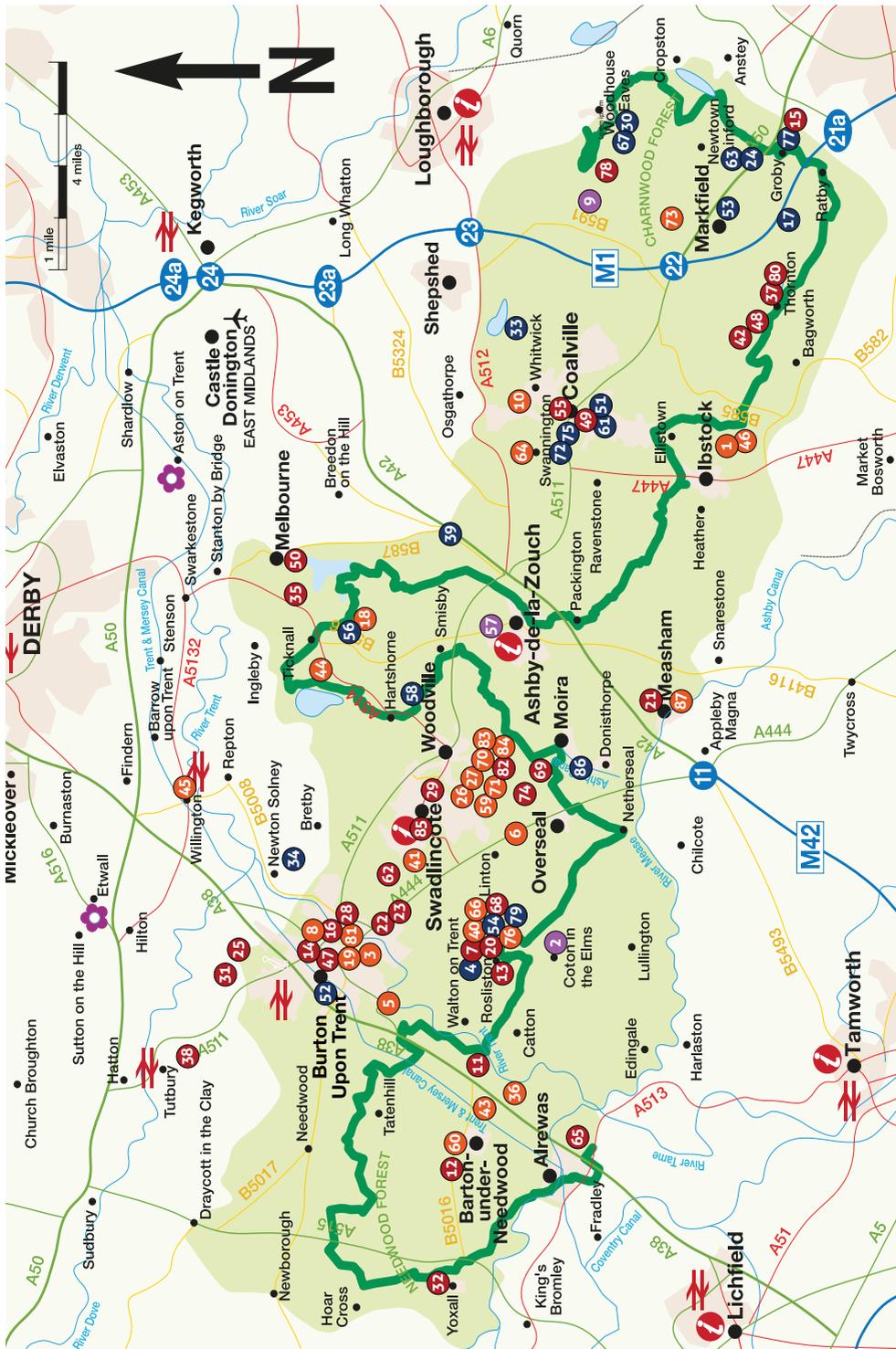
 Art and Culture themed

 Inclusive activities for all

 Regular Walk

For more information please visit: www.thenationalforestwalkingfestival.org.uk
or call South Derbyshire Visitor Information Centre on 01283 223333

Walks and Activities in the National Forest Walking Festival



The National Forest Way



THE YOUTH LANDSCAPERS COLLECTIVE

are excited to be artists in residence at the National Forest Walking Festival this year!

To celebrate our 10th year, we're going to be popping up at selected walks, exploring the people and places in the forest. We'll bring our DIY, digital and collaborative tools to record and collect what we experience and share our processes with fellow walkers.

Catch us on the way or join us on 28th May for walk number 78 when we'll share creative sound recording techniques on a gentle walk at Beacon Hill.

Monday 18th May

11 Trails and Tales Arts and Culture Walk

Start time 9.15am **Easy**

2-3 miles, 2 hours 45 mins, 0 stiles

STARTING POINT Tucklesholme Nature Reserve car park DE13 8EN

What3words: asserts.permit.swims

Join Trails and Tales for a gentle walk around Tucklesholme Nature Reserve. Wander easy paths, enjoy relaxed conversation, and soak up riverside views, birdsong, and peaceful woodland. We'll finish with simple culture-inspired art, plus tea and cake to unwind together. A friendly outing perfect for slowing down, connecting with others, and appreciating the reserve's quiet beauty on this peaceful day. Max. 20 places. Booking essential via email.

Walk organiser: Trails & Tales

Booking: Trails.taleswalking@gmail.com

Nahida Sher - 07955 727545



12 Wellbeing Walk - Barton under Needwood

Start time 10.15am **Easy**

2.5 miles, 1 hour, 0 stiles

STARTING POINT St James Church Hall DE13 8HY On street parking only

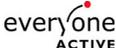
Barton's wellbeing walks offer a variety of different routes, one being the Barton Marina complex on the Trent & Mersey Canal. An enjoyable walk around the marina, taking in the sights of the narrowboats, wildlife and the local countryside. Our walks are led by volunteer leaders and afterwards visit the Marina Cafe.

Walk organiser: Everyone Active & East

Staffordshire Borough Council

www.everyoneactive.com/eaststaffscommunities/

Contact: joannesmith@everyoneactive.com



13 Parkinson's Nordic Walking Session

Start time 10.30am **Easy**

2 miles, 1 hour, 0 stiles

STARTING POINT Outside the Hub Cafe, Rosliston Forestry Centre DE12 8JX

This is a gentle Nordic Walk, specifically for those with Parkinson's and their partners/carers. Beginners welcome. £2.50 per person, partners/carers free. Booking essential via email or call 01283 595906. Car park charges: £1.50 for an hour or £4.00 all day.

Walk organiser: Get Active in the Forest

Booking: get.active@southderbyshire.gov.uk



14 Wellbeing Walk - Horninglow & Eton

Start time 10.30am **Easy**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Horninglow Road Basin DE14 2PT On street parking only

Come and enjoy our walk that runs through Shobnall, Horninglow & Eton districts of Burton. Part of the walk includes the Kingfisher Trail that runs alongside the Trent & Mersey Canal. It is a perfect setting to see narrowboats going through the locks, various wildlife and the attractive views of the hills. Walk led by volunteer leaders.

Walk organiser: Everyone Active & East

Staffordshire Borough Council

www.everyoneactive.com/eaststaffscommunities/

Contact: joannesmith@everyoneactive.com



15 Learn To Nordic Walk at Groby**Start time 11am** **Easy**

2 miles, 1.5 hours, 0 stiles

STARTING POINT Marina Park LE6 ODX Car park on site

This is a 90-minute Learn to Nordic Walk session which includes the chance to discover some of the amazing history as well as panoramic views (on a clear day) around Groby village. The Nordic Walking poles we provide will be useful on the climbs and descents and instruction on how to use them will be given at the start of our walk by a qualified Nordic Walking instructor. Booking is essential. You will receive certification after the lesson. Max. 6 places. £15 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group
www.ministryofnordicwa.wixsite.com/my-site-1
Contact: Penny Fielden 07502 576764
Booking: ministryofnordicwalks@gmail.com

**16 Wellbeing Walk - Meadowside Leisure Centre****Start time 11.30am** **Easy**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Meadowside Leisure Centre Reception DE14 1TL Car park on site

The walk offers a variety of different routes that take in the sights of the Trent Washlands, Stapenhill Gardens and Hollows. Stapenhill Gardens is a local treasure – from its abundance of trees to its floral planted areas it is a peaceful, pretty walk. Led by volunteer leaders, the group can have refreshments at Meadowside after the walk. Pay for Parking - voucher part of ticket is redeemable for the full amount at Meadowside Leisure Centre Reception.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities/
Contact: joannesmith@everyoneactive.com

**17 An Afternoon in the Forest****Start time 1pm** **Moderate**

5.5 miles, 2.5 hours, 4 stiles

STARTING POINT Martinshaw Woods Car Park LE6 OLG

We will be exploring both Martinshaw & Peartree Woods with a figure of eight walk that can be halved for those that would prefer a shorter walk. Taking in ancient woodland as well as a newer wood this longer length walk allows us to spend an afternoon under the forest canopy. Max. 15 places. £4 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group
www.ministryofnordicwa.wixsite.com/my-site-1
Contact: Penny Fielden 07502 576764
Booking: ministryofnordicwalks@gmail.com

**18 Hidden Calke****Start time 2pm** **Leisurely**

3 miles, 2 hours, 1 stile

STARTING POINT Calke Explore DE73 7JF Car park on site, turn off for Calke Explore signposted on main drive

A leisurely walk through Calke Park with frequent stops for the guide to explain some of the hidden features of the parkland such as the original Home Farm and locations used in WW2. The route will also include some of the stableyards and outbuildings of the estate. Park and gardens admission applies, NT members free. Booking essential.

Walk organiser: National Trust Calke Abbey
Booking: www.nationaltrust.org.uk/visit/peak-district-derbyshire/calke-abbey/events



19 How the Trent made Burton

Start time 6pm

Leisurely

2.5 miles, 2.5 hours, 0 stiles

STARTING POINT Meadowside Leisure Centre DE14 1TL Car park on site

A guided, flat, circular walk, around Burton's Trent Washlands, past new wetlands and meadows to Stapenhill Viaduct, cross the Trent to Stapenhill Gardens, then along the Eastern bank to Burton Bridge and return to the Meadowside. There are lots of clues on the way, showing the effect of the Trent and local women, on Burton's history and development.

Walk organiser: Burton Conservation Volunteers
www.bcv.org.uk



20 Nordic Walking for Beginners & Experienced

Start time 6.30pm

Easy

2.5 miles, 1 hour, 0 stiles

STARTING POINT Picnic area, Rosliston Forestry Centre DE12 8JX Car park on site
What3words: waddle.exam.neon

An evening Nordic Walk around the many footpaths of Rosliston Forestry Centre. Poles and instruction is provided for those new to this rapidly growing activity. Discover the many benefits of Nordic Walking. Also, there will be different groups to suit speed or fitness level of walkers. Please arrive 15 minutes before the start of the walk to complete registration forms and select poles. £4.50 for instruction and pole hire, £2.50 for those with own Nordic poles. Pay cash on arrival. Car park charges: £1.50 for an hour or £4.00 all day.

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk



Tuesday 19th May

21 Measham Walk and Talk

Start time 10am

Easy

1 mile, 0.5 hours, 0 stiles

STARTING POINT Peggs Close Car Park, Measham DE12 7LJ

We are a friendly group who meet for a short walk every Tuesday and Thursday, starting from Peggs Close Car park, Measham, at 10am. Why not join us for a free 30-minute gentle stroll around Measham, with a stop off at Age UK for a cuppa and a chat afterwards? All abilities welcome.

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk



22 Wellbeing Walks - Stapenhill Gardens

Start time 10.30am

Easy

2.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Gardens Bandstand DE15 9AP Car park on site

Stapenhill offers many different walks, from the scenic surroundings of the Gardens or walking next to the River Trent to the Leicester Line Bridge. Our walks are led by volunteer leaders and afterwards the group go to Stapenhill Institute for refreshments (optional).

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities/
Contact: joannesmith@everyoneactive.com



23 Bench to Bench - Stapenhill Gardens

Start time 10.30am

Easy

1 mile, 1 hour, 0 stiles

STARTING POINT Stapenhill Gardens
Bandstand DE15 9AP Car park on site

The Bench to Bench walk caters for anyone who is coming back into exercise after an ongoing illness, operation or after treatment. Starting from the Bandstand and walking through the gardens and the hollows. Benches are on the route to take a rest. Led by volunteer leaders and afterwards the group go to Stapenhill Institute for refreshments (optional).

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities/
Contact: joannesmith@everyoneactive.com



24 Groby Pool to Bradgate Park

Start time 10.30am

Moderate

8 miles, 4 hours, 6 stiles

STARTING POINT Groby Pool car park
LE6 0HG

This circular Nordic Walk takes us from Groby Pool via footpaths to Bradgate Park where we will have lunch and explore the park before heading back on another footpath. There is an option to meet in the car park at Bradgate Park. Booking essential. Max. 20 places. £6 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group
www.ministryofnordicwa.wixsite.com/my-site-1
Contact: Penny Fielden 07502 576764
Booking: ministryofnordicwalks@gmail.com



ashby | arts festival

DE LA ZOUCH

Visit our Outdoor gallery from 9 May until 15 July

A self-led walk around the town centre in Ashby de la Zouch. This years theme celebrates David Attenborough 100 years.

Don't forget to support the local cafés and restaurants as you walk around the gallery!

The Arts festival will take place on Saturday 30 May and Sunday 31 May.

The festival features local artists, musicians, song writers, poets, performers and story tellers. We have events aimed at all ages and all abilities so we are sure you will find something in our programme to interest you. Come along and get involved!

To download a copy of the trail map visit
www.ashbyartsfestival.co.uk/ or scan the QR code



25 Wellbeing Walks - Stretton

Start time 2pm

Easy

2.5 miles, 1 hour, 0 stiles

STARTING POINT Green Car Park, off Hillfield Lane, Stretton, Burton-on-Trent, DE13 0EQ

Our Stretton walk includes the beautiful Jinnie Trail walk that is constantly being worked on by volunteers to continue to enhance the route by planting wildflowers, so encouraging more wildlife to the local area. Led by volunteer leaders and afterwards the group go for refreshments (optional).

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities/
Contact: joannesmith@everyoneactive.com



26 Swad Joggers Walking Group

Start time 6.30pm

Leisurely

3 miles, 1 hour, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park

A free, fun, friendly walk around the trails and roads of Church Gresley and Swadlincote led by qualified walk leaders, all abilities welcome over the age of 18. Booking essential.

Walk organiser: Swad Joggers
Booking: swadjoggers@gmail.com
07508 805567



27 Swad Joggers Run

Start time 6.30pm

Leisurely

3,4,5 or 6 miles, 1 hour, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park

A free, friendly and fun run around the roads and trails of Church Gresley and Swadlincote led by qualified run leaders for anyone 18 or above. Various mileage options. 48 places available over 4 groups. Booking essential.

Walk organiser: Swad Joggers
Booking: swadjoggers@gmail.com 07508 805567



28 Wellbeing Walks - Stapenhill Hollows

Start time 6.45pm

Easy

2.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Hollows car park, Burton upon Trent, DE15 9AE

Our enjoyable Stapenhill Hollows evening walk is a perfect way to relax after a busy and stressful day. We offer a wide range of walks which include Stapenhill Gardens, the Ferry Bridge, Trent Washlands, Leicester Line Bridge etc. Led by volunteer leaders.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities/
Contact: joannesmith@everyoneactive.com



Wednesday 20th May

29 Green Bank Leisure Centre Walk

Start time 10am **Easy**

2 miles, 1 hour, 0 stiles

STARTING POINT Green Bank Leisure Centre, Civic Way, Swadlincote DE11 0AD

Join us for this sociable weekly walk through the local parks around Swadlincote town centre. This walk splits into two groups, one walking up to 1 mile and the other up to 2 miles, which is ideal for those who are new to exercise or returning after a break. It finishes with a hot drink at Oakland's Village Restaurant (optional).

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk



30 Broombriggs, Beacon Hill Country Park and Outwoods

Start time 10am **Moderate**

5.8 mile, 3 hours, 0 stiles

STARTING POINT Curzon Arms Woodhouse Eaves LE12 8QZ Car park on site

The walk starts at Woodhouse Eaves and includes sculpture avenue. Optional pub lunch available, normally with pre-booking at 9.45.

Walk organiser: Leicestershire Footpath Association
www.lfa.org.uk



31 Wellbeing Walks - Rolleston on Dove

Start time 10.30am **Easy**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Outside side entrance Spread Eagle Pub DE13 9BE On street parking available

Walk through the picturesque village of Rolleston on Dove and take in the various sights from the Alder Brook stream surrounded by a woodland. It is also the home of the Jinnie Trail, a rural walk through a man-made valley where you can see parts of the old railway tracks. Led by volunteer walk leaders and afterwards refreshments at the Rolleston Club (optional).

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities/
Contact: joannesmith@everyoneactive.com



32 Wellbeing Walks - Yoxall

Start time 10.45am **Easy**
2.5 miles, 1 hour, 0 stiles

STARTING POINT Yoxall Health Centre outside on footpath DE13 8PD On street parking only

With Yoxall being in the heart of the countryside, you will find the walks very peaceful and there is always plenty to see. With it being in such a rural setting you will find that most of the routes are on countryside lanes and there can be inclines. Led by volunteer leaders.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities/
Contact: joannesmith@everyoneactive.com



33 Ancient Rocks and Mount Saint Bernard Abbey

Start time 1.30pm **Moderate**
2 miles, 1.5 hours, 4 stiles

STARTING POINT Mount Saint Bernard Abbey LE67 5UL Car park on site

Discover a beautiful, quiet corner of Charnwood Forest with a fascinating history of Mount Saint Bernard Abbey, the first abbey to be built after the Reformation, and the former Reformatory. Walk amongst some of England's oldest rocks, formed over 600 million years ago; look into Peldar Tor Quarry, remnant of a Precambrian volcano. Some steep slopes and uneven terrain.

Walk organiser: Whitwick Historical Group
whitwickhistoricalgroup.co.uk
Contact: whitwickhistoricalgroup83@gmail.com



34 Newton Solney & Winhill circular walk

Start time 6pm **Moderate**
3.5 miles, 2 hours, 8 stiles

STARTING POINT Brickmakers Arms, Newton Solney DE15 0SJ Pub car park or on-street parking

A circular walk, uphill out and downhill back, on well-maintained paths, taking in ancient hedgerows and expensive follies, giving stunning views over the National Forest and out towards the Peak District.

Walk organiser: Burton Conservation Volunteers
www.bcv.org.uk



35 An Evening of Bathing in the Forest

Start time 7.30pm **Easy**
Under 1 mile, 1.5 hours, 0 stiles

STARTING POINT Whistlewood Common DE73 8DH Car park on site
What3words: fields.though.plotter

As the light starts to disappear, join Forest Bathing (Shinrin Yoku) guide, Helen Saunders of Connect to Nature to experience a gentle Forest Bathing walk during which invitations that are aimed at helping you to relax, unwind and connect to nature are delivered. A very special time at beautiful Whistlewood Common where the human activity of the day has finished and the animals that we share this special space with start to appear! Your investment, just £5 in cash on arrival for a very special experience. Booking essential. Max. 15 places.

Walk organiser: Connect to Nature
Contact/Booking: Helen Saunders
saundershl65@gmail.com



Thursday 21st May

36 Where Waters Meet

Start time 9.30am **Leisurely**
5 miles, 2.5 hours, 0 stiles

STARTING POINT Catholme Lane - Circular Parking area, Barton Village DE13 8DA
What3words: reckoned.sorters.that

Walk through Catholme and view the large lakes created by gravel extraction, see the beauty of Mythaholme and go over the bridge into an area known as Where Waters Meet on the perimeter of the National Memorial Arboretum. This is a quiet place of beauty and reflection where the Tame meets the Trent and you experience quiet solitude and peace. If you wish, refreshment could be sought at the Arboretum before the return walk back to the parking area.

Walk organiser: Barton Footpath Group
Contact: Mick Broughton 07598 546380



37 Supporting Your Journey With Cancer: Nordic Walk

Start time 10am **Easy**
1.5 miles, 1 hour, 0 stiles

STARTING POINT Thornton Reservoir Car Park LE67 1AR

An outdoor opportunity to meet others whose lives have been touched by cancer whether living with, caring for, partners or friends. Walk, unwind, share stories or simply listen whilst taking in the beautiful scenery at Thornton Reservoir. Find out about Nordic Walking in nature and how it can help in regaining strength, improve mental health and aid recovery. Booking essential via email as limited spaces. Poles provided. Refreshments available nearby.

Walk organiser: Ministry of Nordic Walks Community Group
www.ministryofnordicwa.wixsite.com/my-site-1
Contact: Penny Fielden 07502 576764
Booking: ministryofnordicwalks@gmail.com



38 Wellbeing Walks - Tutbury

Start time 10am **Easy**
2.5 miles, 1 hour, 0 stiles

STARTING POINT Monk Street footpath next to car park DE13 9NA

On the walk, Tutbury Castle can be seen in the distance sitting on the wooded slope overlooking the River Dove. Due to Tutbury's location, there are some slight inclines on the routes so we offer 2 walks, one slightly shorter than the other. Led by volunteer leaders and afterwards the group go for refreshments (optional).

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities/
Contact: joannsmith@everyoneactive.com



39 Lount, Heath End and Staunton Harold

Start time 10am **Moderate**
5.5 miles, 3 hours, few stiles

STARTING POINT Ferrers Arms LE65 1SD
Car park on site

Walk starts in Lount. Optional pub lunch afterwards, pre-booking normally at 9.45.

Walk organiser: Leicestershire Footpath Association

www.lfa.org.uk





Family Fun Day in the Forest

at Rosliston Forestry Centre

Friday 24th July & Friday 28th August 2026

From 10am until 3pm

Pay one entry fee per child to try as many drop in activities as possible across the site!

Activities include Archery, Laser Combat, Inflatables, Sumo Wrestling, Pond Dipping, Den Building, Birds of Prey, Orienteering and much more!

£10 entry fee for the first child, £8.50 for all subsequent children in the same transaction



Scan here to see further events at the Forestry Centre



Walk Together is a programme of free, sociable, and accessible group walks across Leicestershire and Rutland, led by trained volunteer walk leaders.

Walk Together guided walks are ideal for people who have done little to no exercise in the past. Every walk encourages individuals to go at their own pace.



Find a local walking group!



40 Nordic Walking for Beginners & Experienced

Start time 10am

Leisurely

2.5 miles, 1 hour, 0 stiles

STARTING POINT Picnic area, Rosliston Forestry Centre DE12 8JX Car park on site
What3words: waddle.exam.neon

Learn the basics and discover the benefits of Nordic Walking around the many footpaths of Rosliston Forestry Centre. Instruction and Nordic poles are provided for those new to this fast growing and popular activity. Following an introduction to basic techniques participants should be able to join one of the regular groups that walk at this time on a regular basis. Please arrive 15 minutes before the start of the walk to complete registration forms and select poles. £4.50 for instruction and pole hire, £2.50 for those with own Nordic poles. Pay cash on arrival. Car park charges: £1.50 for an hour or £4.00 all day.

Walk organiser: Get Active in the Forest

Contact: get.active@southderbyshire.gov.uk



41 Coronation Park Walk

Start time 10am

Leisurely

3 miles, 1 hour, 0 stiles

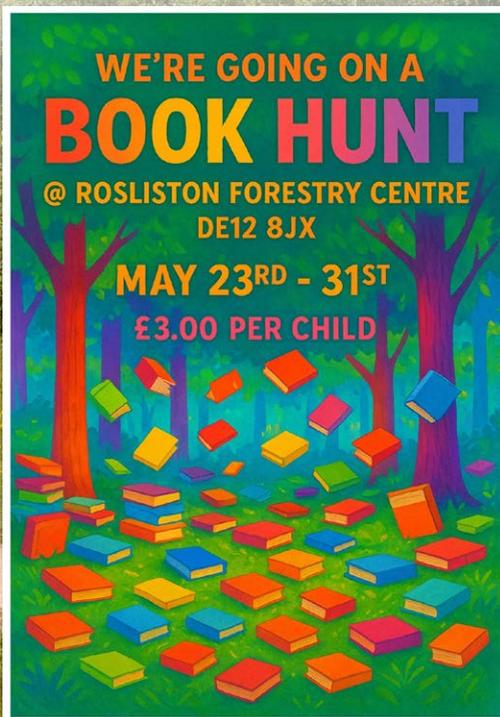
STARTING POINT Coronation Park Car Park DE11 0UH

What3Words: stone.linked.worth

Join us for this weekly walk in and around Cadley and Coronation Parks. The walk will be up to 3 miles long and is ideal for those who are already active but looking to increase their fitness.

Walk organiser: Get Active in the Forest

Contact: get.active@southderbyshire.gov.uk



42 Culture of Coalmining at Bagworth

Start time 11.30am

Easy

3.5 miles, 1.5 hours, 2 stiles

STARTING POINT Bagworth Community Centre LE67 1BH Limited on site parking, or on street parking

A walk around the green areas of Bagworth including New Wood and the old train incline is the perfect way to enjoy Nordic Walking whether you are a beginner or an experienced walker. Returning to the community centre for a short talk by a former miner and lunch for those that want. Max. 15 places. £4 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group

www.ministryofnordicwa.wixsite.com/my-site-1

Contact: Penny Fielden 07502 576764

Booking: ministryofnordicwalks@gmail.com



43 Walking with Geographers: Barton Marina Circular

Start time 1pm

Leisurely

2.5 miles, 2 hours, 0 stiles

STARTING POINT Barton Marina car park, meet behind the Waterfront pub DE13 8AS

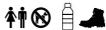
What3words: comically.misted.strongly

Join two geographers for a circular walk from Barton Marina. Explore canals, lakes, woodland, and grassland, discovering the stories hidden in the landscape. We'll walk at a leisurely pace with regular stops to see how human activity has shaped the geography of Barton-under-Needwood and the National Forest. Booking essential. Car parking charges may apply.

Walk organiser: Geo Adventures

www.geoadventures.co.uk

Booking: geo.adventures@outlook.com



44 Discover Foremark's Nature Reserve

Start time 1pm

Leisurely

3.5 miles, 2.5 hours, 0 stiles

STARTING POINT Foremark Reservoir kiosk DE65 6EG Car park on site

Join a volunteer ranger to enjoy a walk through the varied nature reserve at Foremark. With views out across the reservoir and stopping at Carver's Rocks, a Site of Special Scientific Interest (SSSI), discover what the team have been doing to improve biodiversity and habitats across Foremark. The walk includes some unsurfaced paths which may be steep and uneven in places. Booking essential online. Car park charges apply.

Walk organiser: National Trust

Booking: www.nationaltrust.org.uk/visit/peak-district-derbyshire/foremark/events



45 Willington Walk

Start time 1.30pm

Leisurely

2.5 miles, 1.5 hours, 0 stiles

STARTING POINT Willington Canal Car Park DE65 6BP

What3words: fondest.cunning.twee

Come and enjoy a led walk along the scenic canal at Willington and stop for a hot drink in a local cafe afterwards (optional). This is a steady paced walk along decent footpaths. Although there are no stiles, there are a few steps on route.

Walk organiser: Get Active in the Forest

Contact: get.active@southderbyshire.gov.uk

01283 595906



48 Royal Tigers Wood & Arboretum

Start time 2pm

Easy

3 miles, 1.5 hours, 2 stiles

STARTING POINT Bagworth Community Centre LE67 1BH Limited on site parking, or on street parking

Starting from Bagworth Community Centre (where you are very welcome to join us inside for lunch at 1 pm) before setting off to Nordic Walk over to Royal Tigers Wood and Arboretum. Discover the history and culture of the Royal Tigers Regiment and its campaigns around the world via the varied species of trees planted there. Max. 15 places. £4 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group

www.ministryofnordicwa.wixsite.com/my-site-1

Contact: Penny Fielden 07502 576764

Booking: ministryofnordicwalks@gmail.com



Friday 22nd May

49 Learn To Nordic Walk at Donington le Heath

Start time 10am

Easy

2 miles, 1.5 hours, 0 stiles

STARTING POINT 1620s House and Garden, Donington le Heath, LE67 2FW

This is a 90-minute Learn to Nordic Walk session which includes the chance to discover some of the amazing history as well as stunning views (on a clear day) around the area. The Nordic Walking poles we provide will be useful on any climbs and descents and instruction on how to use them will be given at the start of our walk by a qualified Nordic Walking instructor. You will receive certification after the lesson. Max. 6 places. £15 cash on arrival. Booking via email.

Walk organiser: Ministry of Nordic Walks Community Group

www.ministryofnordicwa.wixsite.com/my-site-1

Contact: Penny Fielden 07502 576764

Booking: ministryofnordicwalks@gmail.com



50 A Morning of Forest Bathing at "The Pool"

Start time 11am

Easy

under 1 mile, 1.5 hours, 1 stile

STARTING POINT Just outside Melbourne Hall Visitor Centre DE73 8EN Limited parking at Melbourne Hall with additional parking in nearby streets

What3words: topical.gained.icebergs

Join Forest Bathing (Shinrin Yoku) guide, Helen Saunders of Connect to Nature to experience a gentle Forest Bathing walk during which invitations that are aimed at helping you to relax, wind-down and connect to nature, are delivered. Enjoy the beauty of the Melbourne Hall estate and the Intake Woods surrounding Melbourne Hall and the Pool. Invitations will incorporate the Pool but don't worry, no swimming is involved! Your investment, just £5 cash on arrival for a very special experience. Booking essential. Max. 15 places.

Walk organiser: Connect to Nature

Contact/Booking: Helen Saunders

saundershl65@gmail.com



51 Hugglescote & Hugglescote Grange

Start time 11.30am

Moderate

4.5 miles, 2 hours, 4 stiles

STARTING POINT 1620s House and Garden, Donington le Heath, LE67 2FW

A Nordic Walk that will take in the very old and the very newest parts of this area within the National Forest. Beginners welcome. Led by a qualified Nordic Walking instructor there is plenty to see, discover and learn. Nordic Walking poles can be provided. Booking essential. Max. 15 places. £4 cash on arrival. Book via email. Opportunity to visit 1620s House afterwards - for additional cost £5.60 year ticket.

Walk organiser: Ministry of Nordic Walks Community Group

www.ministryofnordicwa.wixsite.com/my-site-1

Contact: Penny Fielden 07502 576764

Booking: ministryofnordicwalks@gmail.com



52 Five Parishes

Start time 1.30pm **Moderate**
7 miles, 4 hours, 5 stiles

STARTING POINT Shobnall Leisure Complex DE14 2BB Large car park round to the left near the skate park
What3words: enjoyable.dull.wheels

A circular walk, mostly on surfaced paths, with a chance to see some urban and rural nature reserves, peaceful stretches of canal and some stunning views over Burton and the National Forest.

Walk organiser: Burton Conservation Volunteers
www.bcv.org.uk



Saturday 23rd May

53 Learn To Nordic Walk at Marvellous Markfield

Start time 9am **Moderate**
3 miles, 1.5 hours, 4 stiles

STARTING POINT Markfield Community Centre LE67 9ST On site parking

This is a 90-minute Learn to Nordic Walk session which includes the chance to discover some of the amazing history as well as panoramic views (on a clear day) around Markfield village. The Nordic Walking poles we provide will be useful on the climbs and descents and instruction on how to use them will be given at the start of our walk by a qualified Nordic Walking instructor. You will receive certification after the lesson. Booking is essential. Max. 6 places. £20 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group
www.ministryofnordicwa.wixsite.com/my-site-1
Contact: Penny Fielden 07502 576764
Booking: ministryofnordicwalks@gmail.com



54 Rosliston parkrun

Start time 9am **Moderate**
3.1 miles, 1.5 hours, 0 stiles

STARTING POINT Rosliston Forestry Centre DE12 8JX Car park on site
What3words: metro.trout.frost

Rosliston parkrun is a free, fun and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! The event takes place at 9am every Saturday at Rosliston Forestry Centre. Parkrun is free but we would ask you to register and get a barcode first so we can scan your barcode and include you in the results. You can register on the parkrun website www.parkrun.org.uk/register. Car park charges: £1.50 for an hour or £4.00 all day.

Walk organiser: Rosliston parkrun
www.parkrun.org.uk/rosliston/
Contact: rosliston@parkrun.com



55 The Magic of Plants

Start time 10am **Easy**
2 miles, 2 hours, 0 stiles

STARTING POINT Coalville Urban Nature Park, Linden Way, Coalville, LE67 3RL
What3words: wiping.prom.edit

Enjoy a family-friendly walk led by an expert forager from Charnwood Foraging Ltd. Learn how medicinal plants have been used across cultures, how folklore and belief grew around their "magical" powers, and how our ancestors prepared medicines. A gentle, interpretive walk, with many stops to explore and learn — you'll gain fresh insight into the world of wild plants. Booking essential. Max. 20 places. £5 (children free) payment at time of booking.

Walk organiser: National Forest Company & Charnwood Foraging www.nationalforest.org & www.charnwoodforaging.co.uk
Booking: www.eventbrite.com/cc/the-national-forest-walking-festival-2026-4808936



56 Discover Calke Abbey, Staunton Harold and Foremark on foot

Start time 10am **Moderate**
10.5 miles, 5 hours, 9 stiles

STARTING POINT Calke Explore DE73 7JF
Car park on site, turn off for Calke Explore signposted on main drive

Explore somewhere new on a walk through three National Trust sites. Starting at the historic Calke Abbey, walk the old tramway, before heading to Staunton Harold and onto Foremark reservoirs before returning to Calke. Soak up scenic views and stretch your legs on this longer walk, with information provided by your volunteer guide. There are cafés at all three sites, but bringing a packed lunch is advised. Park and gardens admission applies, NT members free. Booking essential online.

Walk organiser: National Trust Calke Abbey
Booking: www.nationaltrust.org.uk/visit/peak-district-derbyshire/calke-abbey/events



58 Exploring Upper and Nether Hartshorne

Start time 10am **Moderate**
6 miles, 3.5 hours, 12 stiles

STARTING POINT St Peter's Church Hall car park on Manchester Lane in Hartshorne DE11 7BE

We will be walking Hartshorne's boundaries along field paths, lanes and through woodlands. We will discover the history of Upper and Nether Hartshorne and their respective halls. This will be a relaxed walk with stops to admire the views and talk about Hartshorne. The paths can be muddy. There will be a couple of breaks so bring a drink and snacks. Car park is free but donations welcome.

Walk organiser: National Forest Company
www.nationalforest.org



Sunday 24th May

57 Ashby de la Zouch and the Calke Abbey Estate

Start time 10am **Strenuous**
8 miles, 5 hours, 10+ stiles

STARTING POINT Tournament Way
LE65 2UU What3words: reduce.pupils.press
Street parking available

Walk starts in Ashby and visits the Calke Abbey estate.

Walk organiser: Leicestershire Footpath Association
www.lfa.org.uk



59 Swadlincote Junior Parkrun

Start time 9am **Leisurely**
2 miles, 0.5 hours, 0 stiles

STARTING POINT Maurice Lea Memorial Park, York Road, Church Gresley, Swadlincote DE11 9NW On street parking only

A free, fun and friendly weekly 2k event for juniors (4 to 14 year olds) every Sunday at 9am. The event takes place in Maurice Lea Memorial Park.

Walk organiser: Swadlincote Junior Parkrun
www.parkrun.org.uk/swadlincote-juniors



60 Cuckoo Cage and Rangemore Hall**Start time 9.30am****Leisurely**

5 miles, 2.5 hours, 3 stiles

STARTING POINT Barton Village Hall car park, Barton-Under-Needwood, DE13 8AF

Walk across the Dunstall Estate and towards Tatenhill Common to hear a local folk lore tale from years ago - beautiful countryside and views across the local area and returning across country paths with views of the old County Deaf School. We return through the pretty village of Dunstall and take refreshment in Barton if chosen.

Walk organiser: Barton Footpath Group**Contact: Mick Broughton 07598 546380****61 The 1620s House to Snibston Country Park Circular****Start time 10.30am****Moderate**

6 miles, 3 hours, 4 stiles

STARTING POINT 1620s House and Garden, Donington le Heath, LE67 2FW

A Nordic Walk following footpaths and quiet country lanes over to Snibston Country Park - a former colliery. Led by our qualified Nordic Walking instructor, beginners are welcome. Nordic Walking poles can be provided. A stop at Snibston cafe before heading back along different trails for lunch & opportunity to visit 1620s House afterwards - for additional cost £5.60 year ticket. Booking essential. Max. 15 places. £5 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group**www.ministryofnordicwa.wixsite.com/my-site-1****Contact: Penny Fielden 07502 576764****Booking: ministryofnordicwalks@gmail.com****62 Walking Forest****Start time 2pm****Easy**

2 miles, 1.5 hours, 0 stiles

STARTING POINT Oversetts Recreation Ground, Oversetts Rd, Newhall, Swadlincote DE11 0SW Free car park

Travelling through time and space, artists from Walking Forest will lead a walk which weaves together stories of creativity, imagination, trees and standing up for nature, with space for conversation and reflection. The route will connect greenspaces and community routes, and celebrate the life of local suffragette Hannah Mitchel. Walking Forest is a 10-year public art project created at a time of climate and nature crisis. The project culminates in 2028, the centenary of women's right to vote, with the planting of a new woodland and a 'camino walk' to mark connections between women, activism and trees.

Walk organiser: Walking Forest**www.walkingforest.co.uk**

THE NATIONAL FOREST

63 Learn to Nordic Walk**Start time 3.30pm****Moderate**

2 miles, 1.5 hours, 0 stiles

STARTING POINT Groby Pool car park, Newton Linford Lane LE6 0FR

This is a 90-minute Learn to Nordic Walk session which includes the chance to discover some of the amazing history around Groby village. The Nordic Walking poles we provide will be useful on the climbs and descents and instruction on how to use them will be given at the start of our walk by a qualified Nordic Walking instructor. You will receive certification after the lesson. Booking is essential. Max. 6 places. £15 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group**www.ministryofnordicwa.wixsite.com/my-site-1****Contact: Penny Fielden 07502 576764****Booking: ministryofnordicwalks@gmail.com**

Monday 25th May

64 A Walk Around Swannington

Start time 1.30pm **Leisurely**

3.6 miles, 2 hours, 5 stiles

STARTING POINT Hough Mill, St. George's Hill, Swannington LE67 8QW Car park on site

Starting from the late 18th Century Hough Mill, this walk around Swannington is over varied terrain including unsurfaced tracks, ancient green lanes, country lanes, woodland and fields. There are some gradients. The Swannington Incline, once the western end of the Leicester & Swannington Railway, passes through an impressive cutting dug in 1832/3. There may be some mud if it has been raining beforehand. Booking essential. No charge but donations are gratefully received.

Walk organiser: Swannington Heritage Trust
swannington-heritage.co.uk
Booking: 07474 610112 preferably by text
swanningtonwalks@gmail.com



65 National Memorial Arboretum Walk

Start time 2pm **Easy**

2 miles, 1 hour, 0 stiles

STARTING POINT National Memorial Arboretum DE23 7AR, in courtyard outside the cafe. Car park on site

Join us for our weekly walk around the Arboretum. The walk lasts between 45 minutes and 1 hour, and is aimed at getting people more active whilst at the same time enjoying their local environment. People of any level of fitness can take part in these walks, as the trained walk leaders can adapt the walk to suit any pace. These walks may take you off our hard standing pathways, please ensure you are wearing suitable footwear and are dressed appropriately for the weather.

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk



66 Nordic Walking for Beginners & Experienced

Start time 6.30pm **Leisurely**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Picnic area, Rosliston Forestry Centre DE12 8JX Car park on site
What3words: waddle.exam.neon

An evening Nordic Walk around the many footpaths of Rosliston Forestry Centre. Poles and instruction is provided for those new to this rapidly growing activity. Discover the many benefits of Nordic Walking. Also, different groups to suit speed or fitness level of experienced walkers. Please arrive 15 minutes before the start of the walk to complete registration forms and select poles. £4.50 for instruction and pole hire, £2.50 for those with own Nordic poles. Pay cash on arrival. Car park charges: £1.50 for an hour or £4.00 all day.

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk



Tuesday 26th May

67 Broombriggs, Beacon Hill Country Park and Outwoods

Start time 10am **Moderate**

5.8 miles, 3 hours, 0 stiles

STARTING POINT Curzon Arms, Woodhouse Eaves LE12 8QZ Car park on site

Includes sculpture avenue. Optional pub lunch available. Pre-orders normally at 9.45.

Walk organiser: Leicestershire Footpath Association
www.lfa.org.uk



Wednesday 27th May

72 Incline Plane, Calcutta Mine and Horse Sculpture

Start time 10am **Moderate**
6 miles, 3 hours, 8+ stiles

STARTING POINT The Robin Hood pub, Swannington LE67 8QQ Car park on site

The walk will follow some of the incline plane, pass the Calcutta Mine, the Hough Windmill and the horse sculpture depicting the bell mine. Optional pub lunch afterwards, pre-orders normally from 9.45.

Walk organiser: Leicestershire Footpath Association
www.Lfa.org.uk



73 Forest Fun for a Day Art/Craft Workshop

Start time 10.30am **Leisurely**
2 miles, 5.5 hours, 0 stiles

STARTING POINT Ulverscroft Manor car park, Markfield LE67 9QB

Spend a day at the Shuttlewood-Clarke Foundation in Charnwood Forest. Learn to Nordic walk (poles provided) through woodland, foraging for natural pieces to create your own amulet at our forest hideaway workshop - tea/biscuits included. Tearoom lunch (or bring picnic) followed by visiting a huge model railway, community gardens, various charity shops or another Nordic Walk if desired. Booking essential. Max. 15 places. £10 cash on arrival. Book via email.

Walk organiser: Ministry of Nordic Walks Community Group
www.ministryofnordicwa.wixsite.com/my-site-1
Contact: Penny Fielden 07502 576764
Booking: ministryofnordicwalks@gmail.com



74 Albert Village Lake Wildlife Wander

Start time 2.30pm **Easy**
2 miles, 2 hours, 0 stiles

STARTING POINT Albert Village Lake car park, Occupation Rd, Albert Village, Swadlincote DE11 8HD Car park on site

Join Ranger Tom for a guided wildlife walk around this lovely lake, formerly an open cast mine. Taking a slow walk around the meadows and woods, you will be invited to fully explore the natural world around you, and find out about the fascinating creatures that call this their home. Binoculars and wildlife guides provided. Suitable for all ages and abilities.

Walk organiser: National Forest Company
www.nationalforest.org



75 A Circular Walk of National Forest Sites

Start time 6pm **Moderate**
7 miles, 2.5 hours, 2 stiles

STARTING POINT Snibston Café/Century theatre, LE67 3JX Car parking charges apply

A circular walk of National Forest sites, including Snibston Country Park, St Mary's Church, Donington Woodlands, Kelham Bridge Nature Reserve, Sence Valley Country park and Queen Elizabeth Diamond Jubilee Woods. Well behaved dogs welcome.

Walk organiser: Leicestershire County Council
Booking: Abigail Crane 07746661433
David Luther 07717808980



Thursday 28th May

76 Nordic Walking for Beginners & Experienced

Start time 10am **Leisurely**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Picnic area, Rosliston Forestry Centre DE12 8JX Car park on site
What3words: waddle.exam.neon

A Nordic Walk around the many footpaths of Rosliston Forestry Centre. Poles and instruction provided for those new to this rapidly growing activity. Discover the many benefits of Nordic Walking. Also, different groups to suit speed or fitness level of walkers. Please arrive 15 minutes before the start of the walk to complete registration forms and select poles. £4.50 for instruction and pole hire, £2.50 for those with own Nordic poles. Pay cash on arrival. Car park charges: £1.50 for an hour or £4.00 all day.

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk



77 Groby, Newtown Linford and Martinshaw Woods

Start time 10am **Moderate**

5 miles, 3 hours, Max. 10 stiles

STARTING POINT Stamford Arms, Groby LE6 0DJ Parking across road from pub.

The walk goes to Bradgate Park and back along the National Forest Way through the woods. Optional pub lunch afterwards, pre-orders normally from 9.45.

Walk organiser: Leicestershire Footpath Association
www.lfa.org.uk



78 Listening to the Forest

Start time 10am **Easy**

2 miles, 2 hours, 0 stiles

STARTING POINT Beacon Hill Country Park, Lower car park, Breakback Road, Woodhouse Eaves, Loughborough LE12 8TA Car park on site

The Youth Landscapers Collective invite you to join them on a sound hunt around this fascinating site full of history and beauty. As we walk, you will be invited to use creative recording techniques to collect sounds, vibrations and noises to explore the natural world around you. The sounds will be made into a new art work to be shown later in the year. Suitable for all ages – bring your curiosity and a sense of adventure. Booking essential. Car park charges: £4.50 for three hours.

Walk organiser: National Forest Company & Youth Landscapers Collective www.nationalforest.org & www.youthlandscapers.com

Booking: www.eventbrite.com/cc/the-national-forest-walking-festival-2026-4808936



THE NATIONAL FOREST

79 Extended Nordic Walk for Experienced Walkers

Start time 10am **Moderate**

4 miles, 2 hours, 0 stiles

STARTING POINT Picnic area, Rosliston Forestry Centre DE12 8JX Car park on site
What3words: waddle.exam.neon

Aimed at those who have some previous experience of Nordic Walking. We will leave the Forestry Centre taking a circular route, via Cauldwell Church by a series of footpaths and some roads to return to the Centre. We recommend bringing some food/drink. Café & toilets on return available. Nordic Poles can be hired. £4.50 for instruction and pole hire, £2.50 for those with own Nordic poles. Pay cash on arrival. Car park charges: £1.50 for an hour or £4.00 all day.

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk



80 Supporting Your Journey With Cancer: Nordic Walk

Start time 10am **Easy**

1.5 miles, 1 hour, 0 stiles

STARTING POINT Thornton Reservoir Car Park LE67 1AR

An outdoor opportunity to meet others whose lives have been touched by cancer whether living with, caring for, partners or friends. Walk, unwind, share stories or simply listen whilst taking in the beautiful scenery at Thornton Reservoir. Find out about Nordic Walking in nature and how it can help in regaining strength, improve mental health and aid recovery. Poles provided. Refreshments available nearby. Booking essential via email, as limited spaces.

Walk organiser: Ministry of Nordic Walks Community Group

www.ministryofnordicwa.wikisite.com/my-site-1

Contact: Penny Fielden 07502 576764

Booking: ministryofnordicwalks@gmail.com



81 Discovering Britain's Brewing Capital

Start time 11am **Leisurely**

2 miles, 2 hours, 0 stiles

STARTING POINT Brewery Heritage Centre, Station Street, Burton upon Trent DE14 1AN

Join our short guided walk as we visit the key sites in the town centre which gave Burton the reputation as Britain's Brewing Capital. From the site of the first commercial brewery to international giants such as Bass and Allsopp's, this tour will share the brewery heritage of the town and explain the plans to share it for future generations. Booking essential. Use town centre car parking, car parking charges apply.

Walk organiser: National Brewery Heritage Trust

www.breweryheritage.com

Booking: info@breweryheritage.com



82 Famous Women Explorers Historical Trail

Start time 11am **Easy**

1.5 miles, 2 hours, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park

Join us for a free historical Xplorer themed event. Use the map to find the historical plaques around the park. Can you answer the multiple choice questions? All participants receive a certificate for taking part.

Walk organiser: South Derbyshire District Council

www.southderbyshire.gov.uk

Contact: parcsandgreenspaces@southderbyshire.gov.uk



83 Swad Joggers Walking Group

Start time 6.30pm **Leisurely**

3 miles, 1 hour, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park

A free, fun, friendly walk around the trails and roads of Church Gresley and Swadlincote led by qualified walk leaders, all abilities welcome over the age of 18. Booking essential.

Walk organiser: Swad Joggers

Booking: swadjoggers@gmail.com

07508 805567



84 Swad Joggers Run

Start time 6.30pm **Leisurely**
3,4,5 or 6 miles, 1 hour, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park

A free, friendly and fun run around the roads and trails of church Gresley and Swadlincote led by qualified run leaders for anyone 18 or above. Various mileage options. 48 places available over 4 groups. Booking essential.

Walk organiser: Swad Joggers
Booking: swadjoggers@gmail.com
07508 805567



Swad
Joggers

Friday 29th May**85 Walk and Talk: Heartwood Medical Practice**

Start time 10am **Easy**
3 miles, 45 mins, 0 stiles

STARTING POINT Heartwood Medical Practice DE11 OAE Park at side of building or use bus station car park

A gentle walk on the flat and on pathways. Meet in surgery waiting area at 9:45am. Very sociable, friendly group meeting every Friday.

Walk organiser: Heartwood Medical Practice
Contact: 01283 818100

**86 Black to Green**

Start time 10am **Moderate**
9 miles, 4 hours, 0 stiles

STARTING POINT Moira Furnace playground car park, Moira, DE12 6AT

From Moira Furnace through to Conkers, Hicks Lodge and into Willesley Woods. We will have time to read the 7 information panels which give a brief history of the area. A chance to see how these areas have been transformed. Easy paths with a small section that could be muddy. No parking fee, but donations accepted.

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk
01283 595906

**87 Minorca Marvel**

Start time 2pm **Leisurely**
6 miles, 3 hours, 0 stiles

STARTING POINT Peggs Close car park, Measham DE12 7LJ

Walk and talk with staff from the National Forest Company to explore their largest new woodland, created from a former opencast mine. Once a barren landscape, this beautiful site is now a haven for wildlife, from wildflowers to butterflies, and birds to bats. Find out about how the site is now a living laboratory for biological research and monitoring, showcasing sensitive landscape restoration and new forest creation. Booking essential.

Walk organiser: National Forest Company
www.nationalforest.org
Booking: zsewter@nationalforest.org
07976 865451



Activities 2026

SNOWSPORTS

Swadlincote Snowsports Centre has a dry ski slope with lessons and activities including skiing, snowboarding, tubing and tobogganing.

www.jnlswadlincote.co.uk
01283 890 089



FISHING

Day fishing is available at well-stocked lakes and reservoirs in picturesque surroundings, including Beehive Woodland Lakes, Coopers Lake, Rosliston Forestry Centre, Springwood Fisheries and Jake's Lakes.

www.visitsouthderbyshire.co.uk
www.jakeslakes.com
www.beehivefarm-woodlandlakes.co.uk



GOLF

Swadlincote Family Golf Centre offers both 9 and 18 hole golf courses, FootGolf, floodlit driving range and golf lessons with pay-as-you-play. Other venues to play at include Broughton Heath Golf Club, Burton-on-Trent Golf Club and The Golf Centre at Coalville.

www.visitsouthderbyshire.co.uk
www.thegolfcentrecoalville.co.uk



CLIMBING

Green Bank Leisure Centre in Swadlincote has an indoor sixteen station climbing centre and Whitwick and Coalville Leisure Centre also boasts a climbing wall - no experience is needed, just clip on and climb.

www.everyoneactive.com/centre/green-bank-leisure-centre
01283 216 269
www.everyoneactive.com/centre/whitwick-and-coalville-leisure-centre/



EQUESTRIAN

There are a number of stables in the area where you can learn to ride, improve your skills, learn a new discipline or simply enjoy riding out, including Barleyfields, Hargate, Holme Farm and Knowlehill Equestrian Centres.

www.bhs.org.uk
02476 840 500



ORIENTEERING

Rosliston Forestry Centre has a range of outdoor activities for all ages and abilities, including orienteering, cycle hire, play areas and wildlife watching. Orienteering courses also available at Swadlincote Woodlands and Eureka Park.

www.roslistonforestrycentre.co.uk
01283 563 483



CYCLING

There are miles of on and off road cycle trails on which you can explore the Forest, some include cycle hire facilities at Calke Abbey, Rosliston Forestry Centre, Hicks Lodge and Snibston Colliery Park. The new Cadley Park in Swadlincote features a cycle way, a pump track and an area for new cyclists to learn how to ride.

www.visitsouthderbyshire.co.uk
www.forestryengland.uk/hicks-lodge
www.leicscountryparks.org.uk/parks/snibston-colliery-park



FLYING

Derby Airfield at Egginton is home to Derby Aero Club & Flying School, which offers trial lessons and training in light aircraft. Tatenhill Aviation also offers trial experience flights, full pilot training and aircraft hire.

www.derbyaeroclub.com 01283 733 803
www.tatenhill-aviation.co.uk 01283 575283



Cycling and Walking Holidays? www.ebikeholiday.co.uk 01530 417 482

NATIONAL FOREST WALKING FESTIVAL PARTNERS 2026

ACTIVE TOGETHER

www.active-together.org/programmes/walk-together

BARTON FOOTPATH GROUP

BRANSTON FRIENDS

BRANSTON TOWN COUNCIL

www.branstontowncouncil.gov.uk

BURTON & DISTRICT WILDLIFE GROUP

www.bcv.org.uk

BURTON CONSERVATION VOLUNTEERS

www.bcv.org.uk

BURTON HISTORY TOURS

www.goldenbadger.co.uk/burton-history-tours/

CHARWOOD FORAGING

www.charwoodforaging.co.uk

CONNECT TO NATURE

COTSWOLD SHOES

www.cotswoldshoes.co.uk

DISCOVER EAST STAFFORDSHIRE

www.discovereaststaffordshire.co.uk

EAST STAFFORDSHIRE BOROUGH COUNCIL

www.eaststaffsbc.gov.uk

EVERYONE ACTIVE

[www.everyoneactive.com/
EastStaffsActiveCommunities/](http://www.everyoneactive.com/EastStaffsActiveCommunities/)

FORESTRY ENGLAND

www.forestryengland.uk/feel-good-in-the-forest

GENEROUS WASTE

GEO ADVENTURES

www.geoadventures.co.uk

GET ACTIVE IN THE FOREST

www.southderbyshire.gov.uk

HEARTWOOD MEDICAL PRACTICE

www.heartwoodmedicalpractice.co.uk

LEICESTERSHIRE COUNTY COUNCIL

www.leicestershire.gov.uk

LEICESTERSHIRE FOOTPATH ASSOCIATION

www.lfa.org.uk

MINISTRY OF NORDIC WALKS COMMUNITY GROUP

www.ministryofnordicwa.wixsite.com/my-site-1

NATIONAL FOREST COMPANY

www.nationalforest.org

NATIONAL MEMORIAL ARBORETUM

www.thenma.org.uk

NATIONAL TRUST CALKE ABBEY

www.nationaltrust.org.uk/calke

NORTH WEST LEICESTERSHIRE DISTRICT COUNCIL

www.nwleics.gov.uk

PEAK RUNNING

www.peakrunning.co.uk

RICKMANS CORNER

www.rickmanscorner.co.uk

ROSLISTON PARKRUN

www.parkrun.org.uk/Rosliston

SOUTH DERBYSHIRE DISTRICT COUNCIL

www.southderbyshire.gov.uk

SWAD JOGGERS RUNNING GROUPS

SWANNINGTON HERITAGE TRUST

www.swannington-heritage.co.uk

WALK DERBYSHIRE

www.walkderbyshire.org.uk

WALKING FOREST

www.walkingforest.co.uk

WHITWICK HISTORICAL GROUP

www.whitwickhistoricalgroup.co.uk

VISIT SOUTH DERBYSHIRE

www.visitsouthderbyshire.co.uk

YOUTH LANDSCAPERS

www.youthlandscapers.com

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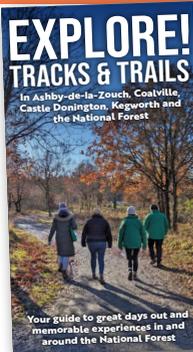


Regularly Active Groups 2026

There are lots of friendly walking groups you can join, who meet regularly and cater for a variety of fitness levels and abilities.

Derby and South Derbyshire Ramblers	www.ramblers.org.uk/derby-south-derbyshire
Ministry of Nordic Walks	ministryofnordicwalks@gmail.com
Community Group in Leicester/Leicestershire	07502 576764
Get Active in the Forest Wellbeing walks and Walk Derbyshire walks	Get.Active@southderbyshire.gov.uk
The Ashby Would Litterheroes	Twitter: @AWLitterheroes Instagram: @awlitterheroes
East Staffordshire Ramblers	www.eaststaffsramblers.org.uk Group Chairperson. Tel: 01283 820486 Vice-Chairperson. Tel: 01283 820673
Loughborough Ramblers	www.loughboroughramblers.org.uk
Active Together	www.active-together.org/programmes/walk-together
Leicestershire Footpath Association (LFA)	www.lfa.org.uk
Derwent Valley Orienteers	www.dvo.org.uk
Coalville Ramblers	www.ramblers.org.uk/go-walking/ramblers-groups/coalville-group
Everyone Active – Wellbeing Walks East Staffordshire	www.everyoneactive.com/eaststaffsactivecommunities/

EXPLORE FOREST AND BEYOND LEICESTERSHIRE



Get ready to step into nature and experience the best of the National Forest in Leicestershire's great outdoors.

The National Forest is a playground for outdoor enthusiasts. Whether you prefer gentle woodland strolls, scenic bike rides or challenging hikes, you'll find a place, trail or activity to suit you. And when

you've worked up an appetite you won't have far to go to enjoy fabulous food, famous ales like Tynt Meadow of Mount St. Bernard Abbey. We've got everything from cafes, fish and chip shops, historical pubs, microbreweries, delis and farm shops. Why not treat yourselves to a hearty breakfast, an afternoon tea or dinner and drinks in one of our towns.



Find our Tracks and Trails, Taste Adventures and Explore maps and further information:

www.visitforestandbeyond.com visit@nwleicestershire.gov.uk
[@visitforestandbeyond](https://www.facebook.com/visitforestandbeyond) [@visitforestandbeyond](https://www.instagram.com/visitforestandbeyond)



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EAST
STAFFORDSHIRE

Let's Start
Discovering

WWW.DISCOVEREASTSTAFFORDSHIRE.COM



East
Staffordshire
Council



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DISCOVERESTAFFS

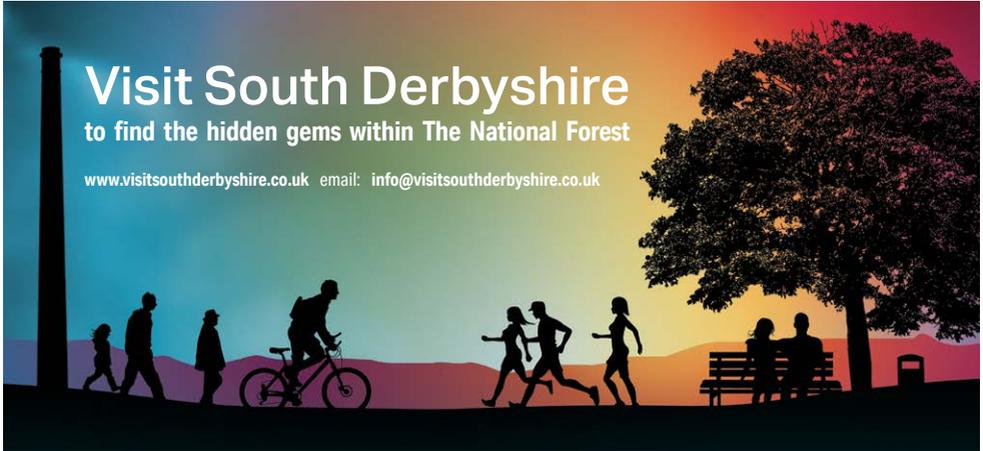


DISCOVEREASTSTAFFORDSHIRE

Visit South Derbyshire

to find the hidden gems within The National Forest

www.visitsouthderbyshire.co.uk email: info@visitsouthderbyshire.co.uk



South Derbyshire
VISITOR INFORMATION
Centre

South Derbyshire Visitor Information Centre, 1 High Street, Swadlincote, Derbyshire, DE11 8JG



Visit South Derbyshire



visitsouthderbyshire



01283 223333



If you would like to get involved in next year's National Forest Walking Festival, please email Get.Active@southderbyshire.gov.uk by September 2026

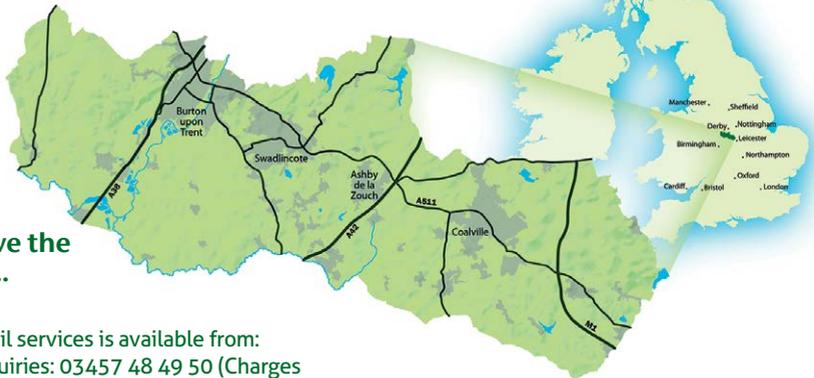
All details correct at time of publication.



Bolingbroke wood

GETTING HERE IS EASY

The National Forest Walking Festival takes place in the very heart of England and is easily accessible by rail, bus or road



Why not leave the car at home...

By rail:

Information on rail services is available from:
National Rail Enquiries: 03457 48 49 50 (Charges apply) www.nationalrail.co.uk

By bus:

Information on bus and coach timetables is available from:
Traveline: 0871 200 22 33 (Charges apply) www.traveline.info
National Express: 08717 818181 (Charges apply) www.nationalexpress.com

By road:

For visitors travelling by car or coach, the National Forest is easily accessible from the M1, M6, M42/A42, A50, A511 and the A38