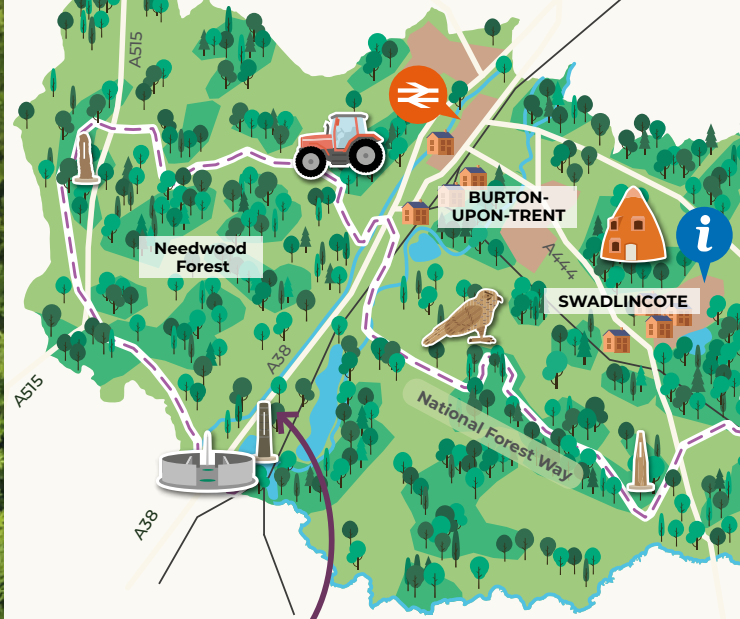


Exploring the National Forest

Located right in the heart of the country, the National Forest embraces 200 square miles of the Midlands. It spans parts of Derbyshire, Leicestershire and Staffordshire, and aims to link the two ancient forests of Charnwood and Needwood.

After centuries of coal mining and clay extraction, the closure of the pits in the 1980s left a scarred and derelict landscape. Now, more than a quarter of a century later, millions of trees have been planted, breathing life into the landscape and its communities – turning a landscape from black to green. This bold regeneration shows how trees can transform not only the landscape, but also, vitally, people's lives and the local economy.



Mythaholme & memorials trail starts here

To find out more about the National Forest and how you can get involved, visit:

nationalforest.org

 @NatForestCo

 @the.national.forest

 @NatForestCo

Photos © Darren Cresswell Photography

11/25

The National Forest Company
Charity No. 1166563

National Forest Company, Enterprise
Glade, Bath Yard, Moira, Swadlincote,
Derbyshire, DE12 6BA



THE NATIONAL FOREST


THE NATIONAL FOREST



Medium
5.5 miles
(9km)

Mythaholme & memorials

A walk exploring the history of the Trent Valley from prehistoric times to present day.





Walking in the National Forest

There are hundreds of miles of paths and trails to explore in the National Forest, and plenty of places accessible for all ages and abilities. Grab your walking boots, your trainers or your dog and head out into the woods for a walk or a run, or try your hand at orienteering or geocaching.

Follow gentle trails through vibrant young woodlands and nature-rich ancient forests. Discover more about the area's heritage or just let a canal towpath take you to the nearest pub lunch.



Walking highlights



The National Memorial Arboretum

This 150-acre site is a living, growing tribute to those who have served and continue to serve the country. It is an evolving, maturing woodland landscape featuring 25,000 trees and a large collection of nearly 400 memorials. Enjoy riverside walks and wildflower meadows, while taking time to reflect and remember. The site is managed by the Royal British Legion. thenma.org.uk



Mythaholme

This name comes from the Old English meaning a piece of land almost surrounded by water, where two rivers meet. Here, it's the confluence of Tame and Trent rivers. If you are lucky, you may see otters or kingfishers on the river. From the riverside path, look across to Croxall Lakes Nature Reserve, which supports a variety of wildfowl, wading birds and other wildlife.

Alrewas

In ancient documents, the village name was written as Allerwas or Alderwasse, which comes from 'aldr' (alder) and 'waesse' (marsh). Alrewas was famed for its eel fishery, and basket weaving was a thriving cottage industry, using osiers that grew plentifully alongside the river. Alder trees still thrive along the river and canal.



Off route highlight

Croxall Lakes Nature Reserve was a sand and gravel quarry and is one of many restored wetlands in the Trent valley. Owned by Staffordshire Wildlife Trust, it is now a valuable wildlife habitat and home to the Trent Valley Noon Column: a 3-metre-tall oak sculpture, designed by internationally renowned artist David Nash.



Be a responsible visitor to the National Forest

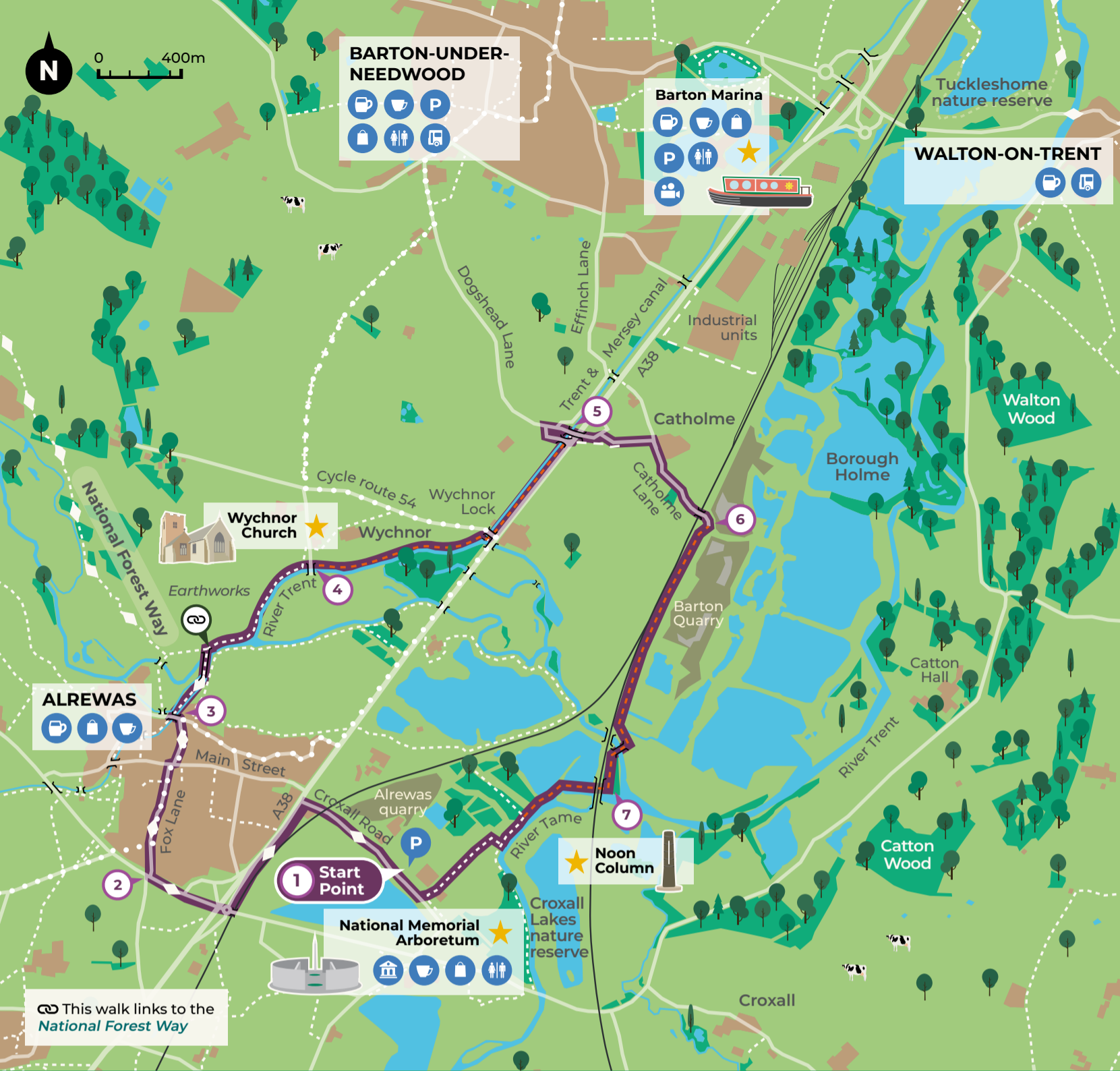


To get the most out of your visit, please follow some simple rules:

Respect other people · Consider other people enjoying the outdoors · Leave gates and property as you find them and follow marked paths

Protect the natural environment · Leave no trace of your visit and take your litter home · Keep dogs under effective control

Enjoy the outdoors · Plan ahead and be prepared · Follow advice and local signs



Mythaholme & memorials

Medium length

Distance: 5.5 miles (9km)

Time: Allow 3 hours.

Path type: Unsurfaced paths, tracks, farmland and tarmacked sections. Stiles. Sturdy footwear recommended.

Use with map OS Explorer

245 The National Forest

Start at: National Memorial Arboretum, Croxall Road, Alrewas, Staffordshire, DE13 7AR
Check website for opening times nma.org.uk (Parking charges apply).

OS Grid Ref: SK181145

Latitude: 52.728145

Longitude: -1.7326140

what3words: /// grid.investors.dizzy

Map Key

	Trail route		Point of interest
	Footpath		Parking
	Bridleway		Bus stop
	Permissive path		Pub
	Road		Café
	Woodlands		Shop
	Rivers and ponds		Public toilets
	Buildings		Museum
	Waypoint		Picnic area
			Cinema

1 Starting from the **National Memorial Arboretum** car park, leave through the main gate and turn right along Croxall Road (also the **National Forest Way**), past Alrewas quarry, to the A38. Turn left and follow the footway parallel to the carriageway up the slip-road to the roundabout. With care, turn right (signposted Kings Bromley and Rugeley) along the tarmac footway. Ignore the first right turn to Alrewas and carry straight on.

2 Turn right into Alrewas along Fox Lane. Cross over Main Street to Post Office Road, passing the war memorial on the right. Follow Post Office Road past The Crown Inn to the T-junction.

Alrewas is one of the oldest recorded communities in the Midlands, with a church noted here since 822. It was a fording point of the rivers Tame and Trent on an important trading route. The village developed to support the trade people, especially during times of flood. In medieval times, a salt road from Cheshire to London passed through Alrewas, and the A38 to the east of Alrewas follows the route of Ryknild (or Ickneild) Street, a Roman road.

3 Turn left over the canal bridge and then immediately right onto the towpath. Go past Alrewas Lock and cross the black and white metal footbridge over the mill stream. The **National Forest Way** turns left here, but continue along the towpath and over a series of narrow metal footbridges.

St. Leonard's Church is accessible from the public footpath on your left just before you reach the bridge. The east arch of the tower of the church dates back to 1200 AD, and the rest of the building from the 14th century. The lost mediaeval village of Wychnor (recorded as Wicenore in the Domesday Book) is on the higher ground opposite the church.

4 Pass under the bridge and continue along the towpath to Wychnor Lock. Cross the canal bridge and follow the towpath (with the canal now on your left) to pass under a small road bridge and keep ahead. Immediately after bridge number 41, turn right and climb up the grass bank (take care – this is steep and can be slippery in wet weather). Step over the metal crash barrier onto the tarmac footway. Then turn right and cross the canal bridge.

5 Follow the road to Catholme as it loops to the right and cross the A38 road bridge. After about 100 metres take the lane to the right (signposted Catholme) and follow this as it bends to the left as far as a T-junction before some farm buildings.

Close by lies the Catholme ceremonial complex, an archaeological feature dating from the neolithic period. It was first excavated in the early 2000's after having been identified from aerial photography not visible from the ground. Work is underway to discover more, and it is now thought to be a unique sacred site of national significance.

6 Turn right here (at a wooden fingerpost) and, ignoring any side tracks, follow the track past Barton Quarry and over the railway.

The rich sand and gravel deposits in the Trent Valley have been extracted since the 19th century. As the gravel extraction ceases, these areas will be gradually returned to nature and provide a new wetland habitat, like at Tuckleshome and Croxall Lakes Nature Reserves. These gravel pits have produced important archaeological finds dating back to the ice age, including the remains of a woolly rhino, mammoth, reindeer, wild horse and a wolf as well as plants and beetles.

7 Turn right at a wooden fingerpost (50m after the railway bridge) and follow the track that runs parallel to the railway line. At the end of the track fork right to cross the Mythaholme footbridge and turn immediately left to follow the grass path along the River Tame, to enter the grounds of the **National Memorial Arboretum**.

8 Turn right at the picnic area, with Mac's woodland on your right. Follow the path with the river on your left, under the railway bridge, onto the Royal National Lifeboat Institute Memorial. From here you can bear right across the grass to pick up Millennium Avenue; turn left and follow it back to the main buildings, shop and restaurant and onto the car park – your start point. Alternatively you can explore the wider grounds of the arboretum, following the signposts back towards the centre.