



THE NATIONAL  
FOREST

# THE NATIONAL FOREST WALKING FESTIVAL

18th-30th May 2019

Walks for all ages and abilities

Guided and themed walks & activities

Beautiful places to explore



[www.thenationalforestwalkingfestival.org.uk](http://www.thenationalforestwalkingfestival.org.uk)



# WELCOME!

**Now in its 12<sup>th</sup> year, we are delighted to welcome you to the National Forest Walking Festival 2019.**

Lace up your boots and join our festival walk leaders as they help you explore in and around the 200 square mile National Forest.



Discover our historic towns and villages, enjoy the wonderful countryside and learn more about the area's rich and varied history.

This year we have nearly 100 walks for you to choose from, plus a whole range of walking-related activities to keep you striding out in the Forest all year round.

The walks cover distances from one to 14 miles, and cater for wheelchairs, pushchairs,

health walkers and ramblers. New for this year we're offering specialist photography walks and activities such as orienteering, geocaching and map-reading.

## Walking in the National Forest is a year round pleasure

As well as all the guided walks during this Festival, there are many regular organised local walks you can join throughout the year. Or you can grab a map or pick up a leaflet, go outside and explore on your own.

Each step in the National Forest can take you somewhere completely different. Follow gentle trails through vibrant young woodlands and nature-rich ancient forests. Discover more about the area's heritage or let a canal towpath take you to the nearest pub lunch.



The creation of the National Forest has opened up more than three times the amount of land than was previously available for us all to explore and enjoy; Come and join us for the festival, and come back during the rest of the year!.



THE NATIONAL  
FOREST



## THE NATIONAL FOREST

The National Forest is the boldest environmentally-led regeneration project in the country. With our partners, we've planted more than 8.7 million trees over the last 27 years, and we'd love you to help us reach 10 million trees!

You can support us through a donation that will help create and look after the Forest, and you can help us plant more trees. Through our Plant a Tree scheme, you're

invited to plant a tree to remember a loved one or celebrate a happy life event. You can also Dedicate a Tree online, where we plant the tree for you. In either case you receive a personalised certificate with your own message and choice of design.

You can also volunteer your time to help us at Timber festival, or help manage woodlands or maintain walking routes through the Forest.

Find out more about the National Forest at [www.nationalforest.org](http://www.nationalforest.org)

25% OFF  
FOR RESIDENTS OF  
THE NATIONAL FOREST

5/6/7 JULY 2019

»» **TIMBER FESTIVAL** ««

Feanedock, the National Forest

[timberfestival.org.uk](http://timberfestival.org.uk)

Complete the Walking Festival feedback form for a chance to win a FREE family day ticket

## Exploring the Forest on foot

Do you know your east from your west, or a footpath from a bridleway? If not, then come on a map-reading course and get confident in finding your way around.

### Map-reading courses

If you would like to learn the skills to read maps, plan your own walks and be able to find your way around the countryside, then this course is for you.

**Sunday 12<sup>th</sup> May 2019, 9am – 12pm**

Rosliston Forestry Centre

**Sunday 12<sup>th</sup> May 2019, 1pm – 4pm**

Rosliston Forestry Centre

**Tuesday 14<sup>th</sup> May 2019, 6pm – 9pm**

YHA National Forest, Moira

**Sunday 19<sup>th</sup> May 2019, 9am – 12pm**

Newton Linford Village Hall

**Sunday 19<sup>th</sup> May 2019, 1pm – 4pm**

Newton Linford Village Hall

**Tuesday 21<sup>st</sup> May 2019, 6pm – 9pm**

Agar Nook Community Centre

Cost £10 per person. Bookings and enquiries to [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk) or visit [www.peakrunning.co.uk](http://www.peakrunning.co.uk).

### Fancy getting outside for an adventure? Then why not try Orienteering?

The aim is to navigate between control points marked on an orienteering map. It doesn't matter how young, old or fit you are; you can run or walk at your own pace round the courses.

Find out more about orienteering at [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

### Enjoy treasure hunts? If you do, you'll love Geocaching.

Geocaching is a real-world, outdoor treasure hunting game using a smart phone (or GPS receiver) to navigate to a set of co-ordinates to find a geocache (container) hidden at that location.

To find out more, sign up for free and search for geocaches in your local area – go to the website for the Geocaching Association of Great Britain [www.gagb.org.uk](http://www.gagb.org.uk)

## Regular Activities

### MONDAY

6 -7pm

(3rd June - 19th Aug 2019)

#### Nordic Walking

Rosliston Forestry Centre (meet in the games room)

£1.60 if using own poles,  
£3.25 if hiring poles

### TUESDAY

10 - 11am

#### Nordic Walking

Oakland Village (meet inside reception area)

£1.60 if using own poles,  
£3.25 if hiring poles

3 - 4.30pm

#### Tai Chi (suitable for beginners)

Rosliston Forestry Centre

£3.75 per person

### WEDNESDAY

10 - 11am

#### Nordic Walking

Elvaston Castle

£1.60 if using own poles,  
£3.25 if hiring poles

### THURSDAY

10 - 11am

#### Nordic Walking

Rosliston Forestry Centre (meet inside main foyer)

£1.60 if using own poles,  
£3.25 if hiring poles

### FRIDAY

10 - 11am

#### Friday Cycling

Rosliston Forestry Centre

£1.60 if using own bike,  
£3.25 if hiring a bike



## Regular Walks (all walks are free)

### MONDAY

10.30 - 11.30am

#### Hilton Health Walk

(meet at Hilton Brook pub)



2 - 3pm

#### Calke Abbey Health Walk

(no walk on 5th Monday of the month or bank holidays)



2 - 3pm

#### National Memorial Arboretum Walk



### TUESDAY

10.30 - 11.30am

#### Rosliston Buggy Walk

Rosliston Forestry Centre



1.30 - 3pm

#### Overseal Walk

(meet places vary, please call number below before attending)



### WEDNESDAY

10 - 11am

#### Green Bank Leisure Centre

Health Walk (meet in the café area)



10.30 - 11.30am

#### Swadlincote Buggy Walk

(meet in play area at Sharpe's Pottery Museum)



1 - 2pm

#### Gresleydale Surgery Health Walk



2pm

#### Calke Long Walk

(every 3rd Wednesday of the month)



### THURSDAY

11am - 12noon

#### Dementia Walk

(meet in Oakland Village, main reception)



1.30 - 2.30pm

#### Willington Health Walk

(meet at canal/picnic area car park)



2 - 3pm

#### Newhall Health Walk

(meet at Old Post Centre, inside café)



### FRIDAY

2 - 3pm

#### Oakland Village Health Walk

(meet in Oakland Village, main reception)



## FOR MORE INFORMATION CALL 01283 563483

### GRADING



Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps/stiles.



Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes and uneven surfaces.



For people looking for more challenging walks and increasing their level of physical activity. They are generally 45-90 minutes and may include steeper slopes, uneven surfaces and steps.

Only assistance dogs are allowed on these walks.

# Y/EAT/DRINK/STAY/EAT/D

Don't forget to  
refuel yourself  
after your walk

National Brewery Centre



From farm-grown foods to traditionally brewed beers, the Forest is bursting with local flavours and quality produce.

Mercia Marina



Ferrers Centre



Discover delicious  
food and some great  
places to enjoy it.



Tollgate Brewery



# DRINK/STAY/E

Why not turn your Walking Festival adventure into a mini-break and get the most out of your time in the National Forest or make a return trip - there is so much to see and do.

Whether you prefer breakfast in bed or dinner outdoors, when it comes to accommodation we have it covered. From cosy village guesthouses to log cabins in woodland glades, you'll find the warmest welcome here in the National Forest.



Hilton St George's Park



The Dandelion Hideaway



Forest Lodges at Rosliston Forestry Centre

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

Swadlincote Tourist Information Centre, Sharpe's Pottery Museum, West Street, Swadlincote, Derbyshire DE11 9DG

Our friendly TIC staff will help you find and book the perfect accommodation for your visit and provide full details of attractions, events and eateries plus travel information

Tel: 01283 222848 Email: [tic@sharpepottery.org.uk](mailto:tic@sharpepottery.org.uk) or visit [www.nationalforest.org/visit](http://www.nationalforest.org/visit)



The National Forest  
Walking Festival



Best Western Premier Yew Lodge Hotel, Kegworth



Bluebells Nest at Dandelion Hideaway, Osbaston



# 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 (a waterproof preferably)
- 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.**

**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 and open country and may be at a brisk pace.

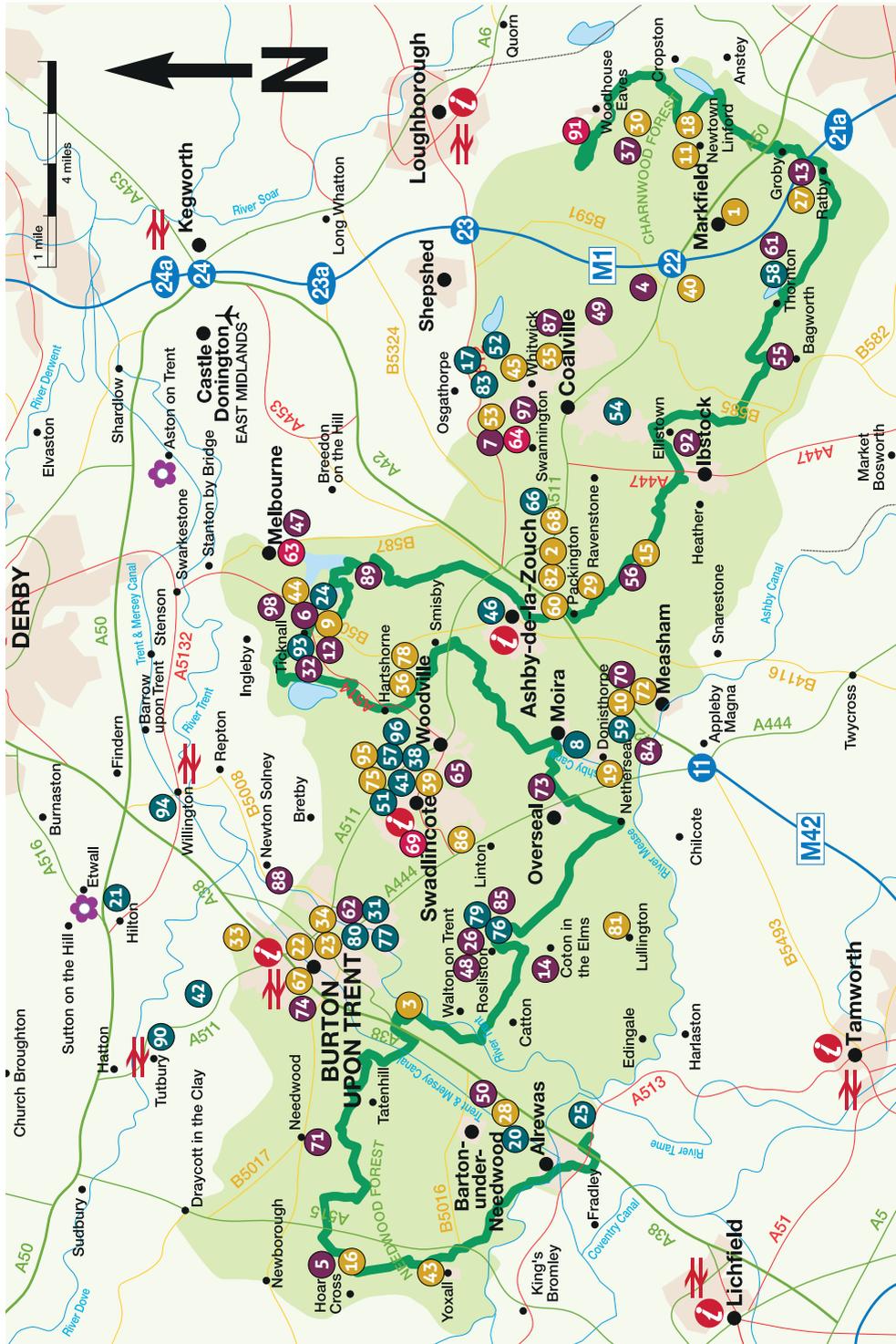
**STRENUOUS** Walks for experienced country walkers with an above average level of fitness. May include hills, rough country and be at a brisk pace.

## KEY

- |   |  |
|---|--|
|  Car park fee            |  Pushchair access           |
|  Entrance fee            |  Bring packed lunch         |
|  Wheelchair access       |  Walking boots              |
|  Dogs not allowed        |  Dogs allowed on a lead     |
|  Children welcome        |  Toilets available en route |
|  Bring a torch           |  |
|  Compass                 |  |
|  Regular Activity/ Group |  |

For more information please visit: [www.thenationalforestwalkingfestival.org.uk](http://www.thenationalforestwalkingfestival.org.uk)  
or call Swadlincote Tourist Information Centre on 01283 222848

# Walks in the National Forest Walking Festival



The National Forest Way

# Saturday 18<sup>th</sup> May

## 1 Markfield's Marvels Nordic Walk

**Start time 8am**

**Leisurely**

3.5 miles, 1.5 hours, 0 stiles

**STARTING POINT** Markfield Community Centre LE67 9ST (car park on site)

A perfect walk for those new to Nordic walking. Led by a qualified Nordic walking instructor. Poles will be provided. Experience the winding walk up to one of the highest points in Leicestershire through this beautiful old quarrying village. Wonderful panoramic views to be seen on a clear day. £3 includes hire of Nordic Poles. Booking essential. Please call 07502 576764 or email [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com)



## 2 Achille Wood and Farm Walk

**Start time 10am**

**Leisurely**

2 miles, 2 hours, 0 stiles

**STARTING POINT** Hill Farm, Spring Lane, Packington LE65 1WU (car park on site)

Take a leisurely stroll around the farm and woodland, taking in canadian bison, red deer, alpacas and many more. Finish with a visit to Antlers and Alpaca coffee and gift shop for brunch or refreshments.



## 3 Branston Leas

**Start time 10am**

**Leisurely**

3.5 miles, 2 hours, 1 stiles

**STARTING POINT** The Pickle Pot, Branston Square DE14 3FU (On-street parking)

A leisurely, guided stroll providing an opportunity to explore the developing 175-acre Branston Leas Nature Reserve, learn about the project to create it and see how it is evolving to become part of the National Forest. The route follows the perimeter of the reserve which includes a stretch along the River Trent and there is an opportunity at the end of the walk for refreshments at a local café.



## 4 Charnwood Forest from Copt Oak

**Start time 10am**

**Moderate**

9 miles, 5 hours, 8 stiles

**STARTING POINT** Copt Oak Church, next to Copt Oak Pub, Markfield LE67 9PJ (Parking at church courtesy of church council. Entrance at side of pub.) (SK483129)

Making use of public and permissive paths this walk covers some of the best countryside that Charnwood has to offer. Magnificent views from the Beacon, Nanpantan, and Lubcloud.



## 5 Newchurch, Newborough and New Views

**Start time 10am**

**Moderate**

10 miles, 6 hours, 20 stiles

**STARTING POINT** Jackson's Bank Car Park, Newchurch DE13 8RG (SK139232)

From the Noon Column the walk enters woodland owned by the Duchy of Lancaster and out into a sparsely populated area of attractive undulating farmland with a number of manor houses and large estates.



## 6 Capture Calke on Camera - a photography walk for adults

**Start time 10.30am**

**Moderate**

1-3 miles (depending on group), 2 hours, 0 stiles

**STARTING POINT** Ticket Office, Calke Abbey DE73 7LE. For Sat Nav use DE73 7JF. (Use main car park.)

Want to get some handy hints on how to take better photos? Come and join members of the Calke Abbey photography team on a walk and have some fun looking for different views to photograph. All levels of adult photographers are welcome and any camera type. Come and have some fun with your camera! Entrance fee £4.20 per adult, £2.10 per child (family £10.50) to Calke park. NT members and children under 5 free.



## 7 Jessop's Tramway and Coleorton Railway

**Start time 10.30am** **Moderate**

6.5 miles, 4 hours, 25+ stiles

**STARTING POINT** Hough Mill, St George's Hill, Swannington LE67 8QW (car park on site)

On this walk we follow the line of Jessop's 1794 Tramway from the Swannington Coalfield to near Thringstone Wharf. We then continue along the Ivanhoe Way before heading to the New Lount Nature Reserve where we will break for a picnic lunch. Our route back then traces the horse-drawn 1833 Coleorton Railway. The walk is mainly through fields (arable and livestock) and along quiet roads. Some sections may be muddy and/or overgrown. Booking essential.

Please call 07395 572880 or email [swanningtonwalks@gmail.com](mailto:swanningtonwalks@gmail.com)  
Donations to the Trust welcomed.



## 8 You Are Here

**Start times 11am, 2pm** **Easy**

1.5 miles, 1 hour, 0 stiles

**STARTING POINT** YHA National Forest, 48 Bath Lane, Moira, DE12 6BD (car park on site)

A playful sound walk through the Heart of The Forest, exploring the historical sites that have witnessed this area's transformation from coalpits to treetops. Join Youth Landscapers for this sensory landscape story, and experience their journeys and Jaffa Cakes whilst You Are Here. You will be provided with an MP3 player and headphones for the walk, which will be led by the Youth Landscapers as a part recorded, part live experience. Booking essential.

Call Swadlincote TIC on 01283 222848 or email [tic@sharpestpottery.com](mailto:tic@sharpestpottery.com)



## 9 Kids with Cameras - a photography walk for children and their family

**Start time 1.30pm** **Leisurely**

1 mile, 1 hour, 0 stiles

**STARTING POINT** Calke Abbey Ticket office DE73 7LE. For Sat Nav use DE73 7JF (car park on site)

Introduce your children to photography. Join the Calke Abbey photography team and see Calke Abbey and some wonderful things to photograph. Any camera will do and fun will be included. Entrance fee £4.20 per adult, £2.10 per child (family £10.50) to Calke park. NT members and children under 5 free.



## 10 Willesley Wood Walk

**Start time 2pm** **Leisurely**

4 miles, 3 hours, 3 stiles

**STARTING POINT** Oakthorpe Colliery Picnic Site, Ashby Road, Donisthorpe DE12 7QG (car park on site, 2m barrier at entrance, access can be arranged)

A guided walk round Willesley Wood and "Thortit Lake", focusing on the flora, fauna and history of the first major woodland planted in the National Forest. We will visit old, established woodland and compare it with newer trees planted in the National Forest 25 years ago. We will visit the Royal British Legion memorial grove as part of the walk. Sections of the walk are gently sloping.



at Hicks Lodge  
Cycle Centre  
1 mile



## Sunday 19<sup>th</sup> May

### 11 Map Reading & Navigation Course

**Start time 9am & 1pm** **Leisurely**

2-3 miles, 3 hours, various stiles

**STARTING POINT** Newton Linford Village Hall, Main Street, LE6 0AD

These are short courses to equip participants with basic map reading and navigation skills, to enable them to explore local trails and access land independently. After a short indoor theory session, the course will be mostly practical, enabling participants to learn and practice out in the local countryside. The practical session will involve a walk of between 2 and 3 miles, with stops along the way to discuss learning points. Booking essential, £10 per person, email Peak Running at [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk), or visit [www.peakrunning.co.uk](http://www.peakrunning.co.uk)



Peak Running

**For up to date Public Transport  
Information, please contact  
Traveline**



[www.traveline.info](http://www.traveline.info)

0871 200 22 33

calls cost 12p per minute  
plus your phone company's access charge

## 12 Orienteering Event

**Registration 10am-12noon** **Easy/Moderate**  
Approximately 2k up to 9k, 2 hours,  
includes stiles

**STARTING POINT** Near Calke Abbey Park  
(Main Car Park) DE73 7LE (car park on site)

Eight courses available from beginners/family to harder for experienced orienteers. Free parking for National Trust members, other entry charges apply to non members. Entry on the day. Adults - £4 for easy courses and £10 for harder courses. Children/Students - £4 on any course. Family group (2 adults and their children) £24. For details about other events/activities.

Visit [www.derwentvalleyorienteers.org.uk](http://www.derwentvalleyorienteers.org.uk)



## 13 Martinshaw Woods to Groby Pool Nordic Walk

**Start time 10am** **Moderate**

5.5 miles, 3 hours, 0 stiles

**STARTING POINT** Martinshaw Woods LE6 0LS (car park on site or on Markfield Road)

Perfect walk for those new to Nordic walking. Led by a qualified Nordic walking instructor. Poles will be provided. Experience the ancient woodlands of Charnwood Forest before heading over towards Groby Pool on this circular walk that has plenty to see along the way. Pub lunches available afterwards. Booking essential. Please call 07502 576764, or email [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com)

£4 includes hire of Nordic Poles



## 14 Coton and the Mease Valley

**Start time 10am** **Moderate**

10 miles, 6 hours, 16 stiles

**STARTING POINT** Outside St Mary's Church, Church Street, Coton in the Elms DE12 8HG (on-street parking on Elms Road)

A fairly level circular walk exploring the southernmost part of Derbyshire and some attractive villages on both sides of the River Mease. Stop for a lunch break along the route.



## 15 Exploring the Old and New in the QE Diamond Jubilee Wood

**Start time 10.30am** **Leisurely**

4 miles, 2.5 hours, 3 stiles

**STARTING POINT** Woodland Trust Car Park on Heather Lane, ½ mile SE of LE67 2TJ (car park on site)

A circuit of the main features of the newly planted Queen Elizabeth Diamond Jubilee Wood. Includes lake, bird hide, art features and ancient woodland. Mainly on gravel and grass paths over rolling countryside.



## Monday 20<sup>th</sup> May

## 16 An Afternoon Stroll

**Start time 1.30pm** **Leisurely**

4.5 miles, 2.5 hours, 8 stiles

**STARTING POINT** Jacksons Bank Car Park, Brakenhurst Road, Newchurch DE13 8RG (SK139232)

An undulating afternoon walk through woodland owned by the Duchy of Lancaster and newer National Forest planting.



## 17 History of Gracedieu

**Start time 3pm** **Easy**

2 miles, 2 hours, 0 stiles

**STARTING POINT** Bull's Head, Thringstone LE67 8LT (car park on site)

Walk through part of Gracedieu's ancient wood, under the Charnwood Forest Railway, along part of the Forest Line Canal and into the romantic ruins of Gracedieu Priory, a 13<sup>th</sup> Century nunnery, later a Tudor Mansion. Learn about some of the area's long and varied history along the way. £3 per adult.



## 18 Breakfast at Bradgate, Nordic Walk

**Start time 7am** **Leisurely**

4 miles, 2 hours, 0 stiles

**STARTING POINT** Grey Lady Deli, Newton Linford LE6 0HB (car park on site or on road)

A perfect walk for those new to Nordic walking. Led by a qualified Nordic walking instructor. Poles will be provided. Walk along part of the National Forest Way from Bradgate Park to Groby Pool and back. Breakfast available afterwards. Booking essential.

Please call 07502 576764 or email [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com). £3 includes hire of Nordic poles



## 19 Heart of the Forest Southern Circuit

**Start time 10am** **Leisurely**

5.5 miles, 4 hours, 8 stiles

**STARTING POINT** Donisthorpe Miner's Welfare Centre, DE12 7PY

A wonderful guided walk through a former industrial area. Mining, clay, coal, canals and railways. Now all turning into the most beautiful green area. You will be following tracks used by generations of workers. Toilets at start and at Hicks Lodge. Coffee stop at Hicks Lodge.

Booking essential. Please call Swadlincote TIC on 01283 222848.





## 20 Barton under Needwood x2 Walks

**Start time 10.15am** **Easy/Leisurely**

2-3 miles, 1 hour, 0 stiles

**STARTING POINT** St James Church Hall Car Park DE13 8HY (car park on site and on street)

Barton-under-Needwood is a large village in Staffordshire, a mile from the A38 between Burton upon Trent and Lichfield. Barton offers a wide variety of health walks that take in the sights of the village, local countryside and the large marina complex on the Trent & Mersey Canal, home to some 300 narrow boats and other facilities. We offer two walks to the group so you can choose if you would like to do a short or long route. After the walk the walkers enjoy refreshments at the local café.



## 21 Hilton Health Walk

**Start time 10.30am** **Easy**

2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Hilton Brook Public House, Egginton Road, Hilton DE65 5FG (car park on site)

This group meet every Monday morning for a walk around the pleasant village of Hilton. Stop afterwards for a hot drink at the Hilton Brook (optional).



## 22 Horninglow & Eton Walk

**Start time 10.30am** **Leisurely**

2.5-3 miles, 1 hour, 0 stiles

**STARTING POINT** Horninglow Road Basin, Horninglow Road DE14 2PT (On-street parking)

The Kingfisher Trail runs alongside the Trent & Mersey Canal through the Shobnall, Horninglow and Eton districts of Burton-upon-Trent. It is a habitat for wildlife with attractive views along the trail and across the hills. The walk is led by our trained volunteer leaders.



## 23 Meadowside Leisure Centre Walk

**Start time 11.30am** **Leisurely**

2.5-3 miles, 1 hour, 0 stiles

**STARTING POINT** Meadowside Leisure Centre, Burton on Trent DE14 1TL (car park on site Pay & Display take voucher part of ticket to reception to be reimbursed)

The Trent Washlands, as the name suggests, lie on the flood plain of the River Trent, close to Burton-upon-Trent. The route may vary due to the weather but still offers plenty to look at from the sculpture trail, Burton Mail Centenary Woodland and plenty more. After an enjoyable walk the group meet for lunch at Burton Library (optional).



## 24 Calke Abbey Health Walk

**Start time 2pm** **Easy**

2.5 miles, 1.25 hours, 0 stiles

**STARTING POINT** Calke Abbey Main Car Park by the ticket office DE73 7LE

This is a social Health Walk around the beautiful grounds of Calke Abbey. The walk is led by trained walk leaders who are volunteers at this National Trust Park and can show you the best it has to offer. The walk will last approximately 1 hour and will be no further than 3 miles in distance. The walk takes place every week and has become very popular with local walkers. After the walk stay on with the group to enjoy a well-earned soft drink and biscuit. (£1 donation requested).



**25 National Memorial Arboretum Walk****Start time 2.30pm** **Easy**

2 miles, 1 hour, 0 stiles

**STARTING POINT** National Memorial Arboretum, Alrewas DE13 7AR (car park on site, £3 fee)

Come and enjoy this steady paced walk around the majestic National Memorial Arboretum. Trained walk leaders and volunteers from the NMA will take you on this interesting and scenic walk around the site. The walk takes place on level ground and firm footpaths and is ideal for those who may be new to exercise or returning to it after a break or illness. The group finish in the on-site cafe for a hot drink and a chat (optional).

**26 Nordic Walking Taster Session****Start time 6pm** **Moderate**

2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Games Room at Rosliston Forestry Centre DE12 8JX (car park on site £1 per hour, £3 all day)

Nordic walking is basically walking with the use of specialised poles. It burns up to 46% more calories than normal walking by getting the upper body involved, and also reduces stress on the lower limbs. It is a great way to get active and have fun. To book, please contact Get Active in The Forest on 07977 439309 or email tor.adams@southderbyshire.gov.uk £1.60 if using own poles, £3.25 if hiring poles

**27 Martinshaw Woods Evening Nordic Walk****Start time 6.30pm** **Leisurely**

3 miles, 1.5 hours, 0 stiles

**STARTING POINT** Martinshaw Woods Car Park, Ratby LE6 0LS (car park on site and on Markfield Road)

A great walk for those new to Nordic walking. Led by a qualified Nordic walking instructor. Poles will be provided. Explore these ancient woodlands as part of the National Forest Way. Booking essential. Please call 07502 576764 or email ministryofnordicwalks@gmail.com £3 per person - includes hire of nordic poles

**28 A Dunstall Stroll****Start time 7pm** **Leisurely**

4 miles, 2 hours, 8 stiles

**STARTING POINT** 1st car park on right at Barton Marina DE13 8AS

An undulating evening walk through the village of Barton-under-Needwood and the Dunstall estate with views over the Trent valley.



# Tuesday 21<sup>st</sup> May

## 29 Achille Wood and Farm Walk

**Start time 10am**

**Leisurely**

2 miles, 2 hours, 0 stiles

**STARTING POINT** Hill Farm, Spring Lane, Packington LE65 1WU (car park on site)

Take a leisurely stroll around the farm and woodland, taking in canadian bison, red deer, alpacas and many more. Finish with a visit to Antlers and Alpaca coffee and gift shop for brunch or refreshments.



## 30 A Day at Bradgate Park Nordic Walk

**Start time 10am**

**Leisurely**

5 miles, 5 hours, 2 stiles

**STARTING POINT** Swithland Woods North Car Park LE12 8TN (car park on site, charge £2)

Spend a day at Bradgate Park. There will be time for a mid-morning break in a Newton Linford café and lunch at Deer Barn Tearoom in the park. Led by a qualified Nordic walking instructor. Poles will be provided. Booking essential. Please call 07502 576764 or email [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com)

£4 per person includes hire of Nordic poles



## 31 Stapenhill Gardens x3 Walks

**Start time 10.30am** **Easy/Leisurely/Moderate**

1 mile, 2.5-3 miles, 1 hour, 0 stiles

**STARTING POINT** Bandstand in Stapenhill Gardens, Main Street DE15 9AP. (Two small car parks located near to Stapenhill Gardens and on-street parking)

Stapenhill offers three graded walks every week. Including a bench to bench health walk, a leisurely one and a moderate one for the fast pace walkers, which are all led by trained volunteer walk leaders. There are many different routes to explore, taking in Stapenhill Gardens, Trent Washlands, Centenary Woodlands, Stapenhill Hollows, the woodland at the top of Elms Road etc. After the walk finishes the groups meet up for refreshments at Stapenhill Institute (optional).



## 32 Isolated Wildlife & Woodlands

**Start time 1pm**

**Moderate**

5.5 miles, 3 hours, 12 stiles

**STARTING POINT** Calke Explore, Calke Abbey DE73 7LE. For Sat Nav use DE73 7JF

A 5.5 mile circuit through the undulating parklands of the National Forest, the National Nature Reserve & the Limeyards at Calke Abbey. You will enjoy superb views, walk through nationally important landscapes and experience a wide variety of habitats. We will look at some of the fauna and flora along the way, including ancient and veteran trees, and be introduced to beetles and mini-beasts.

Booking essential. Call 01332 695310 or email [calkeabbey@nationaltrust.org.uk](mailto:calkeabbey@nationaltrust.org.uk) Entrance fee £4.20 per adult, £2.10 per child (family £10.50) to Calke park and stables. NT members and children under 5 free.



## 33 Stretton Walk

**Start time 2pm**

**Leisurely**

2.5-3 miles, 1 hour, 0 stiles

**STARTING POINT** The Green Car Park DE13 0EQ Small car park behind Springwood Vets, The Green

Stretton is a large village on the outskirts of Burton-upon-Trent that offers varied and enjoyable walks. There are lots of different routes including walking alongside the Trent & Mersey Canal where you can take in the pretty surroundings and wildlife or the Tutbury Jinnie Trail, that was once part of the old railway line for Burton and Tutbury. The walks are led by our volunteer leaders. After the walk the group meet for refreshments.



**For up to date Public Transport Information, please contact Traveline**



[www.traveline.info](http://www.traveline.info)

**0871 200 22 33**

calls cost 12p per minute plus your phone company's access charge



### 34 Riverside History Walk (Town)

**Start time 6pm**

**Leisurely**

2 miles, 2.25 hours, 0 stiles

**STARTING POINT** Meadowside Leisure Centre, Burton-upon-Trent DE14 1TL (car park on site)

A guided, flat, circular walk around Burton's Washlands, walking through the Washlands, to the Ferry Bridge Viaduct and St Peter's Bridge. Crossing the Trent to Stapenhill Gardens, back along the Eastern bank to the old Burton Bridge, then return to the Meadowside. Lots of clues on the way showing the effect of the river on Burton's history and development.



### 35 Map Reading & Navigation Course

**Start time 6pm**

**Leisurely**

2-3 miles, 3 hours, various stiles

**STARTING POINT** Agar Nook Community Centre, Coalville LE67 4TN (car park on site)

This is a short course to equip participants with basic map reading and navigation skills, to enable them to explore local trails and access land independently. After a short indoor theory session, the course will be mostly practical; enabling participants to learn and practice out in the local countryside. The practical session will involve a walk of between 2 and 3 miles, with stops along the way to discuss learning points. Booking essential, contact Peak Running on 07802 835475 or email [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk) £10 per person.



**Peak Running**

### 36 New Plantations and Ancient Tracks

**Start time 7pm**

**Leisurely**

3.5 miles, 2 hours, 3 stiles

**STARTING POINT** Dethick Hall Car Park, 6 Manchester Lane, Hartshorne DE11 7BE (car park on site)

A wonderful walk along ancient tracks and new woodland plantations with magnificent views to Swadlincote, the Trent Valley and beyond. Some narrow paths that can be slippery if wet. No toilets on route. Public houses in Hartshorne available afterwards. Booking essential. Please call Swadlincote TIC on 01283 222848.



## Wednesday 22<sup>nd</sup> May

### 37 Swithland Woods to Beacon Country Park Nordic Walk

**Start time 10am**

**Moderate**

5 miles, 3 hour, 0 stiles

**STARTING POINT** Swithland Woods North Car Park LE12 8TN £2 fee

A beautiful woodland walk with visit to a windmill, wonderful views and the possibility of seeing some magnificent beasts along the way! You will be given a lift back to Swithland Woods afterwards. Led by a qualified Nordic walking instructor. Poles will be provided. Maximum 12 people. Booking essential. Please call 07502 576764 or email [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com) £4 per person. Includes hire of Nordic Poles.



### 38 Green Bank Health Walk

**Start time 10am** **Easy**

1-2 miles, 1 hour, 0 stiles

**STARTING POINT** Green Bank Leisure Centre café area, Swadlincote DE11 0AD (car park on site)

This beginner's walk is perfect if you are new to walking or want to get back into it after a break. The walk is led by trained walk leaders who will accompany you at a pace that suits you. The walk takes place on a weekly basis and always finishes with a hot drink at a local pub afterwards. The route is all on concrete or well surfaced paths.



### 39 Tree Heritage Walk and Talk

**Start time 10am** **Leisurely**

Less than 1 mile, 1.5 hours, 0 stiles

**STARTING POINT** Maurice Lea Park, Swadlincote DE11 9NW Meet at the Bandstand (On street parking)

What can old trees tell us about the history of the parks and landscapes of Swadlincote and the National Forest? John Swanwick tells the story of the avenue of sycamores in Maurice Lea Memorial Park and how they help to tell us more about the past.



### 40 New and Old from Stanton

**Start time 10am** **Leisurely**

5 miles, 3 hours, 12 stiles

**STARTING POINT** Old Thatched Inn, Meadow Lane, Stanton-under-Bardon LE67 9TL, (Meadow Lane on street parking) (SK466101)

Starting from Stanton-under-Bardon with its two large quarries we will head via Bagworth Park to Thornton with its reservoir and fishing lodge. An interesting late Spring walk through areas of fields and the National Forest, which in the last century were dominated by quarry waste and coalfields. Pub lunch optional at end of walk.



### 41 Swadlincote Buggy Walk

**Start time 10.30am** **Easy**

2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Meet at Play area at Sharpe's Pottery Museum, West Street, Swadlincote DE11 9DG (Parking in Rink Drive car park, long stay)

This walk is perfect for mums and dads who want to be more active but struggle to get to the gym due to childcare difficulties. This led walk is on well surfaced paths that take you in and around the parks and woodlands of Swadlincote. Afterwards, why not join the group for drinks and/or food in Sharpe's Café.



### 42 Rolleston on Dove x2 walks

**Start time 10.30am** **Easy/Leisurely**

2-3 miles, 1 hour, 0 stiles

**STARTING POINT** Spread Eagle car park DE13 9BE (on-street parking available)

Walk through the picturesque village of Rolleston on Dove and take in the sights of the local wildlife in the nearby woodlands and countryside. The two walks, one shorter than the other, are led by our trained walk leaders and take approximately 45 to 60 minutes to complete. After the walk the group enjoy a nice hot drink in the Rolleston Club (optional).



### 43 Yoxall Walk

**Start time 10.45am** **Leisurely**

2.5-3 miles, 1 hour, 0 stiles

**STARTING POINT** Pathway in front of Yoxall Health Centre DE13 8PD On-street parking

Why not take part in the Yoxall walk and enjoy the sights of the beautiful local countryside around this small village. The walk is led by our trained walk leader and takes approximately 45 to 60 minutes to complete.



## 44 A Journey Down the Old Carriageway to Calke Abbey

**Start time 11am** **Leisurely**

1.5 miles, 1 hour, 0 stiles

**STARTING POINT** Under the clock at the front of the stableyard, Calke Abbey DE73 7LE. For sat nav use DE73 7JF.

Take a step back in time as you embark on a gentle stroll from the stables into the parkland and discover how once upon a time the family and visitors of Calke Abbey arrived at this mysterious mansion. To book, please contact NT on 01332 695310 or email [calkeabbey@nationaltrust.org.uk](mailto:calkeabbey@nationaltrust.org.uk) Entrance fee £4.20 per adult, £2.10 per child (family £10.50) to Calke park. NT members and children under 5 free.



## 45 A Walk Around Whitwick

**Start time 1.30pm** **Leisurely**

2 miles, 1.5 hours, 0 stiles

**STARTING POINT** The Old Station, North St, Whitwick LE67 5HA (On-street parking in Church Lane, Whitwick)

A guided village walk which links significant historical sites in Whitwick and reveals fascinating stories. The route follows footpaths around the village centre. Please note: some of the route is hilly. The walk ends back at the Old Station with light refreshments (donations welcomed).



## 46 General Town History Walk

**Start time 7pm** **Easy**

1 miles, 1.25 hours, 0 stiles

**STARTING POINT** Ashby de la Zouch Museum LE65 1HU (Parking in North Street car park, free after 5pm)

Centres on the fascinating history of Market Street, North Street, South Street, Mill Lane Mews and Bath Street. Booking essential. Please contact Ashby de la Zouch Museum (Pat Dixon) on 01530 560090 or email [ashbymuseum@outlook.com](mailto:ashbymuseum@outlook.com) £4 per person.



# Thursday 23<sup>rd</sup> May

## 47 bRUNch Club Run

**Start time 9.45am** **Moderate**

4 miles, 1.25 hours, 7 stiles

**STARTING POINT** Blue Bell Inn, Melbourne DE73 8EN (Church Square or parking area in Castle Street)

This is a run at a gentle pace, suitable for runners of all abilities. It is a circular route taking in the tranquil Melbourne Pool, a peaceful valley and great views of Breedon on the Hill and beyond.

£3 per person (off road running shoes required)



**Peak Running**

## 48 Nordic Walking Taster Session

**Start time 10am** **Moderate**

2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Meet in the main foyer at Rosliston Forestry Centre DE12 8JX (Main car park on site £1 per hour, £3 all day)

Nordic walking is basically walking with the use of specialised poles. It burns up to 46% more calories than normal walking by getting the upper body involved, and also reduces stress on the lower limbs. It is a great way to get active and have fun. To book, please contact Get Active in The Forest on 07977 439309 or email [tor.adams@southderbyshire.gov.uk](mailto:tor.adams@southderbyshire.gov.uk) £1.60 if using own poles. £3.25 if hiring poles.



## COMMUNITY OPPORTUNITIES

You can try a range of outdoor activities throughout half term in South Derbyshire, including Orienteering, and activities delivered by our Play, Sports and Adventure Mobiles. Young explorers can also try out navigational challenges in our parks.

For more information go to [www.southderbyshire.gov.uk](http://www.southderbyshire.gov.uk)



Active South Derbyshire



## 49 A Walk Around the Charnwood Hills

**Start time 10am** **Moderate**  
5 miles, 2 hours, 0 stiles

**STARTING POINT** The Bull's Head Pub, Greenhill, Coalville LE67 4UY (car park on site)

Starting from the highest pub in the county, the walk takes in old farm land, woods, heathland, nature reserves and super views from rocky outcrops and then back to the pub for a pleasant social finish.



## 50 Silver Circuit

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

**STARTING POINT** Car park between Waterfront pub and the lake at Barton Marina DE13 8AS

A walk created to mark 25 years since the first trees were planted in the National Forest. This circular walk passes through Needwood Forest and down into the Trent valley.



## 51 Newhall Health Walk

**Start time 2pm** **Easy**  
1 & 2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Inside the Old Post Office café, Newhall DE11 0HP (car park on site)

This walk offers two options. A short walk on surfaced paths, or a 2.5 mile walk across the vast amounts of beautiful countryside that surrounds Newhall. This Health walk is led by trained walk leaders and is suitable for those who are looking to get back into exercise after a break, or those who are already active and enjoy country walks.



## 52 History of Gracedieu

**Start time 6pm** **Easy**  
2 miles, 2 hours, 0 stiles

**STARTING POINT** Bull's Head, Thringstone car park LE67 8LT

Walk through part of Gracedieu's ancient wood, under the Charnwood Forest Railway, along part of the Forest Line Canal and into the romantic ruins of Gracedieu Priory, a 13<sup>th</sup> Century nunnery, later a Tudor Mansion. Learn about some of the area's long and varied history along the way. £3 per adult.



## 53 Ancient Coal Mines to New Woodland

**Start time 7pm** **Leisurely**  
2 miles, 2 hours, 2 stiles

**STARTING POINT** Hough Mill, St George's Hill, Swannington LE67 8QW (car park on site)

Walking on lanes, paths and grassy areas (with some gradients) we will pass the sites of bell pits, gin pits, Victorian mining, 1940s opencast mining and woodlands planted between 1993 and 2010. Booking essential. Please call 07395 572880 or email [swanningtonwalks@gmail.com](mailto:swanningtonwalks@gmail.com)



**54 Hugglescote Evening Heritage Walk**

**Start time 7.30pm** **Easy**  
2 miles, 1.5 hours, 0 stiles

**STARTING POINT** Hugglescote Community Centre LE67 2BR (Limited parking available in car park at centre, otherwise on-street parking)

A guided historical walk around the village, ending at the Community Centre for refreshments. This is an easy walk, mainly on public footpaths or pavement, although may involve some unsurfaced paths and steps. £3 per person.



## Friday 24<sup>th</sup> May

**55 The Granges**

**Start time 10am** **Moderate**  
8 miles, 4.5 hours, 3 stiles

**STARTING POINT** Bagworth Community Centre LE67 1BH (car park on site)

Taking in the Bagworth and Nailstone former colliery villages and the Swannington and Whitwick Railway, which was extended to Bagworth in the mid 1800s. Also includes some historical information on the Granges of Pickering Farm, Ibstock Grange and Nailstone Grange and the connection with Garendon Abbey circa 1140.

**56 Queen Elizabeth Diamond Jubilee Wood, Sence Valley & Heather Circuit**

**Start time 10.30am** **Moderate**  
9 miles, 5 hours, 10 stiles

**STARTING POINT** Woodland Trust Car Park on Heather Lane 1/2 mile SE of LE67 2TJ

Exploring lesser known parts of the young Queen Elizabeth Diamond Jubilee Wood, then along the National Forest Way to nearby Sence Valley to compare a similar project that is 15 years older. Stopping for a picnic lunch before returning via Heather.

**57 Oakland Village - geocaching**

**Start time 2pm** Registration 1.50pm **Easy**  
3 miles, 2 hours, 0 stiles

**STARTING POINT** Oakland Village Reception, Hall Farm Road, Swadlincote DE11 8LH (On-street parking)

We will start with an explanation of geocaching before taking a 3 mile walk to find a few cache locations, returning to Oakland Village for optional drink (£1.10).

**58 Thornton Reservoir Nordic Walk**

**Start time 2pm** **Easy**  
2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Thornton Reservoir Car Park, Reservoir Road LE67 1AR

A perfect walk for the beginner Nordic walker. Led by a qualified Nordic walking instructor. Poles will be provided. Experience a lovely circular walk around this reservoir with plenty of birdlife to see. Refreshments available afterwards nearby. Booking essential. Please call 07502 576764 or email [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com) £3 includes hire of Nordic poles

**59 Woodland Sensory Walk**

**Start time 2pm** **Easy**  
1.5 miles, 2 hours, 0 stiles, 2 gates with Radar key access for wheelchairs (key available on day)

**STARTING POINT** Oakthorpe Colliery Picnic site, Donisthorpe DE12 7QG (car park on site has 2m height restriction barrier at entrance, access can be arranged)

A guided walk on firm all-ability paths around the lake for people with physical and sensory disabilities. Experience the sights, sounds, smells and textures of the summer. Wheelchairs, walkers and carer/guides all welcome. We will visit the Royal British Legion memorial grove as part of the walk. Booking essential. Please call 01530 415682, or email [retsonian@gmail.com](mailto:retsonian@gmail.com)





## 65 Clayholes to Trees

**Start time 10am**

**Moderate**

8 miles, 4 hour, 4 stiles

**STARTING POINT** Albert Village Play area car park (opposite the primary school), Occupation Rd DE11 8HA

A walk exploring the industrial past and the green present and future of the heart of the forest. Starting in Albert Village, discover the sites of the pipe works, potteries and clay holes in this old industrial heartland. Enjoy the nature reserves and woodlands which cover the area today, including Pick Triangle Woods, Feanedock and Albert Village Lake.



## Sunday 26<sup>th</sup> May

### 68 Achille Wood and Farm Walk

**Start time 10am**

**Leisurely**

2 miles, 2 hours, 0 stiles

**STARTING POINT** Hill Farm, Spring Lane, Packington LE65 1WU (car park on site)

Take a leisurely stroll around the farm and woodland, taking in canadian bison, red deer, alpacas and many more. Finish with a visit to Antlers and Alpaca coffee and gift shop for brunch or refreshments.



### 66 Childrens Treasure Hunt and Farm Walk

**Start time 10am**

**Easy**

0.75 miles, 2 hours, 0 stiles

**STARTING POINT** Hill Farm, Spring Lane, Packington LE65 1WU (car park on site)

Take a leisurely stroll around the farm and woodland to meet the animals. Try and find the treasure rocks along the way. Finish with a visit to Antlers and Alpaca coffee and gift shop for a snack or squash and cake.



### 69 In the Steps of Servants - Part 2

**Start time 10am**

**Strenuous**

10 miles, 5.5 hours, 8 stiles

**STARTING POINT** Swadlincote bus park to catch the Arriva 2 Derby bus to Ticknall (car park next to the bus park)

This linear walk through woodlands and along field paths passes Knowle Hill, Foremark Hall, Repton Park and Bretby Park Estate. There are more stories of how these properties have changed their circumstances over the last century.



### 67 Canal Side

**Start time 2pm**

**Leisurely**

5 miles, 2.5 hours, 2 stiles

**STARTING POINT** Carver Road Community Centre, Burton on Trent DE13 0GQ

A leisurely walk alongside the Trent & Mersey Canal to Clay Mills and return on the other side of the canal to finish at Carver Road Community Centre.



### 70 Railways, Canals and The National Forest

**Start time 10am**

**Moderate**

10 miles, 6 hours, 3 stiles

**STARTING POINT** Saltersford Valley Picnic Area, Oakthorpe DE12 7RF (car park on site)

Explore the lines of the old railways and canals that pass through the National Forest. Discover the rich, industrial heritage of the area and enjoy the trees and wildlife.



## 71 Rangemore, Brankley and Dunstall Walk

**Start time 10am** **Moderate**  
8.4 miles, 6 hours, 14 stiles

**STARTING POINT** Rangemore Village Car Park opposite school DE13 9RW

This walk will follow the National Forest Way initially from Rangemore to Brankley Pastures Wildlife Reserve and then on through new woodland towards Yoxall. We will follow paths that take us back to the Dunstall estate enjoying views towards Lichfield. The walk then follows part of the Silver Circuit over hills towards Tatenhill with magnificent views of the Trent Valley. Our final part of the walk as we return to Rangemore gives views of Derbyshire and the Weaver Hills in the far distance.



# Monday 27<sup>th</sup> May

## 72 Wonderful North West Leicestershire

**Start time 10am** **Leisurely**  
6 miles, 4 hours, 6 stiles

**STARTING POINT** Measham Library DE12 7HR (public car park at the rear)

Starting in Measham, we walk along the former Nuneaton to Burton rail line to Oakthorpe and then we head for Willesley along part of the old Ashby Canal, stopping at Oakthorpe picnic area, then around the most beautiful Woodland Trust Nature Reserve, then taking ancient tracks back to Measham. Please note, there are no toilets on route. Booking essential: Please call Swadlincote TIC on 01283 222848



**For up to date Public Transport Information, please contact  
Traveline**



[www.traveline.info](http://www.traveline.info)  
**0871 200 22 33**  
calls cost 12p per minute  
plus your phone company's access charge

## 73 Overseal's Emerald Necklace

**Start time 10.30am** **Leisurely**  
6.5 miles, 3.5 hours, 6 stiles

**STARTING POINT** Overseal Church DE12 6LQ (Street parking on Woodville Road)

Discover the changing landscape of Overseal as we walk around the periphery of the village. Much of natural history interest, the original terminus of Ashby Canal and tales of Barratt Mill and pit ponies. Terrain is varied over arable fields, woodland rides and country lanes.



## 74 Four Parishes

**Start time 1.30pm** **Moderate**  
6 miles, 3.5 hours, 4 stiles

**STARTING POINT** Shobnall Leisure Centre (top car park) Shobnall Rd, Burton-upon-Trent DE14 2BB

A circular walk with a chance to see some urban nature reserves (good and bad) with some stunning views over Burton and the National Forest, plus a visit to a new outdoor teaching area all close to the centre of town. You may be surprised at how much greenspace there is close to the centre of Burton.



# Tuesday 28<sup>th</sup> May

## 75 Nordic Walking Taster Session

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

**STARTING POINT** Meet in reception at Oakland Village, Hall Farm Road, Swadlincote DE11 8ND (On site parking)

Nordic walking is basically walking with the use of specialised poles. It burns up to 46% more calories than normal walking by getting the upper body involved, and also reduces stress on the lower limbs. It is a great way to get active and have fun. Booking essential. Please call Get Active in The Forest on 07977 439309 or email: [tor.adams@southderbyshire.gov.uk](mailto:tor.adams@southderbyshire.gov.uk) £1.60 with own poles, £3.25 if hiring poles.



## 76 Rosliston Buggy Walk

**Start time 10.30am** **Easy**

2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Meet outside The Hub café at Rosliston Forestry Centre DE12 8JX (Car park on site £1 per hour, £3 per day)

This walk is perfect for mums and dads who want to be more active but struggle to get to the gym due to childcare difficulties. It is also a great way to meet other parents in the same position. This led walk is on well surfaced paths which are ideal for pushchairs. It lasts approximately one hour so is a great way to burn off some calories whilst enjoying good company in a traffic free location. Afterwards you may choose to join the group for drinks, and/or food in The Hub café.



## 78 Daniel Hayes & Carver's Rocks

**Start time 1.30pm** **Leisurely**

4.25 miles, 2 hours, 10 stiles

**STARTING POINT** Dethick Hall Car Park, Manchester Lane, Hartshorne DE11 7ET

A circular route covering a mix of woodland rides and field paths. Hartshorne Dams, Daniel Hayes and a variety of National Forest plantings are on the walk, Smith's Gorse and Carver's Rocks Nature Reserve, which provide much of natural history interest and heritage. Views north and east over South Derbyshire & Leicestershire.



## 79 Nature Detectives Walk

**Start time 2pm** **Easy**

1 mile, 1.5 hour, 0 stiles

**STARTING POINT** Forest classroom Rosliston Forestry Centre DE12 8JX (car park on site £1 for an hour, £3 all day)

Join us for a guided walk and be a Rosliston nature detective! We will be looking for clues to tell us what lives on the site and what it needs to survive, and discovering many other interesting facts. Walk suitable for children aged 4 – 12 years. £2.50 per child.



## 80 Upper Mill History Walk

**Start time 6pm** **Easy**

1.5 miles, 2 hours, 0 stiles

**STARTING POINT** Watson Street car park, Burton-upon-Trent DE14 3AH

A flat, guided walk around an often neglected part of the Trent Washlands. Ten minutes walk from the High Street and you could be out in the country enjoying a peaceful riverside walk. We will discuss the history of the site and the positive effects of an environmental project, including grazing with Hereford cattle.



## 77 Stapenhill Gardens x3 Walks

**Start time 10.30am** **Easy/Leisurely/Moderate**

1 mile x1 & 2.5-3 miles x2, 1 hour, 0 stiles

**STARTING POINT** Bandstand in Stapenhill Gardens, Main Street DE15 9AP (2 small car parks located near to Stapenhill Gardens and on-street parking)

Stapenhill offers three graded walks every week. Including a bench to bench health walk, a leisurely one and a moderate one for the fast pace walkers, which are all led by trained volunteer walk leaders. There are many different routes to explore taking in Stapenhill Gardens, Trent Washlands, Centenary Woodlands, Stapenhill Hollows, the woodland at the top of Elms Road etc. After the walk finishes the group (optional) meet up for refreshments at Stapenhill Institute.



## 81 From Coffin to Centre!

**Start time 6.30pm** **Leisurely**

4 miles, 2 hours, several stiles

**STARTING POINT** Colville Arms, Lullington DE12 8EG (car park on site)

On this evening walk, we will follow the Coffin Route from Lullington to Coton in the Elms, returning via the National Forest plantation of Coton Wood and passing a point which, in England, is farthest from the sea in any direction! A country lane will return us to Lullington, where we can enjoy a drink (optional) at the village pub.



# Wednesday 29<sup>th</sup> May

## 82 Achille Wood and Farm Walk

**Start time 10am** **Leisurely**

2 miles, 2 hours, 0 stiles

**STARTING POINT** Hill Farm, Spring Lane, Packington LE65 1WU (car park on site)

Take a leisurely stroll around the farm and woodland, taking in canadian bison, red deer, alpacas and many more. Finish with a visit to Antlers and Alpaca coffee and gift shop for brunch or refreshments.



## 83 History of Gracedieu

**Start time 10am** **Easy**

2 miles, 2 hours, 0 stiles

**STARTING POINT** Bull's Head, Thringstone car park LE67 8LT

Walk through part of Gracedieu's ancient wood, under the Charnwood Forest Railway, along part of the Forest Line Canal and into the romantic ruins of Gracedieu Priory, a 13<sup>th</sup> Century nunnery, later a Tudor Mansion. Learn about some of the area's long and varied history along the way. £3 per adult.



## 84 Willesley Woodside

**Start time 10am** **Moderate**

6 miles, 4 hours, 3 stiles

**STARTING POINT** Oakthorpe picnic site car park, Ashby Road DE12 7RF

Exploring water and woodland starting with the Saltersford Valley "flashes". Moving on to Willesley Woods and golf course to new plantations at Shellbrook and on to reclaimed Hicks Lodge Cycle Centre for refreshments.



## 85 Beyond Rosliston Nordic Walk

**Start time 10.30am** **Moderate**

4.5 miles, 2 hours, 0 stiles

**STARTING POINT** Meet in the main foyer at Rosliston Forestry Centre DE12 8JX. (Main car park on site £1 per hour, £3 all day)

Explore the Centre and beyond, following the National Forest Way, making a loop around the Beehive, Coton in the Elms and back to Rosliston. This route is recommended for experienced Nordic Walkers. Booking essential, please contact Get Active in The Forest on 07977 439309 or email [tor.adams@southderbyshire.gov.uk](mailto:tor.adams@southderbyshire.gov.uk) £1.60 if using own poles. £3.25 if hiring poles.



## 86 Gresleydale Surgery Walk

**Start time 1pm** **Leisurely**

3 miles, 1 hour, 0 stiles

**STARTING POINT** Gresleydale Healthcare Centre, Church Gresley DE11 9JT (car park on site)

Discover the vast stretches of countryside and many public footpaths surrounding Church Gresley. This walk is led by trained walk leaders and is ideal for anyone who enjoys walking through beautiful countryside in good company. The group walk at a decent pace for approximately one hour and stop for refreshments afterwards (£1.50 donation requested).



## 87 Ancient Rocks and Mount Saint Bernard Abbey

**Start time 1.30pm**

**Moderate**

2 miles, 1.5 hours, 4 stiles

**STARTING POINT** Mt. St. Bernard Abbey, Coalville LE67 5UL (large, free car park on site)

Discover a quiet corner of Charnwood Forest with splendid views and natural beauty. Learn about Mt. St. Bernard Abbey, the first abbey to be built after the Reformation, and the nearby Reformatory. Walk amongst some of the oldest rocks in England, formed about 700 million years ago. Look into Peldar Tor Quarry, thought to be a Precambrian volcano. Please note: the route includes steep slopes and uneven tracks.



## 88 Newton Solney and Winhill; A Circular Walk

**Start time 6pm**

**Moderate**

3.5 miles, 1.5 hours, 8 stiles

**STARTING POINT** Brickmakers Arms, 9-11 Main St, Newton Solney DE15 0SJ (car park at rear of pub or on street)

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 to the Peak District.



## Thursday 30<sup>th</sup> May

### 89 bRUnch Club Run

**Start time 9.45am**

**Moderate**

4.25 miles, 1.25 hours, 15 stiles

**STARTING POINT** Ferrers Centre, Staunton Harold Hall LE65 1RU (car park on site)

This is a run at a gentle pace, suitable for runners of all abilities. It is a circular route taking in the grounds of the hall, Dimminsdale Nature Reserve and the surrounding countryside. Off-road running shoes required. Cost £3 per person.



### 90 Tutbury x2 Walks

**Start time 10am**

**Easy/Leisurely**

2-3 miles, 1 hour, 0 stiles

**STARTING POINT** Car park across from the Leopard Pub, Monk Street, Tutbury DE13 9NA (car park on site or on-street)

Tutbury is an interesting place to walk around. The village has plenty of history such as Tutbury Castle, old buildings and the countryside on its door-step: what more could you ask for. The two walks, one slightly shorter than the other, are led by our trained walk leaders and afterwards the group meet for coffee at the local café on the High Street. (optional)



## 91 High Points of Charnwood Forest

**Start time 10am** **Strenuous**  
7 miles, 3.5 hours, 3 stiles

**STARTING POINT** The Outwoods Car Park, Woodhouse Lane, Nanpantan LE12 8TA  
Parking fee £1

A walk in Charnwood Forest taking in the high points of Beacon Hill, Bucks Hill, Windmill Hill, and The Outwoods.



## 92 Battram Miners Trails

**Start time 10am** **Moderate**  
8 miles, 5 hours, 10 stiles

**STARTING POINT** Battram Woods car park LE67 1GB

Battram Woods, Overton Road Ford, Odstone Barns, Newton Lane, Ibstock and the National Forest Way. Hinckley Ramblers walk each Thursday, so this walk will be on our normal programme. We have a pub stop during our walks.



## 93 Minibeast Safari

**Start time 11am** **Easy**  
1 mile, 1.25 hours, 0 stiles

**STARTING POINT** Calke Explore, Calke Abbey DE73 7LE For Sat Nav use DE73 7JF (car park on site)

A family walk exploring the park in search of some of the small, hidden creatures that inhabit Calke's National Nature Reserve. Where do they live, how do they move, and what do they eat? Let's find out. Entrance fee £4.20 per adult, £2.10 per child (family £10.50) to Calke park. NT members and children under 5 free.



## 94 Willington Health Walk

**Start time 1.30pm** **Easy**  
2 miles, 1 hour, 0 stiles

**STARTING POINT** Meet at the canal/picnic area car park, Willington DE65 6BP

Come and enjoy a led Health Walk along the scenic canal at Willington and stop for a hot drink in the local pub afterwards. This is a steady paced walk along decent footpaths. Although there are no stiles, there are a few steps en route. This almost traffic free walk allows you to walk and chat whilst looking out for wildlife along the canal.



## 95 Swadlincote Heritage Trail

**Start time 2pm** **Leisurely**  
1 mile, 1.5 hours, 0 stiles

**STARTING POINT** Sharpe's Pottery Museum, West Street, Swadlincote DE11 9DG (Town Centre car parks)

Meet in the courtyard at Sharpe's to explore the new Heritage Trail with the help of the people who created it - the Magic Attic team. £2 per person.



## 96 Teddy Walk

**Start time 2pm** **Easy**  
1 mile, 1 hour, 0 stiles

**STARTING POINT** Main gates to Eureka Park, just off Midland Road, Swadlincote DE11 0BA (town car parks or on street parking)

Your little ones will love this Teddy walk. Follow Bertie Bear on his adventures around Eureka Park in Swadlincote. This guided walk takes you through the park, whilst reading the story of Bertie Bear on his trail.



**97 Woodlands Around Swannington****Start time 2pm** **Moderate**

4.5 miles, 2.75 hours, 15 stiles

**STARTING POINT** Snibston No. 3 Coal Mine Site, Spring Lane, Swannington LE67 8QR (car park on site)

On this walk you will see many of the thousands of trees planted around Swannington with the coming of the National Forest and former mine sites that have been transformed into nature conservation areas. Much of the route is along woodland paths and tracks and through fields. Some sections may be muddy and there are several uphill climbs including part of the famous 1 in 17 Swannington Inclined Plane. Maximum 20 places. Booking essential: please contact Swannington Heritage Trust on 07395 572880 or email swanningtonwalks@gmail.com

**98 Spring Series Trail Run****Start time 7pm** **Moderate**

5.1 miles, 1.5 hours, 8 stiles

**STARTING POINT** Ticknall Village Hall, Main Street, Ticknall DE73 7JW (car park on site)

This is a run at a social pace, suitable for runners of all abilities. It is a circular route taking in views over Staunton Harold Reservoir and Robin Wood. £4 per person. Off-road running shoes required.

**Archery**

Rosliston Forestry Centre has a range of outdoor activities for all ages and abilities, including cycle hire and the increasingly popular sport of archery

[www.roslistonforestrycentre.co.uk](http://www.roslistonforestrycentre.co.uk)

01283 563 483

**Canoeing**

Trent Adventure provide canoeing adventures on the River Trent and Trent & Mersey Canal, from short tasters to overnight expeditions

[www.trentadventure.com](http://www.trentadventure.com)

07876 751 599

**Climbing**

APEX at Green Bank Leisure Centre is an indoor sixteen station climbing centre – no experience is needed, just clip on and climb

[www.activation.org.uk/apex](http://www.activation.org.uk/apex)

01283 216 269

**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

[www.bhs.org.uk](http://www.bhs.org.uk)

02476 840 500

**Golf**

Swadlincote Family Golf Centre offers a 9-hole course, FootGolf, floodlit driving range and golf lessons with pay-as-you-play

[www.swadlincotegolfcentre.com](http://www.swadlincotegolfcentre.com)

01283 229 839

**Skiing**

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

[www.jn1swadlincote.co.uk](http://www.jn1swadlincote.co.uk)

01283 890 089



**For up to date Public Transport Information, please contact Traveline**

[www.traveline.info](http://www.traveline.info)

0871 200 22 33

calls cost 12p per minute  
plus your phone company's access charge

## THE NATIONAL FOREST WALKING FESTIVAL IS BROUGHT TO YOU BY GET ACTIVE IN THE FOREST IN PARTNERSHIP WITH:

### ASHBY MUSEUM

[www.ashbymuseum.org.uk](http://www.ashbymuseum.org.uk)

### BRANSTON PARISH COUNCIL

[www.branstonparishcouncil.co.uk](http://www.branstonparishcouncil.co.uk)

### BLACK TO GREEN

[www.blacktogreen.org.uk](http://www.blacktogreen.org.uk)

### BURTON AND DISTRICT WILDLIFE GROUP

[www.staffs-wildlife.org.uk](http://www.staffs-wildlife.org.uk)

### BURTON CONSERVATION VOLUNTEERS

[www.bcv.org.uk](http://www.bcv.org.uk)

### COALVILLE AND DISTRICT RAMBLERS

[www.coalvilleramblers.org.uk](http://www.coalvilleramblers.org.uk)

### DERBY AND SOUTH DERBYSHIRE RAMBLERS

[www.derbyramblers.org.uk](http://www.derbyramblers.org.uk)

### DERWENT VALLEY ORIENTEERS

[www.dvo.org.uk](http://www.dvo.org.uk)

### EAST STAFFORDSHIRE BOROUGH COUNCIL

[www.eaststaffsbc.gov.uk](http://www.eaststaffsbc.gov.uk)

### EAST STAFFORDSHIRE RAMBLERS

[www.eaststaffsramblers.org.uk](http://www.eaststaffsramblers.org.uk)

### FRIENDS OF GRACE DIEU PRIORITY

[www.gracedieupriory.org.uk](http://www.gracedieupriory.org.uk)

### FRIENDS OF THE QUEEN ELIZABETH JUBILEE WOODS

[www.queenelizabethdiamondjubileewood.wordpress.com](http://www.queenelizabethdiamondjubileewood.wordpress.com)

### GET ACTIVE IN THE FOREST

[www.south-derbys.gov.uk](http://www.south-derbys.gov.uk)

### HEALTHIER SOUTH DERBYSHIRE

[www.healthiersouthderbyshire.org](http://www.healthiersouthderbyshire.org)

### HILL FARM, PACKINGTON

[www.hillfarmpackington.co.uk](http://www.hillfarmpackington.co.uk)

### HINCKLEY RAMBLERS

[www.hinckleyramblers.org.uk](http://www.hinckleyramblers.org.uk)

### HORNINGLOW AND ETON PARISH COUNCIL

[www.horninglowandeton.co.uk](http://www.horninglowandeton.co.uk)

### HUGGLESCOTE & DONINGTON-LE-HEATH HERITAGE SOCIETY

[www.facebook.com/HADLHHS](http://www.facebook.com/HADLHHS)

### LEICESTERSHIRE COUNTY COUNCIL

[www.leicestershire.gov.uk](http://www.leicestershire.gov.uk)

### LOUGHBOROUGH AND DISTRICT RAMBLERS

[www.loughboroughramblers.org.uk](http://www.loughboroughramblers.org.uk)

### MINISTRY OF NORDIC WALKS COMMUNITY GROUP

[www.ministryofnw.weebly.com](http://www.ministryofnw.weebly.com)

### NATIONAL MEMORIAL ARBORETUM

[www.thenma.org.uk](http://www.thenma.org.uk)

### PEAK RUNNING

[www.peakrunning.co.uk/guided-runs](http://www.peakrunning.co.uk/guided-runs)

### SOUTH DERBYSHIRE DISTRICT COUNCIL

[www.south-derbys.gov.uk](http://www.south-derbys.gov.uk)

### SOUTH DERBYSHIRE

### ENVIRONMENTAL EDUCATION PROJECT

[www.roslistonforestrycentre.co.uk/home/education](http://www.roslistonforestrycentre.co.uk/home/education)

### STAFFORDSHIRE WILDLIFE TRUST

[www.staffs-wildlife.org.uk](http://www.staffs-wildlife.org.uk)

### SWANNINGTON HERITAGE TRUST

[www.swannington-heritage.co.uk](http://www.swannington-heritage.co.uk)

### TATENHILL & RANGEMORE PARISH COUNCIL

[www.tandrpc.org.uk](http://www.tandrpc.org.uk)

### THE MAGIC ATTIC

[www.magicattic.org.uk](http://www.magicattic.org.uk)

### WHITWICK HISTORICAL GROUP

[www.whitwickhistoricalgroup.org.uk](http://www.whitwickhistoricalgroup.org.uk)

### WOODLAND TRUST

[www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)

### YOUTH LANDSCAPERS

[www.youthlandscapers.com](http://www.youthlandscapers.com)



The National Forest Walking Festival



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All information correct at time of going to print.

**A big THANK YOU to all our walk leaders** We are very lucky to have so many knowledgeable and enthusiastic volunteers as our guides who are willing to contribute their time and expertise to plan and lead our walks. The Festival would not be possible without them, so on behalf of all those taking part...THANK YOU!

If you require this information in large print or in another language, please phone: 01283 595795 or email: [customer.services@southderbyshire.gov.uk](mailto:customer.services@southderbyshire.gov.uk)

If you would like to submit a walk for consideration for the National Forest Walking Festival 2020, please email [tor.adams@southderbyshire.gov.uk](mailto:tor.adams@southderbyshire.gov.uk) before September 2019.

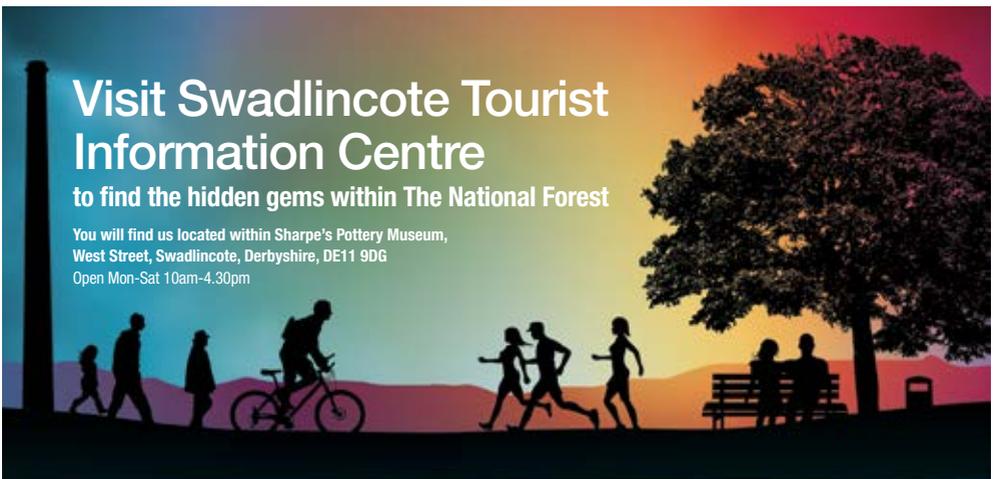
Complete our feedback form for a chance to win FREE Family weekend & camping tickets for Timber Festival at [www.thenationalforestwalkingfestival.org.uk](http://www.thenationalforestwalkingfestival.org.uk)



## Visit Swadlincote Tourist Information Centre

to find the hidden gems within The National Forest

You will find us located within Sharpe's Pottery Museum,  
West Street, Swadlincote, Derbyshire, DE11 9DG  
Open Mon-Sat 10am-4.30pm



**Swadlincote**  
Tourist Information Centre

Tel: 01283 222848

[tic@sharpepotterymuseum.org.uk](mailto:tic@sharpepotterymuseum.org.uk) [www.south-derbys.gov.uk/swadlincotetic](http://www.south-derbys.gov.uk/swadlincotetic)

 Swadlincote Tourist Information Centre  @swadlincoteTIC





# GETTING HERE IS EASY

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



## 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

## By rail:

There are 10 railway stations serving the area. National Rail Enquiries: 03457 48 49 50 (Charges apply) [www.nationalrail.co.uk](http://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](http://www.traveline.info)  
National Express: 08717 818181 (Charges apply) [www.nationalexpress.com](http://www.nationalexpress.com)