

THE NATIONAL FOREST WALKING FESTIVAL

14th-26th May 2022

Walks for all ages and abilities

A wide variety of walks and outdoor activities

Beautiful places to explore



THE NATIONAL
FOREST

www.thenationalforestwalkingfestival.org.uk

WELCOME BACK

to the National Forest Walking Festival

With huge thanks to our wonderful volunteers, who each year give up their time to lead and guide walks for our Festival, we are delighted to be able to put on our annual programme of walking and outdoor activities, after a two-year break.

We hope you were able to make use of the self-led walking guide we put together last year, and that you have been out and explored new walks and woodlands in the National Forest. We have included some of this information in this year's brochure, for year-round inspiration.





National Walking month falls during May, and we think this is one of the best times of the year to be outdoors. The drama of spring blossom, the heady scent of bluebells carpeting ancient woods, and the chance to see wildlife in abundance are all wonderful for the mind and soul.

Look out for the surprising range of wildlife in and around the Forest, and marvel at the geological stories beneath your feet. We have included many 'wildlife' themed walks in our programme this year to celebrate and learn about nature. We hope you enjoy them!



THE NATIONAL FOREST

The National Forest is the boldest environmentally led regeneration project in the country. Three decades of forest creation and 9 million trees in the ground – so far – demonstrate to the whole country how trees transform landscapes, communities and the economy.

By creating a forest, the National Forest Company and all its partners and communities are growing the future together, a positive response to the climate crisis and showing real sustainability in action.

You can support the Forest through a donation, or volunteer your time to help with managing our woodlands and maintaining our walking routes. Thank you!

**For more information
visit www.nationalforest.org**





Y/EAT/DRINK/STAY/EAT/D

Don't forget to refuel yourself after your walk



From locally produced foods to traditionally brewed beers, the Forest is bursting with local flavours and quality produce



Discover delicious food and some great places to enjoy it



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:

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

Our friendly visitor information 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 223333 Email: info@visitsouthderbyshire.co.uk or visit www.visitsouthderbyshire.co.uk



Visit South Derbyshire



Knights Lodges of Bretby



Chestnut Lodge, Mercia Marina



The Trees at Birkins Croft



SCAN THE
QR CODE
FOR MORE
INFORMATION



THE NATIONAL FOREST TREK



Come on an Adventure

The charity challenge walk
along the National Forest Way

9th-11th
September 2022



CHOOSE TO WALK
FOR ONE, TWO,
OR THREE DAYS

WALKS FROM
5KM* to 75KM

FULLY
SUPPORTED
THROUGHOUT

ONE, TWO AND THREE DAY TREK OPTIONS

BEACON HILL >
ASHBY-DE-LA-ZOUCH

ASHBY-DE-LA-ZOUCH >
ROSLISTON FORESTRY CENTRE

ROSLISTON FORESTRY CENTRE >
NATIONAL MEMORIAL ARBORETUM



* 5KM WALK OPTION AVAILABLE
AT THE FINISH SITE



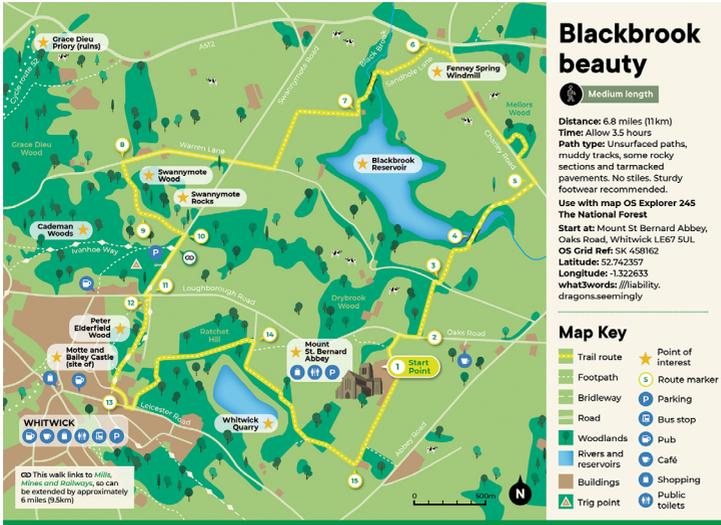
www.nationalforesttrek.co.uk

For more information visit www.nationalforesttrek.co.uk

National Forest Walks

The National Forest Company has created a range of promoted circular walks across the Forest. Ranging in length from five to fifteen miles, they explore the best of the heritage, wildlife, scenery and culture that the Forest has to offer.

Each walk has its own downloadable leaflet containing a map of the route, detailed directions for how to follow it and information on places of interest along the walk.



Blackbrook beauty

Medium length

Distance: 6.8 miles (11km)

Time: Allow 3.5 hours

Path type: Unsurfaced paths, muddy tracks, some rocky sections and tarmacked pavements. No stiles. Sturdy footwear recommended.

Use with map OS Explorer 245

The National Forest

Start at: Mount St Bernard Abbey,

Oaks Road, Whitwick LE87 5UL

OS Grid Ref: SK 458162

Latitude: 52.742357

Longitude: -1.322833

what3words: //libality, dragons.seemingly

Map Key

	Trail route		Point of interest
	Footpath		Route marker
	Bridleway		Parking
	Road		Bus stop
	Woodlands		Pub
	Rivers and reservoirs		Cafe
	Buildings		Shopping
	Trig point		Public toilets

- 1 From the car park of Mount St. Bernard Abbey, walk down the drive to Oaks Road. Cross and turn right for 150m to a footpath on your left.
- 2 Go through the gate and walk along the path, descending through a woodland (bluebells in spring) until you reach a kissing gate with a track crossing your path.
- 3 Cross this track (can be muddy) and through a gate into the field, looking onto Blackbrook Reservoir. Walk down the hill, following the footpath to go through a gate in the far right-hand corner of the field. Go along the track (this can be very wet and muddy in winter) and up the rocky steps.
- 4 You are now on One Barrow viaduct. Keep walking along the footpath, through a gate and up a track onto Charley Road. **CAUTION – busy road.**
- 5 Turn left and walk along the verge towards the windmill. For added interest, cross the road and take the path through Mellor's Wood. Back on the road, pass Fenney Mill (a private house) and take the side road to the left after 100m, and follow round to the left through a gate to meet Sandhole Lane.
- 6 Walk along this private road to reach a pretty wooded valley. Just after a stone bridge over the Black Brook, the footpath forks right, up a steep track between stone walls. Keep on this track, climbing until you reach a wooden gate.
- 7 Go through the gate, turn left to a gap in the hedge and turn right on the footpath. Follow the field edge until you reach a wooden gate and a tarmac drive. Turn right here and walk up the tarmac drive to the junction with Swannymote Road. Cross here and go straight ahead onto Warren Lane for 750m.
- 8 At a small layby on the left, go through a gap in the fence next to a metal gate, into Swannymote Wood. Follow the main path uphill to a bench and information board. Pause here to rest, read and admire the view – on a clear day you can see as far as the Peak District.
- 9 There are numerous paths from this point, and you can take any of them to explore the woods further. For the direct route, take the path straight up the hill, to a gap between 2 copes of trees, and through a gap in the stone wall.
- 10 Continue along the path, bearing left along the edge of a plantation. The outcrop in the field beyond is Swannymote Rock. Take the right fork and head for the gate in the far corner of the field by the road, to exit onto Swannymote Road. **CAUTION – feet cars**
At this point, you are at the start of the Mills, Mines and Railways walk and can extend this walk by a further six miles, by taking the footpath on the right signed 'Overhale Way' off Swannymote Road.
- 11 Turn right and walk up the hill. At the junction with Loughborough Road, cross and turn left, taking the track immediately to your right, at the corner of the stone wall. Go through the metal kissing gate into Peter Elderfield Memorial Wood.
- 12 Keeping the stone wall on your left, follow the path up the grass field. Keep straight, following the yellow-topped marker posts until you reach a metal kissing gate at the end of the woods. Go through the gate, down the track and turn left at Hogarth Road, continuing downhill until you reach Leicester Road.
- 13 Turn left and walk to the end of the houses, taking the public footpath on the left. Follow the track, staying to the right of the green fence, and wind your way along the path ignoring any turnings off to either side. Walk steadily uphill with the disused quarry to your right, and the rocky outcrops of Fatchett Hill to your left.
- 14 You reach a T-junction of paths, with views across the fields to the Abbey. Turn right and keep ahead, walking up a short but steep hill. Turning left at the top and walk along the ridge. Stay on this path, take the footpath bearing left, to keep a stone wall to your left. Climb up through the woods and continue ahead.
- 15 The path ends at a stone wall by a house. Go left through the gap in the wall and down the stony path, turning left as it meets a wide farm track. Continue down the track until you reach the Abbey, and the end of the walk.

A new range of leaflets has been produced with updated information, and there are two new walks to enjoy!

Find them on our website

www.nationalforest.org/get-involved/promoted-walks

Teddy Walks

These are ideal for families with young children. Download the maps from the South Derbyshire District Council website, then follow these 1 mile routes as you read the story of Bertie Bear's adventure in each location. There are 9 to choose from! Also, look out for led walks of these throughout the year when the real Bertie Bear will lead a group around a chosen location.

www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active/teddy-trails



TEDDY'S BUSY ADVENTURES AT... ROSLITON

Teddy has gone to Rosliton to explore the forest. For start of trail follow signs for Forest Lodges through car park. Be careful on the drive.

1 He leaves the drive and goes through the gate and follows the track. There are lots of things see already.

WHAT CAN YOU SEE? CAN YOU SEE THE LIGHTS? TEDDY THINKS THEY LOOK LIKE ROCKETS.
Take the right fork in the path - don't cross the stile.

Teddy strolls on and sees a post covered in ivy. He thinks it looks like a camel.

WHAT DO YOU THINK IT LOOKS LIKE?
Follow the sign to Rosliton to continue the walk.

Along the way Teddy looks at the trees and the patterns they make. He waves his arms out and pretends to be a tree blowing in the wind. Teddy tries to jump along the path from tree to tree but it's too far so instead he tiptoes along like an elf or a fairy.

CAN YOU COPY TEDDY AND DO DIFFERENT SIZED STEPS ALONG THE PATH?

2 Follows the big path Teddy gets to Snowdrop Wood and has a rest on the bench. He looks around and listens to the sounds around him. He can hear birds and see lots of trees but no snowdrops. "I wonder when I will see the snowdrops?" he says.

"In the new year" says a voice behind him. Teddy turns around and sees one of the rabbits. "Let me show you some of our finest workers in the forest!"

Teddy and the rabbit go deeper into Snowdrop Wood and start looking on the ground. They find spiders, worms, woodlice, ladybirds and snails.

CAN YOU FIND ANY OF THESE: YOU WILL HAVE TO LOOK CAREFULLY. LOOK AT THEM BY THEIR HOMES - DON'T PICK THEM UP OR CAUSE YOU GROWER TROUBLE!

Come out of the wood back onto the path.

Teddy pretends to be a small and walks very slowly along the path.

CAN YOU PRETEND TO BE A MINI BEAST AS YOU WALK ALONG?

The rabbit also shows teddy the entrance to a rabbit Warren. Teddy finds sticks on the floor and decides to see what noises they make. He collects the sticks and rests them against a tree. He spends time making up a smaller stick. Teddy spends time making up songs for the woodland animals whilst the ranser says goodby and carries on with his crossing.

3 After Teddy's rest he walks on crossing over the stream.

CAN YOU SEE ANY WATER UNDER THE BRIDGE?

Teddy wonders which way to go, he goes straight on. He decides to explore that way another day.

4 As Teddy wanders on he sees another bench and has a look at the sign on it. "Wow it's a soldier's bench! I'm going to march like a soldier. LEFT, RIGHT, LEFT, RIGHT... TUUUUUUU LEFT!"

5 Teddy sees a play area. He wobbles on the wobble board and has a lie down in the hammock. Teddy looks up at the sky to see what shapes the clouds make.

ARE THERE CLOUDS IN THE SKY TODAY? WHAT SHAPES CAN YOU SEE? DRAW SOME CLOUDS IN THE SAND.

To exit the play area and continue the walk, follow the grassy path up the slight slope and join the grassed path. Turn left on the grassed path.

6 Teddy notices a big den called a willow dome made out of sticks and decides to go inside to investigate. Come out and turn left then right into the dome.

7 Teddy follows the wavy willow fence along to the pond. He looks into the pond and sees dragon flies and pond skaters.

WHAT CAN YOU SEE? TICK THE BOX IF YOU SAW:
 DRAGON FLY
 POND SKATER
 ANYTHING ELSE

COLOUR TEDDY IN...



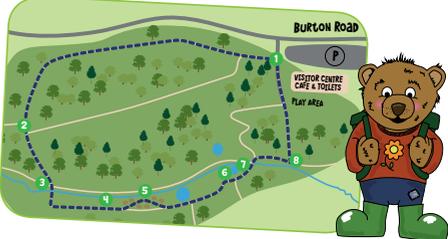
8 Turnings right after the pond Teddy spies another teddy, he decides to follow the teddy for a while. He skips along looking at the trees. When he gets to the blue teddy on the post he turns left to go up the path.

9 Listening very carefully he can hear children. "I'm nearby at the end, I can hear the children playing in the play area." He says to himself. Teddy runs up the hill and over to the play area.

When you reach the cafe/visitor centre you have finished the walk. Don't forget to pick up your Rosliton site map for more adventures.

FOLLOW TEDDY'S OTHER ADVENTURES AT... SWADLINCOTE WOODLANDS, HILTON GRAVEL PIT, ELVASTON CASTLE AND EUREKA PARK





TO DOWNLOAD ANY OF OUR WALKS AND FOR MORE INFORMATION GO TO

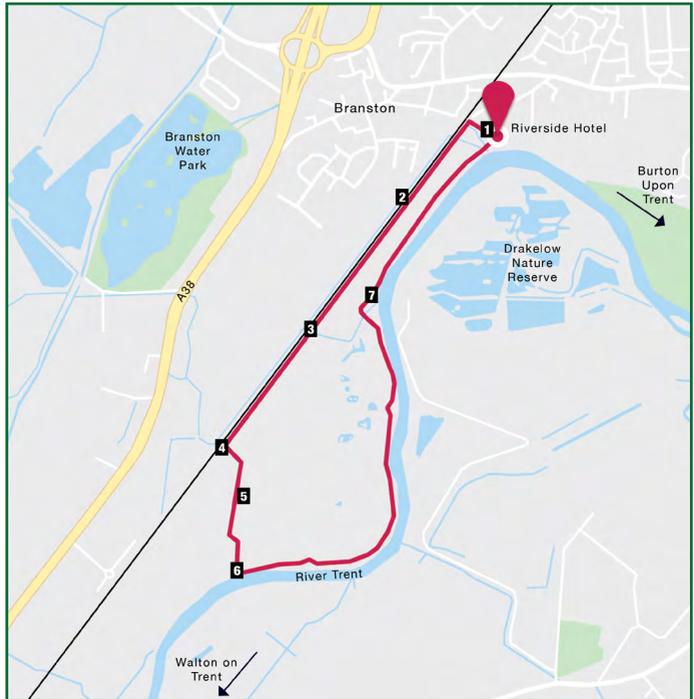
www.southderbyshire.gov.uk

Nature Walks

Immerse yourself in nature by taking a walk around your local Wildlife Trust Nature Reserve.

Here is a lovely example at Branston Leas Nature Reserve.

This 6km (4 miles) walk takes you along the bank of the River Trent and round the developing Branston Leas Nature Reserve. You will walk alongside new woodland and areas of open countryside and enjoy some lovely views of both the river and distant hills.



- 1** From the back of the Riverside Hotel enter the Nature Reserve by walking over the small bridge to the right of a large willow tree. Turn right and follow the footpath until it veers left at the top corner of the Reserve.
- 2** Continue along the edge of the Reserve, parallel to the railway line, passing several fruit trees along the way.
- 3** Eventually you will reach a bridge over the railway which provides access to the Branston Leas Housing Estate. At this point your route starts to follow the National Forest Way. Follow the path for another 500m to the end of the field.
- 4** Turn left before the gate in the corner of the field and follow the hedge around the edge of the field as it bears right. In the next corner of the field, head straight on over the wooden bridge, climbing the stiles either side of it.
- 5** Continue ahead, keeping the hedge on your right. The path follows the line of the hedge as it turns left then right and then straight on to the River Trent. (At this point the National Forest Way follows the path to the right and provides an interesting detour towards Walton alongside Tucklesholme Nature Reserve).
- 6** At the river turn left to walk along the river bank for approximately 1.5 km until the path veers slightly left, crosses a small stream, and then veers right to take you back onto the river bank.
- 7** Continue ahead, following the river and passing the small stone path to the Peace Wood on your left, until you reach the small bridge at the Riverside Hotel.

For more information about Wildlife Trusts throughout the National Forest and beyond, go to www.wildlifetrusts.org

Bluebell Walks

Join us to enjoy the beauty of nature by coming to see the bluebells in bloom.

Booking essential.

Please call **07502 576764**

-  **Sunday 1st May 2022**
A Bluebell Nordic Walk at Burroughs Wood, LE6 OLF
Starting at 1pm
-  **Monday 2nd May 2022**
A Bluebell Nordic Walk at Burroughs Wood, LE6 OLF
Starting at 1pm
-  **Wednesday 4th May 2022**
A Bluebell Nordic Walk at Swithland, LE12 8TN
Starting at 1.30pm
-  **Friday 6th May 2022**
A Bluebell Nordic Walk at Burroughs Wood, LE6 OLF
Starting at 5pm

-  **Sunday 8th May 2022**
A Bluebell Nordic Walk at Lady Hay Wood, LE6 0GQ
Starting at 10am
-  **Monday 9th May 2022**
A Bluebell Nordic Walk at Lady Hay Wood, LE6 0GQ
Starting at 1pm

Please call **01332 863822** or email calkeabbey@nationaltrust.org.uk

-  **Wednesday 25th May 2022**
Blooming Bluebells at Calke Abbey, DE73 7JF
Starting at 2pm

Please note that given the change in climate and the unpredictability of bluebells we cannot guarantee that the bluebells will be in full bloom. The dates have been agreed in consultation with experts to try and provide the best experience for all.

Nordic Walking

Ministry of Nordic Walks Community Group is offering the Nordic Walking UK "Power of Poles" 90 minute course for the price of £15 in the run up to the festival. The course teaches the basics of Nordic walking and once completed allows walkers to book online for all Nordic walks throughout the UK offered by Nordic Walking UK as well as the all year round Nordic walks provided by Ministry of Nordic Walks throughout Leicester and Leicestershire.

Please contact them through their email ministryofnordicwalks@gmail.com to be sent a link to all available dates and locations of these courses.



Walking Festivals

Staffordshire Moorlands Walking Festival

22nd April – 2nd May 2022

tourism@staffsmoorlands.gov.uk 01538 395530

www.facebook.com/StaffordshireMoorlandsTourism

www.staffsmoorlandswalkingfestival.co.uk

Chesterfield Area Walking Festival

14th – 22nd May 2022

Booking via Chesterfield Visitor Information Centre 01246 345777

or online www.chesterfieldwalkingfestival.co.uk

Celebrate the Launch of the Trent Valley Way footpath

24th & 25th September 2022

The Trent Rivers Trust is promoting a 51km long section of the footpath with a weekend of guided walks along sections of the Trent Valley Way (TVW)

1st October

Walk the whole 51km stretch of the TVW from Rugeley to Shardlow
For more information or to register

interest contact: alison@trentriverstrust.org



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 water proof jacket)
- 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

£ Entrance fee

 Toilets available en route

 Wheelchair access

 Pushchair access

 Children welcome when accompanied by an adult

 Dogs allowed on a lead

 Dogs not allowed

 Bring water

 Bring packed lunch

 Walking boots

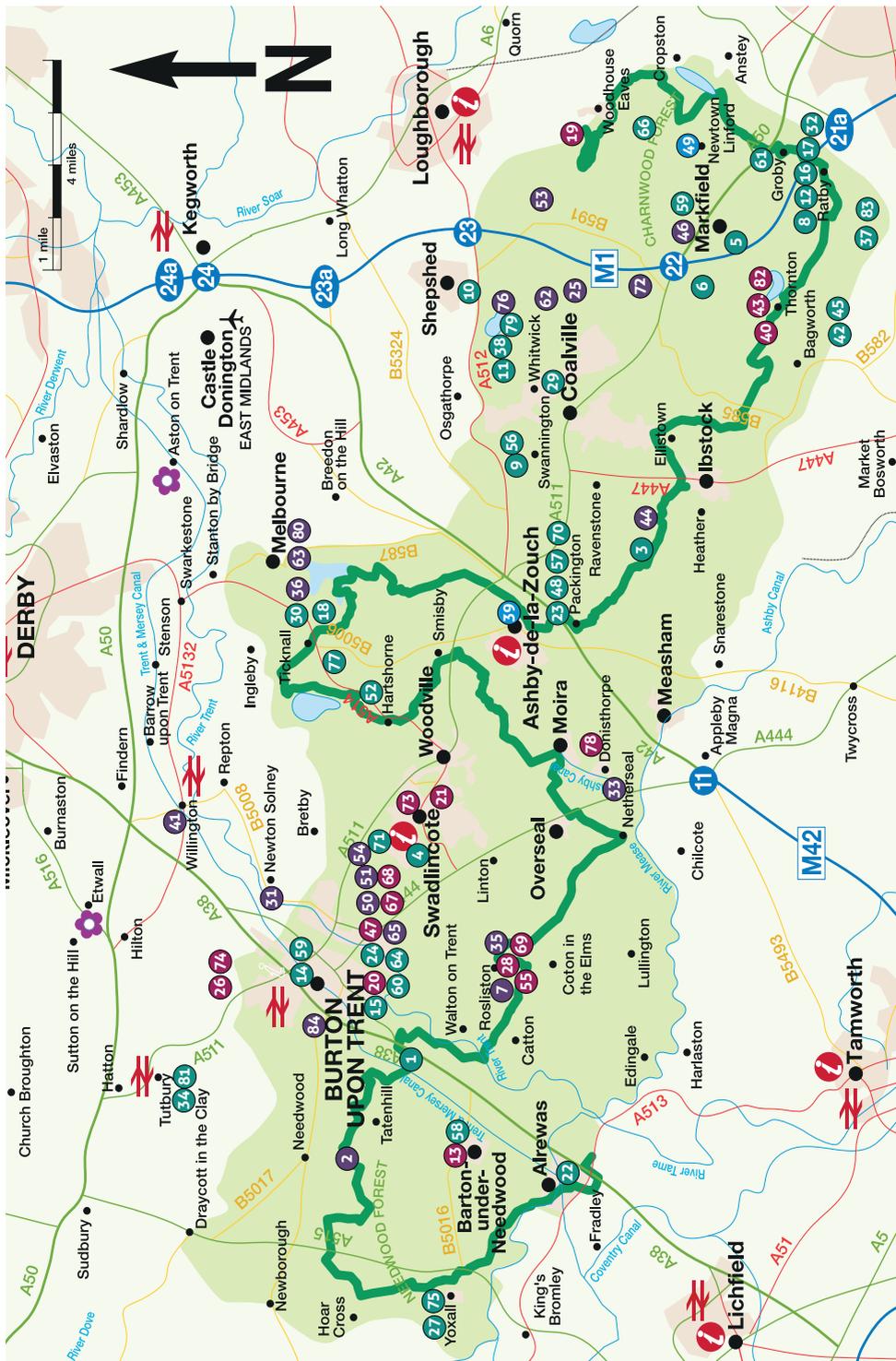
 Running shoes

 Wildlife Walk

For more information please visit: www.thenationalforestwalkingfestival.org.uk or call Swadlincote Tourist Information Centre on 01283 222848



Walks and Activities in the National Forest Walking Festival



The National Forest Way

Saturday 14th May

1 Branston Leas Nature Reserve

Start time 10am Leisurely

4 miles, 2.5 hours, 1 stile

STARTING POINT The Pickle Pot Café, Branston Square, DE14 3FU Car parking is available on Branston Square.

A leisurely, guided stroll providing an opportunity to explore the maturing Branston Leas Nature Reserve and learn about some of the wildlife now found on the Reserve. The route follows the perimeter of the Reserve alongside the woodland areas and includes a stretch along the River Trent.



2 Rangemore Village to Yoxall Park Circular Walk

Start time 10am Moderate

5 miles, 4 hours, 22 stiles

STARTING POINT Rangemore Village Car Park opposite the church, DE13 9RW Grid Ref SK182 230

The walk will take us through a variety of habitats and will provide views across Staffordshire. We will walk though part of the ancient Forest of Needwood following the National Forest Way in some parts. There will be plenty of time allowed for birdwatching and to enjoy other flora and fauna.

Tea and biscuits available at the end of the walk at the playing fields community garden pavilion.



3 Exploring the old and new in the Queen Elizabeth 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 South East of LE67 2TJ Woodland Trust car park opposite Cattow's wind turbine

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



4 Bretby Mineral Line

Start time 11am Leisurely

3.5 miles, 1.5 hours, 1 stiles

STARTING POINT Old Post Centre - rear car park DE11 0JY. Parking at Newhall Park car park, Orchard St, DE11 0JS

A leisurely walk past The Klondyke onto the route of the old Bretby Mineral Line, exiting by Swadlincote Rifle Club. Mix of woodland, pavements and meadows. Includes 22 steps down to the mineral line and 1 easy stile.



5 Markfield's Marvels Nordic Walk

Start time 2pm Leisurely

3 miles, 1 hour, 0 stiles

STARTING POINT Markfield Community Centre LE67 9ST Car park on site.

Perfect walk for those new to Nordic walking. Led by a qualified Nordic walking instructor.

Booking essential. 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.

Booking required. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

 £3 for walk + £1 payable on the day if hiring poles



6 Billa Barra Hill Nature Nordic Walk

Start time 3.30pm Leisurely

3 miles, 1.5 hours, 0 stiles

STARTING POINT Billa Barra Hill Car Park LE67 9TA

A great walk for those new to Nordic walking where the poles will help climbing the hill for the spectacular views. Led by a qualified Nordic walking instructor there is plenty to see and discover in this little known ecologically significant site. Booking essential. Poles will be provided. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

 £3 for walk + £1 payable on the day if hiring poles



Sunday 15th May

7 Spires and Stiles

Start time 10am **Moderate**

9 miles, 6 hours, 10+ stiles

STARTING POINT Rosliston Forestry Centre, outside the Hub Café DE12 8JX Car park on site, £4 all day

A circular walk with a rural feel, taking in a number of developing National Forest woodlands. The numerous local churches each have very distinctive spires, providing excellent landmarks. We will start and finish at Rosliston Forestry Centre, with education and leisure facilities plus diverse habitats including ponds and meadows. Possible pub stop en route.



8 Martinshaw Woods to Groby Pool Nordic Walk

Start time 10am **Leisurely**

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. Booking essential. 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 if pre-booked. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

£4 for walk + £1 payable on the day if hiring poles



9 Jessop's Tramway & Coleorton Horse Drawn Railway

Start time 2pm **Leisurely**

3.75 miles, 2 hours, 23 stiles

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

From Hough Mill we follow parts of Jessop's Tramway towards Thringstone. Then cross country to Coleorton and back to the Mill tracing Sir George Beaumont's 1833 horse drawn railway. Please note: some fields and unmade tracks might be muddy after rain. Donations to the Trust are appreciated. Booking Essential. Please call 07474610112 or email Swanningtonwalks@gmail.com



10 Geological Treasures of Shepshed

Start time 2pm **Leisurely**

4 miles, 3 hours, 2 stiles

STARTING POINT Morley Quarry Car Park LE12 9EU

Join the Charnwood Forest Geopark team for a guided hike through the amazing 600 million year old history of the Shepshed area. Discover some of the oldest rocks in England, and travel back in time to when Leicestershire lay at the centre of a giant sandy desert!



11 History Walk to Grace Dieu Priory

Start time 3pm **Leisurely**

2 miles, 2 hours, 0 stiles

STARTING POINT Bull's Head, Thringstone car park LE67 8LT Car park on site

Walk through part of Grace Dieu Wood, under the Charnwood Forest Railway, along part of The Forest Line Canal and into the picturesque ruins of Grace Dieu Priory, a 13th century nunnery. Learn about the area's history along the way.

£3 per person



Monday 16th May

12 Martinshaw Woods Shinrin Yoku Nordic Walk

Start time 10am

Leisurely

2 miles, 1.5 hours, 0 stiles

STARTING POINT Martinshaw Woods LE6 OLS Car park on site or on Markfield Road

A great walk for those new to Nordic walking as well as the practice of Shinrin-Yoku (also known as Forest Bathing but do not worry NO water is involved!). Led by a qualified Nordic walking instructor we will explore these ancient woodlands as well as find the restorative power of the forest. Booking essential. Poles will be provided. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

  £3 for walk + £1 payable on the day if hiring poles



13 Barton under Needwood x 2 Walks

Start time 10.15am

Easy/Leisurely

2.5-3 miles, 1 hour, 0 stiles

STARTING POINT St James Church Hall Car Park DE13 8HY

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 wellbeing walks that take in the sights of the village, local countryside and the large marina complex on the Trent & Mersey Canal, home to many narrow boats, various shops and other facilities. We offer two walks to the group so they can choose an easy or leisurely one. All of our walks are led by volunteer leaders and afterwards the group enjoy refreshments at the Marina Café.

 **everyone ACTIVE**



14 Horninglow & Eton

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 available

Come and enjoy our social wellbeing walk that runs through Shobnall, Horninglow and Eton districts of Burton upon Trent. Part of the walk includes the Kingfisher Trail that runs alongside the Trent & Mersey Canal. It is a perfect setting to see narrow boats going through the locks, the various wildlife in their own habitat and the attractive views of the hills. The walk is led by our trained volunteer walk leaders. Refreshments may be available depending on the route.

 **everyone ACTIVE**



15 Meadowside Leisure Centre

Start time 11.30am

Leisurely

2.5-3 miles, 1 hour, 0 stiles

STARTING POINT Meadowside Leisure Centre, Off High St DE14 1TL Pay and Display Car Park, voucher part of ticket can be reimbursed at Reception

The Trent Washlands, as the name suggests, lies on the floodplain of the River Trent. The route may vary due to the weather but still offers plenty to look at from the sculpture trail, Cherry Orchards, Centenary Woodland and plenty more. After the enjoyable walk the group meet for lunch at Burton Library (optional).

 **everyone ACTIVE**

16 Martinshaw Woods Nordic Nature Walk

Start time 12pm

Leisurely

1.5 miles, 1 hour, 0 stiles

STARTING POINT Martinshaw Woods LE6 OLS Car park on site or on Markfield Road

A great walk for those new to Nordic walking. Led by a qualified Nordic walking instructor we will explore these ancient woodlands looking at the different trees, flora and fauna. Booking essential. Poles will be provided. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

 £3 for walk + £1 payable on the day if hiring poles



17 Martinshaw Woods Shinrin Yoku Nordic Walk

Start time 1pm

Leisurely

2 miles, 1.5 hours, 0 stiles

STARTING POINT Martinshaw Woods LE6 OLS Car park on site or on Markfield Road

A great walk for those new to Nordic walking as well as the practice of Shinrin-Yoku (also known as Forest Bathing but do not worry NO water is involved!). Led by a qualified Nordic walking instructor we will explore these ancient woodlands as well as find the restorative power of the forest. Booking essential. Poles will be provided. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

 £3 for walk + £1 payable on the day if hiring poles



Tuesday 17th May

18 Forest Bathing

Start time 10am **Leisurely**

1-2 miles, 2.5 hours, 0 stiles

STARTING POINT Calke Explore Car Park, Ticknall, Derby DE73 7JF

Join me on a mindful walk to immerse yourself and your senses in beautiful natural surroundings and experience feelings of peace and connection which can enhance your wellbeing. When we give our head permission to slow down our body and mind shift into restoration and repair mode. Forest Bathing is a simple tool to help you reduce stress and anxiety with a powerful effect. There are many other health benefits that are backed up by scientific research. Admission charges apply to the park and garden (free for National Trust members). Please visit the Calke Abbey website for full prices. Booking required. Please call 07949 830571 or email aaandrene@gmail.com



19 Feel Good in the Forest

Start time 10am **Easy**

1.5 miles, 1 hour, 0 stiles

STARTING POINT Beacon Hill Lower Car Park LE12 8TA Car park on site

Everyone deserves the chance to enjoy nature. In this walk, the Charnwood Forest Geopark team will be partnering with Charnwood Arts and the Safe, Well, Happy Group to explore together how we can make the beautiful Charnwood Forest landscape more accessible for those with learning difficulties. Places limited and booking is essential.

Email nicola.middler@charnwoodarts.com

£3 for 1-2 hours



20 Stapenhill x3 Walks

Start time 10.30am **Easy/Leisurely**

1 & 2.5-3.5 miles, 1 hour, 0 stiles

STARTING POINT The Band Stand, Stapenhill Gardens DE15 9AP Small car park and on-street parking available

Stapenhill offers three graded walks every week, including a bench to bench well-being walk, a leisurely one and a moderate one for the more energetic walkers. There are many different routes to explore taking in Stapenhill Gardens and Hollows, the Trent Washlands, Centenary Woodlands and Leicester Line Bridge. The moderate walkers also include the woodland at the top of Elms Road and many other different routes. All of the walks are led by volunteer group leaders. After the walks finish the groups meet up at the Stapenhill Institute for a well-deserved brew.



21 Eureka Heritage Walk

Start time 10.30am **Easy**

less than 1 mile, 1 hour, 0 stiles

STARTING POINT Eureka Park Memorial Gates on Midland Road, Swadlincote DE11 0AN Parking at Bus Station Car Park, Civic Way, Swadlincote DE11 0AH 3 hours Free Car Parking

Leisurely led walk through Eureka Park. Learn the history of Eureka Park and reflect on how the park has evolved through the years.



22 The Trent Valley Way

Start time 2pm **Leisurely**

6 miles, 2 hours, 3 stiles

STARTING POINT Alrewas village DE13 7EW Village on-street parking

A circular walk introducing the Trent Valley Way footpath and some of its wildlife. It will include walking along the river in the grounds of the National Memorial Arboretum, the canal towpath and the village of Alrewas.



Wednesday 18th May

23 Achille Wood and Farm Walk

Start time 2pm

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.



24 Stapenhill Hollows Evening Walk

Start time 6.45pm

Leisurely

2-2.5 miles, 1 hour, 3 stiles

STARTING POINT The Stapenhill Hollows Car Park DE15 On street parking available

Stapenhill Hollows evening walk is a great way to relax after a busy, stressful day. We have a wide range of walks available (weather permitting) which include Stapenhill Gardens, the Ferry Bridge, Trent Washlands, Centenary Woodland, Leicester Line Bridge and many more. One of the routes includes walking next to the River Trent into Stapenhill Gardens where you can take in the sights of the beautiful floral planted displays, the local wildlife and also the swan statue which was built in 1953 and is known as an iconic landmark for residents and visitors to the town. All walks are led by volunteer leaders.



25 Charnwood Nature Reserve

Start time 9.30am

Moderate

7 miles, 3.5 hours, 7 stiles

STARTING POINT Mount St Bernard's Abbey LE67 5UL Car park on-site

Making use of public and permissive paths, this walk covers Charnwood Nature Reserve, and encompasses Charley Wood, Burrow Wood and Cat Hill wood. Hopefully plenty of Bluebells on display. Booking required. Please text your name to the walk leader on 07870 123830.



26 Rolleston on Dove x 2 Walks

Start time 10.30am

Easy/Leisurely

2.5-3 miles, 1 hour, 0 stiles

STARTING POINT Spread Eagle Car Park, Rolleston Road 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 to the surrounding countryside. It's also the home of the Jinnie Trail, a former railway line in a man-made valley which closed in 1968. Since then it has been created into a rural walk, where you can still see parts of the old station. The two walks, one shorter than the other, are led by our volunteer walk leaders and take approximately 45-60 minutes to complete. After the walk the group enjoy refreshments at the Rolleston Club.





27 Yoxall

Start time 10.45am **Leisurely**
2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Savey Lane, outside Health Centre DE13 8PD On-street parking available

Yoxall is a picturesque village south west of Burton upon Trent, where Yoxall Bridge crosses the River Trent. With Yoxall being in the heart of the countryside, you will find the walks very peaceful and there is always plenty to see. One of the routes takes you up and along the windy lanes and right out into the countryside where the views are stunning on a clear sunny day. All walks are led by volunteer leaders and take place rain or shine.



everyone
ACTIVE



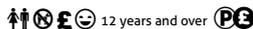
28 Lunchbreak: Forest Bathing Taster

Start time 12.30pm **Easy**
1 mile, 1 hour, 0 stiles

STARTING POINT Rosliston Forestry Centre, next to the outdoor classroom DE12 8JX Car park on site, £4 all day

A short, relaxing walk inviting you to connect with nature. Led by a Nádúr certified Forest Bathing Guide, this 1-hour lunchbreak taster will give you a flavour of Shinrin Yoku, an evidence-based, nature inspired wellness practise. Immerse yourself in the forest atmosphere, reduce stress, anger and anxiety and improve concentration, sleep, and creativity. Bring warm clothes and something to sit/lie on. £5 per person. Booking required.

Please call 01283 535039 or email rosliston@southderbyshire.gov.uk



29 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, some of which is hilly, follows footpaths around the village centre. The walk ends back at the Old Station with light refreshments and an opportunity to see inside a unique building (donations welcomed).



30 Walk After Work**Start time 5pm****Leisurely**

2-3 miles, 1.5 hours, 0 stiles

STARTING POINT Calke Explore Welcome Point DE73 7JF Calke Explore Car Park

Join a park guide for a leisurely walk taking in the parkland after hours, with dogs welcome.

Admission charges apply to the park and garden (free for National Trust members). Please visit the Calke Abbey website for full prices.

**31 Newton to Winshill circular walk****Start time 6pm****Moderate**

3.5 miles, 1.5 hours, 8 stiles

STARTING POINT Brickmakers Arms, 9-11 Main St DE15 0SJ Rear of pub or on street

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 to the Peak District. Booking required. Please call 07432 608931 or email bcvflowerman@gmail.com

**32 Martinshaw, Pear Tree & Burroughs Woods Nordic Walk****Start time 6.30pm****Leisurely**

3 miles, 1.5 hours, 0 stiles

STARTING POINT Martinshaw Woods LE6 OLS Car park on site or on Markfield Road

A great walk for those new to Nordic walking. Led by a qualified Nordic walking instructor we will explore these ancient as well as modern woodlands looking at the different trees, flora and fauna. Booking essential. Poles will be provided. Please call 07502 576764 or email ministryofnordicwalks@gmail.com



£4 for walk + £1 payable on the day if hiring poles

**Thursday 19th May****33 bRUNch Club Trail Therapy Run****Start time 9.45am****Moderate**

5 miles, 1.25 hours, 5-6 stiles

STARTING POINT The Pavilion, Church Street, Donisthorpe DE12 7PX Car park on site

'Trail Therapy' runs are runs at a chatty pace, suitable for runners of all abilities. They are a great way to improve your fitness, de-stress and have fun in wonderful surroundings. The runs take around an hour going at a pace that is comfortable for everyone in the group. There are likely to be some moderate hills on most runs and you may encounter some muddy sections. To book places visit www.peakrunning.co.uk/guided-runs

**34 Tutbury x 2 Walks****Start time 10am****Leisurely**

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Monk Street next to car park DE13 9NA Car park on-site

Tutbury is a village 5 miles north of Burton upon Trent surrounded by agricultural countryside and full of local history. It hosts some fine Georgian and Regency buildings, one being the half-timbered Dog & Partridge Hotel. Also Tutbury Castle can be seen in the distance sitting on wooded slopes overlooking the winding River Dove. Due to Tutbury's location there may be some slight inclines on the route. The two walks, one slightly shorter than the other, are led by our volunteer leaders. At the end of the walk the groups meet up at the local café in the High Street for a well-deserved brew.



Friday 20th May

40 Thornton Reservoir Nordic Nature Walk

Start time 11.30am **Easy**

2.5 miles, 1 hour, 0 stiles

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

Perfect walk for the beginner Nordic walker. Led by a qualified Nordic walking instructor. Booking essential. Poles will be provided. Experience a lovely circular walk around this reservoir with plenty of birdlife to see on the water. Refreshments available afterwards nearby. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

 £3 for walk + £1 payable on the day if hiring poles



41 Willington Walk

Start time 1.30pm **Moderate**

2.5 miles, 1 hour, 0 stiles

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

Come and enjoy a led 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 on the route. This almost traffic-free walk allows you to walk and chat whilst looking out for wildlife along the canal.





42 Bagworth Heath & Royal Tigers Woods Nordic Walk

Start time 2pm **Leisurely**

3 miles, 1.5 hours, 0 stiles

STARTING POINT Bagworth Heath Car Park LE67 1DL

A great walk for those new to Nordic walking. Led by a qualified Nordic walking instructor there is plenty to see and discover in both of these wonderful woods. Booking essential. Poles will be provided. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

 £3 for walk + £1 payable on the day if hiring poles



43 Cancer Support Thornton Reservoir Nordic Walk

Start time 10am **Easy**

2.5 miles, 1 hour, 0 stiles

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

Come along and find out about some of the benefits of Nordic walking for those living with cancer. Led by a qualified Nordic walking instructor you will receive beginners' instruction as well as being able to talk with others who have found Nordic walking has helped them. Booking essential as limited spaces. Poles provided. Refreshments available nearby. Please call 07502 576764 or email ministryofnordicwalks@gmail.com





44 Queen Elizabeth Diamond Jubilee Wood, Sence Valley and Heather circuit

Start time 10.30am **Moderate**

10 miles, 5 hours, 12 stiles

STARTING POINT Woodland Trust Car Park on Heather Lane ½ mile SE of LE67 2TJ

Exploring wooded paths and tracks of NW Leicestershire. From the young Queen Elizabeth Diamond Jubilee Wood 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 paths through mixed aged woods south of Heather.





45 Bagworth Heath and Tigers Woods Shinrin Yoku Nordic Walk

Start time 2pm

Leisurely

2 miles, 1.5 hours, 0 stiles

STARTING POINT Bagworth Heath Car Park LE67 1DL

A great walk for those new to Nordic walking as well as the practice of Shinrin Yoku (also known as Forest Bathing but do not worry NO water is involved!). Led by a qualified Nordic walking instructor we will explore these wonderful woodlands as well as find the restorative power of the forest. Booking essential. Poles will be provided. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

  £3 for walk + £1 payable on the day if hiring poles



46 Unexpected Ulverscroft

Start time 2pm

Moderate

4 miles, 2 hours, 2 stiles

STARTING POINT Leicester Road, Markfield LE67 9US On street parking only

A delightful walk through the lanes around Ulverscroft, taking in some of Charnwood Forest's architectural treasures, including arts and crafts cottages designed by Ernest Gimson and the 12th century Ulverscroft Priory. This is a moderately challenging walk with hills and road walking. Booking required. Please call 07976 865450 or email jattard@nationalforest.org



47 Burton's historical links to the Trent

Start time 6pm

Easy

2 miles, 2.25 hours, 0 stiles

STARTING POINT Meadows Leisure Centre DE14 1TL

A guided, flat, circular walk around the Burton Trent Washlands, walking through the Washlands, to the Ferry Bridge Viaduct and St Peters 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. Booking required. Please call 07432 608931 or email bcvflowerman@gmail.com



48 Achille Wood and Farm night walk with BBQ

Start time 7pm

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. See if you can spot one of the many owls on the farm alongside other night creatures. Finish with a visit to Antlers and Alpaca coffee and gift shop for a BBQ with bison or venison burgers.



Saturday 21st May

49 A Trek through Time: Geology of the Charnwood Peaks

Start time 9am **Strenuous**

15 miles, 7 hours, 8 stiles

STARTING POINT Bradgate Park LE6 0HB
Bradgate Park Main Car Park, Newtown Linford

Join the Charnwood Forest Geopark & National Forest teams for a trek through geological time! This hike will take you through more than half a billion years of earth history, using the outstanding geological heritage of Charnwood Forest to tell stories of ancient fossils, continental collisions, and icy glaciers. Booking required. Please call 07976 865451 or email zsewter@nationalforest.org



50 Washlands to Walton

Start time 10am **Moderate**

12 miles, 6.5 hours, 1 stile

STARTING POINT Trent Washlands car park, end of Watson Street, Burton-on-Trent. Grid ref. SK 250 220 DE14 3AH

A flat walk alongside the River Trent to Walton, stopping for lunch at Barton Marina, then returning along the Trent & Mersey canal. Lots of Burton Conservation Volunteers projects to view along the way, plus two Staffordshire Wildlife Trust nature reserves, part of the Transforming the Trent Valley (TTTV) Living Landscapes project. Option to return by bus after the first half of the walk.



51 What lives in Scalpcliffe Woods Local Nature Reserve?

Start time 10.30pm **Moderate**

1.5 miles, 1-1.5 hours, 0 stiles

STARTING POINT The entrance is next to Rider House, Stapenhill Road, Burton on Trent. Nearest postcode is DE15 9AG. Car parking available for the duration of the walk & is at the end of the gated entrance which has a key code lock to be opened by the walk leader. The gate will be locked during the walk.

A walk through the only bit of ancient woodland in Burton. Up a steep hill which can be slippery if wet. On the other side of the hill is scrubland / pasture & excellent views of the area. We might spot birds, butterflies & other insects, frogs, muntjac, fox. The walk is free but please feel free to make a donation to The Friends of Scalpcliffe Woods. Booking required. Please email foswde15@gmail.com



52 Discovering Nether Hall Woods

Start time 1.30pm **Leisurely**

2-3 miles, 1.5 hours, 0 stiles

STARTING POINT Nether Hall Wood, Repton Road, Hartshorne. Car parking available at Hartshorne Church Hall car park, with a 10 minute walk to the woodland.

Heartwood Community Woodfuel Group have taken over management of this lovely woodland on behalf of the Woodland Trust. Our group is made up of volunteers who are using the first year of managing the woodland to understand all aspects of the site including its history, its fauna and flora, the woodland management plan and how the community use the site. We will be sharing our vision for the site and looking to our visitors to give us their feedback and views on how the woodland should be developed. This is an informative and interactive walk. Booking required. Please call 07852631419 or email chairman@heartwoodhof.org.uk



£2 per person towards group funds

Sunday 22nd May

53 Art Walk with Buzzing Roots

Start time 10am **Moderate**

1.5 miles, 1.5 hours, 0 stiles

STARTING POINT The Outwoods – Main Car Park LE11 3YG £1 car park charge

Join Buzzing Roots and Charnwood Arts for a loop walk around The Outwoods. During the walk we will be foraging for natural resources which will be used to create your own cyanotype print to take home with you. The walk will be gently paced, with time to talk about nature and the artwork you will be creating but there are some rocky parts and steep inclines to be aware of. Art materials will be provided. Booking required. Please email Nicola.middler@charnwoodarts.com



CHARWOOD
ARTS

54 What lives in Scalcliffe Woods Local Nature Reserve?

Start time 10.30am **Moderate**

1.5 miles, 1-1.5 hours, 0 stiles

STARTING POINT The entrance is next to Rider House, Stapenhill Road, Burton on Trent Nearest postcode is DE15 9AG Car parking available for the duration of the walk & is at the end of the gated entrance which has a key code lock to be opened by the walk leader. The gate will be locked during the walk.

A walk through the only bit of ancient woodland in Burton. Up a steep hill which can be slippery if wet. On the other side of the hill is scrubland / pasture & excellent views of the area. We might spot birds, butterflies & other insects, frogs, muntjac, fox. The walk is free but please feel free to make a donation to The Friends of Scalcliffe Woods. Booking required. Please email foswde15@gmail.com



FRIENDS OF
**SCALCLIFFE
WOODS**

55 Forest Bathing Walk at Rosliston Forestry Centre

Start time 10.30pm **Easy**

1.5 miles, 2 hours, 0 stiles

STARTING POINT Rosliston Forestry Centre, next to the outdoor classroom DE12 8JX Car park on site, £4 all day.

Led by a Nádúr certified Forest Bathing Guide. During this short, gentle walk you will be invited to immerse yourself in the forest atmosphere, use your senses to connect with nature and yourself. Leave distractions behind, follow your instincts, pause, and notice. This evidence-based wellness practise reduces stress and helps improve concentration, sleep, and creativity. Bring warm clothes and something to sit/ lie on. Booking required. Please call 01283 535039 or email rosliston@southderbyshire.gov.uk £10 per person, special offer.



Environmental
Education
Project

nádúr
Certified
Forest Bathing
Guide
nadarforesttherapy.com

56 From A Windmill To Stephenson's Coalmine

Start time 2pm **Leisurely**

3.5 miles, 2 hours, 4 stiles

STARTING POINT Hough Mill, St George's Hill, Swannington LE67 8QW

See many of the thousands of trees planted around Swannington with the coming of the National Forest, former mining sites that have been transformed into nature conservation areas and the famous 1 in 17 Swannington Inclined Plane which formed the western end of Robert Stephenson's Leicester and Swannington Railway. Please note: the walk includes some unmade paths that are muddy after rain. Donations to the Trust are appreciated. Booking essential. Please call 07474 610112 or email Swanningtonwalks@gmail.com



Monday 23rd May

58 Barton under Needwood x 2 Walks

Start time 10.15am **Easy/Leisurely**
2.5-3 miles, 1 hour, 0 stiles

STARTING POINT St James Church Hall Car Park DE13 8HY

Barton under Needwood is a large village in Staffordshire, a mile from the A38 between Burton upon Trent and Lichfield. Barton's wellbeing walks offer a variety of different routes, one being the Barton Marina Complex on the Trent & Mersey Canal. This is an enjoyable walk around the marina that takes in the sights of the many narrowboats, various wildlife and the local countryside which is right on our doorstep. We offer two walks to the group, so they can choose an easy or leisurely one. All of our walks are led by volunteer leaders and afterwards the groups meet up and enjoy refreshments at the Marina Café.



59 Horninglow & Eton

Start time 10.30am **Leisurely**
2 miles, 1 hour, 0 stiles

STARTING POINT Horninglow Road Basin, Horninglow Road DE14 2PT On-street parking available

Come along and enjoy our social wellbeing walk that runs through Shobnall, Horninglow and Eton districts of Burton upon Trent. Part of the route includes walking alongside the Trent & Mersey canal then around the vast open green space at Shobnall Leisure Complex and Woodlands Park. The walk is led by volunteer walk leaders and refreshments may be available depending on the route.



57 Achille Wood and Farm Walk

Start time 2pm **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.



60 Meadowside Leisure Centre

Start time 11.30am **Leisurely**
2.5-3 miles, 1 hour, 0 stiles

STARTING POINT Meadowside Leisure Centre, Off High Street DE14 1TL Pay and Display Car Park, voucher part of ticket can be reimbursed at Reception

The Meadowside wellbeing walk offers a variety of different routes that take in the sights of the Washlands and Stapenhill Gardens. The route may vary due to the weather, but there is always plenty to see whichever path you take. The walk is led by the volunteer leaders and after it finishes the group meet for lunch at Burton Library (optional).



61 Groby Pool Sheet Hedges Wood Nature Nordic Walk

Start time 1pm **Leisurely**
3 miles, 1.5 hours, 0 stiles

STARTING POINT Groby Pond Car Park LE6 0FR

A great walk for those new to Nordic walking. Led by a qualified Nordic walking instructor there is plenty to see and discover in this circular nature walk taking in both woodland and the largest natural water site in Leicestershire. Booking essential. Nordic walking poles can be provided.



£3 for walk + £1 payable on the day if hiring poles



62 Forest Placenames, Forest People

Start time 2pm **Moderate**
5 miles, 3 hours, 2 stiles

STARTING POINT High Cademan LE67 5US Parking at Cademan Woods Car Park

Join the Charnwood Forest Geopark team for a fascinating heritage walk around Thringstone, Whitwick and Swannymote. Using only the evidence from local placenames, we'll take you back in time more than a thousand years to explore the Anglo-Saxon, Viking and Norman communities of Charnwood Forest. Places are limited and booking is essential. Please email jattard@nationalforest.org



63 Deer in the park

Start time 2pm **Leisurely/Moderate**
3-3.5 miles, 2 hours, 0 stiles

STARTING POINT Calke Explore Welcome Point DE73 7JF

Starting at Calke Explore, this route will take you into the National Nature Reserve, passing Calke's most ancient oak on your way to the deer park. Join the park guide to enter the deer park for a closer look at the herd, before heading off around the enclosure and down to the reservoir. Don't miss St Giles Church and the historic deer shelter as you return to Calke Explore. Admission charges apply to the park and garden (free for National Trust members). Please visit the Calke Abbey website for full prices. Booking required.

Please call 01332 863822 or email calkeabbey@nationaltrust.org.uk



64 Town centre cattle

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

STARTING POINT Watson St car park, rear Tesco, Burton upon Trent DE14 3AH

Join us to look at a hidden gem of 'countryside' less than 10 minutes' walk from Burton's High Street, with cattle as sustainable land managers, fruit trees and hedgerows, pools for wading birds, a new wet woodland, plus a history trail and so much more. Flat unsurfaced paths, alongside the river and through the old farm. Booking required. Please call 07432 608931 or email bcvflowerman@gmail.com



Tuesday 24th May

65 Woodlands and Washlands

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

STARTING POINT Watson St car park, rear Tesco, Burton upon Trent DE14 3AH

Exploring the hidden 'countryside' close to the centre of Burton, threading your way through an urban area, with new and ancient woodlands and wonderful riverside walks. Some steep sections on good paths. Booking required Please call 07432 608931 or email bcvflowerman@gmail.com



66 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

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

Icons representing accessibility: a person with a cane, a dog, a water bottle, a smiley face, and a wheelchair. £5 per person (P3) £2



67 Stapenhill x 3 Walks

Start time 10.30am **Easy/Leisurely**
1 & 2.5-3.5 miles, 1 or 2 hours, 0 stiles

STARTING POINT The Band Stand, Stapenhill Gardens DE15 9AP Small car park and on-street parking available

Stapenhill offers three graded walks every Tuesday (rain or shine). Including our gentle paced bench to bench wellbeing walk, which takes in the sights of the floral planted areas in Stapenhill Gardens and Hollows next to the River Trent. The leisurely one offers an enjoyable walk through the Centenary Woodland (weather permitting) and then along the peaceful stretch of the river to the Leicester Line Bridge. The moderate walk really picks up the pace and includes various different terrains during their routes to keep it varied. All of the walks are led by our Volunteer Leaders and after they finish the group meets up at the Stapenhill Institute for refreshments.



**Active South
Derbyshire**

Active South Derbyshire offer a range of physical activity opportunities across the district, for all ages and abilities.

For further information go to www.southderbyshire.gov.uk or follow us on Facebook

 **Active South Derbyshire**





68 Family Walk, Picnic & Play at Stapenhill Hollows

Start time 12pm

Easy

1-1.5 miles, 2 hours, 0 stiles

STARTING POINT Stapenhill Hollows – benches next to car park DE13 8HY Small car park on site and on-street parking
Brizlincote Parish Council are delighted to introduce their new picnic area and rubbing posts at Stapenhill Hollows. To celebrate this special occasion we are organising a “family walk, picnic and play” event. Starting off with a gentle walk around the Hollows, then onto a family picnic and finishing off with some organised fun and enjoyable activities for the kids. Everyone is welcome and we look forward to seeing you on this special day. Please bring your own picnic.



69 Lunchbreak: Forest Bathing Taster

Start time 12.30pm

Easy

1 mile, 1 hour, 0 stiles

STARTING POINT Rosliston Forestry Centre, next to the outdoor classroom DE12 8JX Car park on site, £4 all day.

A short, relaxing walk inviting you to connect with nature. Led by a Nádúr certified Forest Bathing Guide, this 1-hour lunchbreak taster will give you a flavour of Shinrin Yoku, an evidence-based, nature inspired wellness practise. Immerse yourself in the forest atmosphere, reduce stress, anger and anxiety and improve concentration, sleep, and creativity. Bring warm clothes and something to sit/ lie on. £5 special offer. Booking required. Please call 01283 535039 or email rosliston@southderbyshire.gov.uk



70 Achille Wood and Farm Walk

Start time 1pm

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.



71 Stapenhill Hollows Evening Walk

Start time 6.45pm

Leisurely

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT The Stapenhill Hollows Car Park DE15 Small car park and on-street parking available

Stapenhill Hollows offers a wide range of walks (weather permitting) which include Stapenhill Gardens, the Ferry Bridge, Trent Washlands, Centenary Woodland and lots more. Many of our routes include walking on a little bit of Burton’s town history, the Ferry Bridge, which was officially opened on 3rd April 1889 and is Grade II listed. The walks are led by volunteer walk leaders (rain or shine), take approximately an hour to complete and are a great way to relax after a busy and stressful day.



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



www.traveline.info

0871 200 22 33

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



Wednesday 25th May

72 Charnwood Forest from Copt Oak

Start time 9.30am **Moderate**
8 miles, 5 hours, 8 stiles

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

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.

 12 years and over



73 Green Bank Walk

Start time 10am **Easy**
1-2 miles, 1 hour, 0 stiles

STARTING POINT Green Bank Leisure Centre – café area DE11 0AD On-site parking

This beginners 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.





74 Rolleston on Dove x 2 Walks

Start time 10.30am **Easy/Leisurely**
2.5-3 miles, 1 hour, 0 stiles

STARTING POINT Spread Eagle Car Park, Rolleston Road DE13 9BE On-street parking available

Walk through the pretty village of Rolleston on Dove and take in the sights of the local wildlife in the nearby woodlands and countryside. One of the walks is slightly shorter than the other, both are led by volunteer walk leaders and take approximately 45-60 minutes depending on your walking pace. After the walk they enjoy a brew at the Rolleston Club.





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75 Yoxall

Start time 10.45am **Leisurely**
2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Savey Lane, outside Health Centre DE13 8PD On-street parking available

Yoxall is a small picturesque village in the heart of the countryside where we offer friendly, enjoyable wellbeing walks every week (rain or shine). All of the walks are led by our volunteer leaders and everyone is welcome.





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76 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.



77 Blooming Bluebells

Start time 2pm **Leisurely**
2-3 miles, 1.5 hours, 0 stiles

STARTING POINT Calke Explore Welcome Point DE73 7JF

Starting at Calke Explore, join us for a led walk into the parkland to discover the blanket of bluebells in Serpentine Wood. The walk will also take in the surrounding wood pasture, passing Calke's most ancient oak tree and following the historic tramway route through woodland to return. Admission charges apply to the park and garden (free for National Trust members). Please visit the Calke Abbey website for full prices. Booking required. Please call 01332 863822 or email calkeabbey@nationaltrust.org.uk



78 Willesley Wood

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

STARTING POINT Oakthorpe Colliery Picnic Site, Ashby Road, Donisthorpe

A gentle walk round Willesley Wood, the first wood planted in the National Forest. Commentary on the history, biodiversity and management of the site.



79 History Walk to Grace Dieu Priory

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

STARTING POINT Bull's Head, Thringstone car park LE67 8LT Car par on site

Walk through part of Grace Dieu Wood, under the Charnwood Forest Railway, along part of The Forest Line Canal and into the picturesque ruins of Grace Dieu Priory, a 13th century nunnery. Learn about the area's history along the way.



Thursday 26th May

80 bRUNch Club Trail Therapy Run

Start time 9.45am **Moderate**

5 miles, 1.25 hours, 5-6 stiles

STARTING POINT Village hall car park, Ingleby Lane, Ticknall DE73 7JW Parking donation encouraged

'Trail Therapy' runs are runs at a chatty pace, suitable for runners of all abilities. They are a great way to improve your fitness, de-stress and have fun in wonderful surroundings. The runs take around an hour going at a pace that is comfortable for everyone in the group. There are likely to be some moderate hills on most runs and you may encounter some muddy sections. To book places visit www.peakrunning.co.uk/guided-runs

 £4 per person

 Peak Running

81 Tutbury x 2 Walks

Start time 10am **Leisurely**

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Monk Street next to car park DE13 9NA

Tutbury is a village 5 miles north of Burton upon Trent surrounded by agricultural countryside and full of local history. One of our walks takes you alongside the crystal clear River Dove where you can see lots of different wildlife and many different types of fish. We offer 2 walks, one slightly shorter than the other and they are led by our volunteer leaders. Some of the Tutbury walks are on an incline due to its surroundings. At the end of the walk the groups meet up at the local Café in the High Street for refreshments.



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82 Cancer Support Thornton Reservoir Nordic Walk

Start time 10am **Easy**

2.5 miles, 1 hour, 0 stiles

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

Come along and find out about some of the benefits of Nordic walking for those living with cancer. Led by a qualified Nordic walking instructor you will receive beginners' instruction as well as being able to talk with others who have found Nordic walking has helped them. Booking essential as limited spaces. Poles provided. Refreshments available nearby.



83 Burroughs Woods Shinrin Yoku Nordic Walk

Start time 12.30am **Leisurely**

2 miles, 1.5 hours, 0 stiles

STARTING POINT Burroughs Woods Car Park LE6 OLF

A great walk for those new to Nordic walking as well as the practice of Shinrin Yoku (also known as Forest Bathing but do not worry NO water is involved!). Led by a qualified Nordic walking instructor we will explore these wonderful woodlands as well as find the restorative power of the forest. Poles will be provided. Booking required. Please call 07502 576764 or email ministryofnordicwalks@gmail.com

 £3 for walk + £1 payable on the day if hiring poles



84 5 Parishes

Start time 1.30pm **Moderate**

6.5 miles, 3.5 hour, 4 stiles

STARTING POINT Shobnall Leisure Complex DE14 2BB Car park on-site

A circular walk with a chance to see some urban Nature Reserves (good and bad) with some stunning views over Burton upon Trent and the National Forest, plus a possible visit to a new outdoor teaching area, if not in use, all close to the centre of town. You may be surprised at how much green space there is close to the centre of Burton, though this may be the last chance to enjoy some of it.



Walk Leader Training

If you are interested in training as a volunteer walk leader for local walking groups, we would love to hear from you.

Throughout the National Forest there are lots of weekly walks being led by trained volunteer walk leaders.

The walk leader training will cover:

- Benefits of walking
- Managing a group of walkers
- Roles and responsibilities of being a walk leader
- Risk assessing a route
- Insurance and paperwork

Get Active in the Forest coordinates a scheme of weekly Walk Derbyshire walks, which last for approximately 1 hour each that are all led by our volunteer walk leaders. If you would like to join us in leading any of them, or even set up your own Walk Derbyshire walk, please get in touch with Tor Adams, Get Active in the Forest Officer, on 07977 439309 or by email: tor.adams@southderbyshire.gov.uk

For walks within North West Leicestershire, please contact Tom Bodle on tom.bodle@nwleicestershire.gov.uk or call 01530 454735.

For walks in Staffordshire, please contact Joanne Smith Sports Development Coordinator 01283 372970 Ext 42004 joannesmith@everyoneactive.com



Regularly Active Groups

Although many regularly active groups were unable to meet during COVID restrictions, some are managing to get back up and running again. Here are a few that you could join:

Derby and South Derbyshire Ramblers www.ramblers.org.uk/derby-south-derbyshire

**Ministry of Nordic Walks
Community Group in Leicester/Leicestershire** ministryofnordicwalks@gmail.com
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

Local litter picking groups www.keepbritaintidy.org

East Staffordshire Ramblers www.eaststaffsramblers.org.uk
Group Chairman. Tel: 01283 820486
Vice-Chairman. Tel: 01283 820673

Loughborough Ramblers www.loughboroughramblers.org.uk

Woodland Trust www.woodlandtrust.org.uk/visiting-woods/things-to-do/walking/



Websites to check out:

NATIONAL FOREST

www.nationalforest.org/get-involved/promoted-walks
www.nationalforest.org/visit/national-forest-way
www.nationalforesttrek.co.uk

SOUTH DERBYSHIRE

www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active/walking
www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/arts-and-culture/heritage-trails/swadlincote-heritage-trails
www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active/teddy-trails
www.southderbyshire.gov.uk/firstworldwar
www.visitsouthderbyshire.co.uk
www.visitsouthderbyshire.co.uk/route/category/walks
www.visitsouthderbyshire.co.uk/route/category/cycling/
www.visitsouthderbyshire.co.uk/place/category/things-to-do/

DERBYSHIRE COUNTY COUNCIL

www.derbyshire.gov.uk/council/partnerships/derbyshire-mapping-portal/derbyshire-mapping-portal.aspx
www.derbyshire.gov.uk/leisure/countryside/access/walking/walking-for-everyone.aspx

NORTH WEST LEICESTERSHIRE

www.nwleics.gov.uk/pages/walking_and_running
www.nwleics.gov.uk/files/documents/coalville_walks/coalville%20strolls.pdf
www.swannington-heritage.co.uk/visits-events/walks

EAST STAFFORDSHIRE

www.eaststaffsbc.gov.uk/parks-and-open-spaces/walks
www.walkingforhealth.org.uk/walkfinder/walking-for-health-east-staffordshire-burton-upon-trent

LEICESTERSHIRE COUNTY COUNCIL

www.leicestershire.gov.uk/roads-and-travel/cycling-and-walking/where-to-walk-in-leicestershire
www.choosehowyoumove.co.uk/walking/walking-maps
www.choosehowyoumove.co.uk/cycling/cycle-maps
www.leicscountryparks.org.uk
www.leicscountryparks.org.uk/wp-content/uploads/2014/07/100dpi-Beacon-Hill-Country-Park-Leaflet-11.pdf
www.leicscountryparks.org.uk/wp-content/uploads/2014/11/N0296-Broombriggs-Farm-And-Windmill-Hill-Leaflet-Web-Version.pdf
www.walk4life.info/sites/default/files/walkdocs/walkdoc-11041.pdf

STAFFORDSHIRE COUNTY COUNCIL

www.staffordshire.gov.uk/environment/RightsofWay/Footpaths-bridleways.aspx

www.staffordshire.gov.uk/environment/RightsofWay/PromotedRoutes/East-Staffordshire-walks.aspx

ORIENTEERING

www.leioc.org.uk

www.derwentvalleyorienteers.org.uk

WALKING GROUPS

www.walkingforhealth.org.uk

www.choosehowyoumove.co.uk/walking/walking-groups

www.eastmidlandsu3as.org.uk/u3as.html

www.melbournefootpathsgroup.org.uk

www.findernfootpaths.co.uk

www.facebook.com/WFOSG (Willington Footpaths Group)

WALKING WEBSITES WITH ROUTES

www.ramblers.org.uk/go-walking/find-a-walk-or-route/about-ramblers-routes.aspx

www.walkinginengland.co.uk/leics/ashby.php

www.walkinginengland.co.uk/derbyshire/walks.php

www.walkinginengland.co.uk/staffs/walks.php

ACCESS FOR ALL

www.accessiblecountryside.org.uk/central

www.disabledramblers.co.uk

GENERAL MAPPING APPS/SITES (may require subscriptions)

osmaps.ordnancesurvey.co.uk

www.komoot.com

www.strava.com

www.mapmywalk.com

www.gps-routes.co.uk



NATIONAL FOREST WALKING FESTIVAL PARTNERS 2022

BRANSTON FRIENDS

BRIZLINCOTE PARISH COUNCIL

www.brizlincote-pc.org.uk

BURTON CONSERVATION VOLUNTEERS

www.bcv.org.uk

BURTON AND DISTRICT WILDLIFE GROUP

www.staffs-wildlife.org.uk

CHARNWOOD ARTS

www.charnwoodarts.com

CHARNWOOD FOREST GEOPARK

www.nationalforest.org/about/projects/charnwood-forest

EAST STAFFORDSHIRE BOROUGH COUNCIL

www.eaststaffsbc.gov.uk

EVERYONE ACTIVE

www.everyoneactive.com/centre/shobnall-leisure-complex

FRIENDS OF GRACE DIEU PRIORY

<http://gracedieupriory.org.uk>

FRIENDS OF SCALPCLIFFE WOODS

GET ACTIVE IN THE FOREST

www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active

HEARTWOOD COMMUNITY WOODFUEL GROUP

www.heartwoodhof.org.uk

HILL FARM, PACKINGTON

www.hillfarmpackington.co.uk

LOUGHBOROUGH AND DISTRICT RAMBLERS

www.loughboroughramblers.org.uk

MELBOURNE FOOTPATHS GROUP

www.melbournefootpathsgroup.org.uk

MINISTRY OF NORDIC WALKS COMMUNITY GROUP

www.exercise-anywhere.org.uk/instructor/13729-Penny+Fielden

THE NATIONAL TRUST

www.nationaltrust.org.uk/calke-abbey

NEWHALL COMMUNITY WALKERS

PEAK RUNNING

www.peakrunning.co.uk

ROSLISTON FORESTRY CENTRE

www.roslistonforestrycentre.co.uk

SOUTH DERBYSHIRE DISTRICT COUNCIL

www.southderbyshire.gov.uk

STAFFORDSHIRE WILDLIFE TRUST

www.staffs-wildlife.org.uk

SWANNINGTON HERITAGE TRUST

www.swannington-heritage.co.uk

TATENHILL AND RANGEMORE PARISH COUNCIL

www.tatenhillrangemoreparishcouncil.gov.uk

TRENT RIVERS TRUST

www.trentriverstrust.org

WELLBEING WALKS EAST STAFFORDSHIRE

www.everyoneactive.com/centre/shobnall-leisure-complex

WELLBEING AT WHISTLEWOOD

www.wellbeingathistlewood.co.uk

WHITWICK HISTORICAL GROUP

www.stayplayexplore.co.uk/goleicestershire/history-and-heritage/whitwick-historical-group.aspx

WOODLAND TRUST

www.woodlandtrust.org.uk



The National Forest Walking Festival

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Leicestershire
County Council



THE NATIONAL
FOREST



South
Derbyshire
District Council

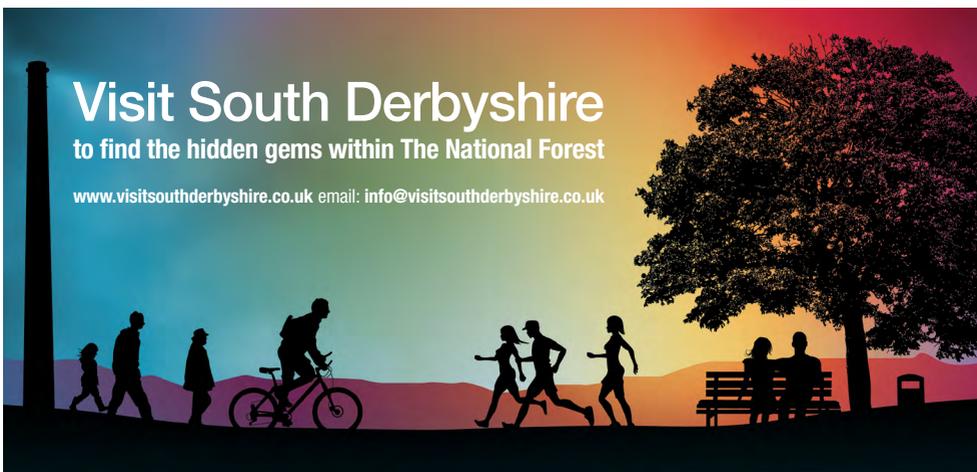
Discover how South Derbyshire Plans to celebrate The Queen's Platinum Jubilee



www.visitsouthderbyshire.co.uk/platinumjubilee2022

Visit South Derbyshire to find the hidden gems within The National Forest

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



Swadlincote
Tourist Information Centre



Swadlincote Tourist Information Centre



[visitsouthderbyshire](https://www.instagram.com/visitsouthderbyshire)

Visitor Information, South Derbyshire District Council, Civic Way, Swadlincote DE11 0AH



If you would to get involved in next year's National Forest Walking Festival,
please email Get.Active@southderbyshire.gov.uk by September 2022

All details correct at time of publication. Please ensure you are following the latest
government guidelines when planning any walk or activity by visiting www.gov.uk/coronavirus



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:

There are 10 railway stations serving the area.
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