

THE NATIONAL FOREST WALKING FESTIVAL

13th-25th May 2023

Walks which showcase the story of the
National Forest – past, present and future



THE NATIONAL
FOREST

www.thenationalforestwalkingfestival.org.uk

WELCOME 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 for a 14th year.

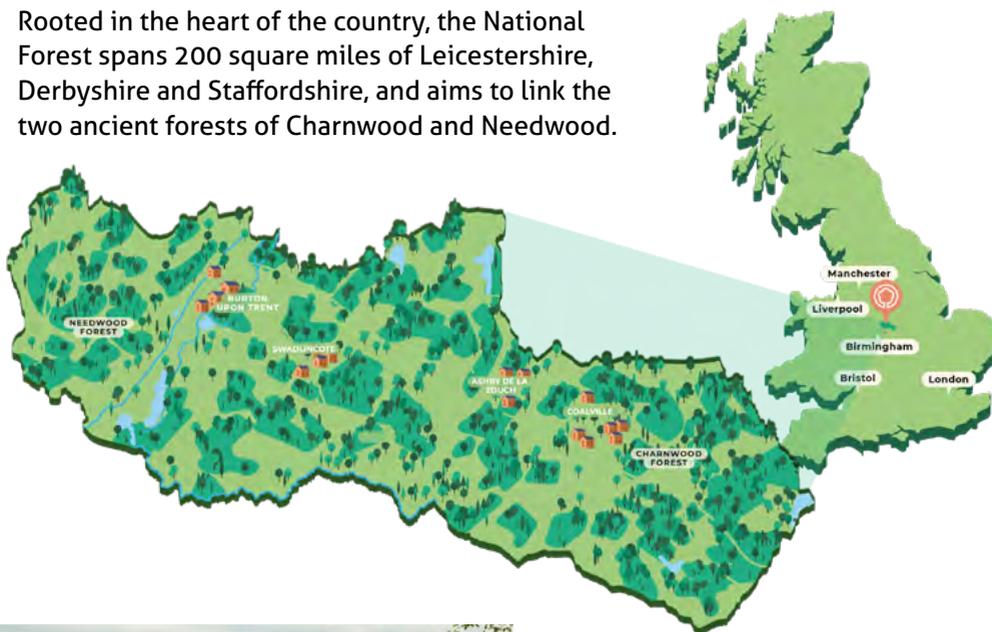
This year we are celebrating all the National Forest has to offer – past, present and future. The Forest story is one of huge landscape-scale transformation, from black coalfields to green treescapes. Three decades of forest creation in this ordinary part of the Midlands demonstrates how trees can transform landscapes, communities and the economy.

We hope you enjoy the walks, learn a bit about the Forest and feel inspired to go and explore the Forest in your own time.



Where is the National Forest?

Rooted in the heart of the country, the National Forest spans 200 square miles of Leicestershire, Derbyshire and Staffordshire, and aims to link the two ancient forests of Charnwood and Needwood.



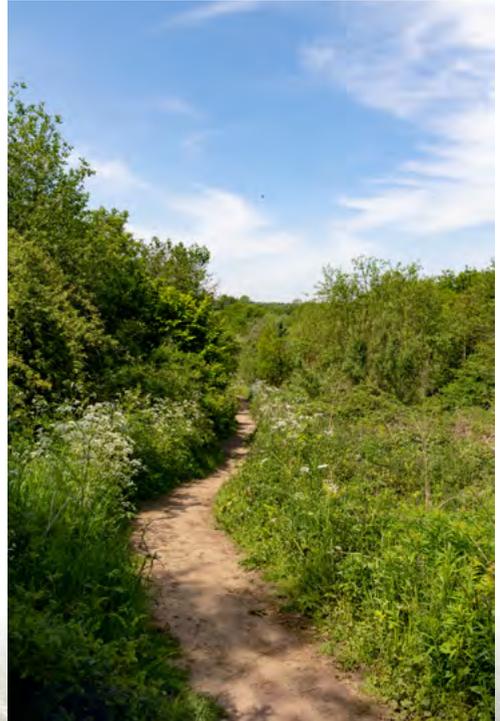
From ancient woodland to newly planted trees, wildflower meadows to rugged, rocky outcrops, the National Forest offers a vibrant and varied landscape for you to enjoy.

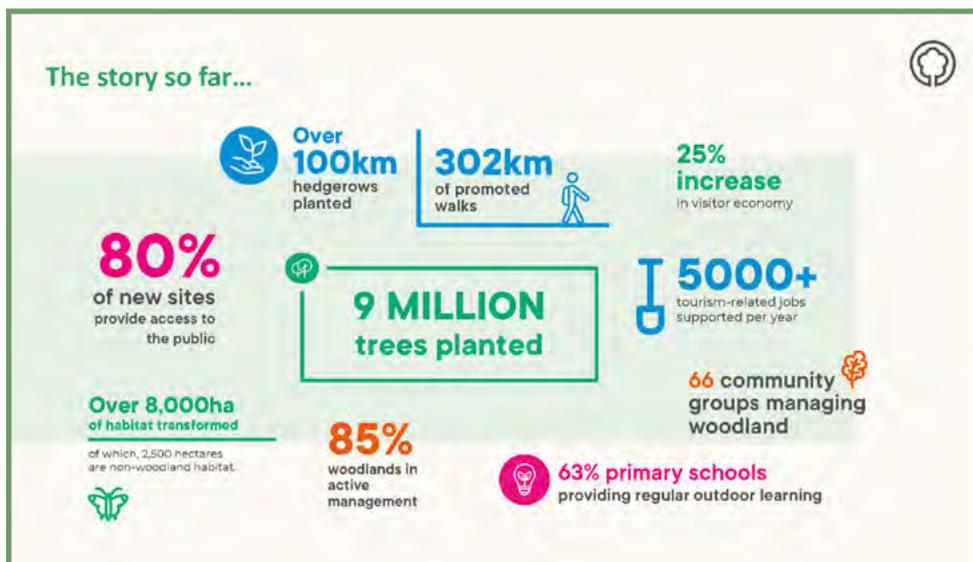


What is the National Forest?

Beginning in 1991, the idea behind the Forest was radical: to create and manage the first forest at scale in England for 1,000 years. It is a 'forest' in the old sense of the word: not wall to wall trees but a distinctly wooded landscape that provides a setting within which people live, work and learn.

Recognised as one of the boldest environmentally-led regeneration initiatives in the country, it is transforming a post-industrial landscape. With a rich history of coalmining, the landscape is now that of young woodland, ancient forests and rolling farmland, providing an incredible backdrop of transformation to a place that puts sustainability at its heart.





Nearly 10 million trees have now been planted in an area that was previously one of the least wooded parts of the country. Today, the National Forest Company, with the support of partners and communities, is continuing to plant trees, care for woodlands, create and manage habitats, and helping to grow a greener, healthier and more sustainable future together.

At a time when it seems everyone is calling for more trees to be planted, the National Forest shows that a positive future is possible. It is a beacon for sustainability – a living example of how people and nature can thrive together.

Find out more and help us continue to grow the future by visiting nationalforest.org

Y/EAT/DRINK/STAY/EAT/D

Walking isn't the only fabulous way to discover the National Forest!



History and heritage can be found around every corner in stately homes, historical archives, lost kingdoms and winding canals.



A tasting tour of locally produced foods, beer and wines will leave your palate eager for more.



DRINK/STAY/E

Our many independent retailers will pull at your purse strings with their special blend of galleries, shops and craft centres; whether gardens, homewares, clothing or crafts are your heart's desire.

And festival goers are spoilt for choice with Timber, Bestival and Bearded Theory, Moira Furnace Folk Festival and Melbourne Arts Festival, and firework extravaganzas; Forest celebrations for the mind and the soul and a Woodland Festival with crafts for all.

At the end of the day our accommodation ticks all the boxes, whether quirky or quintessentially stylish! From off-grid riverside converted horseboxes, or historic pavilions, to king-sized luxury ensuites, the choice of self-contained or cosseted is up to you.



Find the Forest and
take the memories
home with you...
Until next time.

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 can provide full details of attractions, events, eateries, accommodation and travel in the area.

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

A guide to the walks

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

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

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

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

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

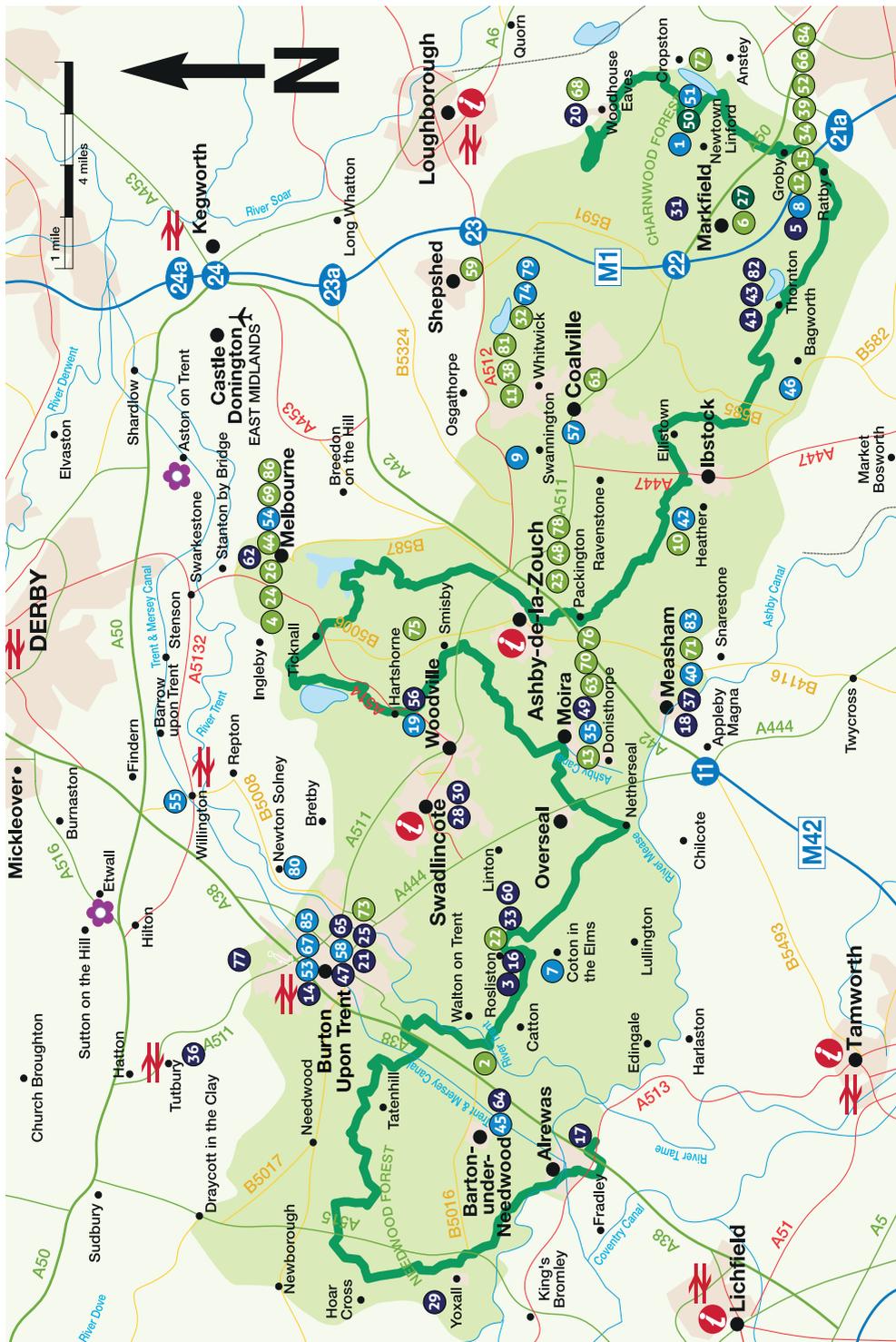
 Walking boots

 National Forest Themed Walk



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

Walks and Activities in the National Forest Walking Festival



The National Forest Way

5 Mindful Walking

Start time 2pm

Easy

2 miles, 1.5 hours, 0 stiles

STARTING POINT Burroughs Wood, Burroughs Road, Ratby LE6 0XZ
What3words: giants.airfields.degree
 Nearest car park Woodland Trust Car Park, Burroughs Road, Ratby, or carefully on the verge outside.

Suggested donation of £3 per person, visit our Facebook page for BACS details www.facebook.com/BetterOutdoors2020

Take a mindful walk around the ancient woodlands at Ratby Burroughs. We will slow down, tune in to our surroundings and begin to notice the details we might normally miss when we hurry by on our way from A to B. There will be bluebells, mossy logs, spring flowers and birdsong. Contact us via our Facebook page to save your space we will know not to start without you!



6 Markfield's Marvels Nordic Walk

Start time 2pm & 3.30pm

Leisurely

3.5 miles, 1.5 hours, 0 stiles

STARTING POINT Markfield Community Centre LE67 9ST Parking on site

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. Booking essential. Contact 07502 576764 or email ministryofnordicwalks@gmail.com



Sunday 14th May

7 Coton and the Mease Valley

Start time 10am

Moderate

10 miles, 6 hours, 15+ 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 southern most part of Derbyshire including National Forest woodlands and some attractive villages on both sides of the River Mease. Stop for lunch break along the route, plus a possible pub stop.



8 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. 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. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com



9 Mill, Mines and Railways

Start time 10.30am **Moderate**

7 miles, 4 hours, 15 stiles

STARTING POINT Hough Mill, St Georges Hill, Swannington LE67 8QU Car park on site

This walk is based on the National Forest promoted Mill, Mines and Railways walk and starts from Hough Mill Swannington, which will be open to visit on our return. The route has varied scenery and industrial history passing along unsurfaced paths, woodland trails, fields, some road sections and gradients. Information will be given along the way and there will be a short break part way through. Booking required. Please contact 07474610112 or email swanningtonwalks@gmail.com



10 Wildlife and Art Features of the QE Diamond Jubilee Wood

Start time 10.30am **Leisurely**

4 miles, 2.5 hours, 0 stiles

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

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.



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

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 Gracedieu Priory, a 13th century nunnery. Learn about the area's history along the way.

 £3 per person



Monday 15th May

12 Martinshaw Woods Forest Bathing Nordic Walk

Start time 10am **Leisurely**
2 miles, 1.5 hours, 0 stiles

STARTING POINT Martinshaw Woods Car Park LE6 0LS

A great walk for those new to Nordic walking, as well as the practice of 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. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com

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



13 Moira Furnace Guided Walk

Start time 10am **Leisurely**
4 miles, 2 hours, 0 stiles

STARTING POINT Moira Furnace DE12 6AT
Car park on site

An ideal walk for those who want to get out of the house and meet other people. The walk can be up to 2 hours, covering around 4-5 miles. Routes alternate on a regular basis but are generally on flat, well surfaced canal tow paths with scenic views along the way.



14 Horninglow & Eton

Start time 10.30am **Easy**
2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Horninglow Road Basin, Horninglow Road, Burton upon Trent, Staffs DE14 2PT On-road parking only

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. Depending on the weather the walk may be muddy underfoot, uneven and on slight inclines. The walk is led by our trained volunteer walk leaders.



15 Martinshaw Woods Nordic Walk

Start time 12pm & 1pm **Leisurely**
1.5 miles, 1 hour, 0 stiles

STARTING POINT Martinshaw Woods Car Park LE6 0LS Parking also 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 and their history, looking at the different trees, flora and fauna. Booking essential. Poles will be provided. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com

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



16 Permaculture Walk

Start time 12.30pm

Easy

1-2 miles, 1 hour, 0 stiles

STARTING POINT Next to the outdoor classroom at Rosliston Forestry Centre DE12 8JX Car park on site, card and cash accepted (1 hour £1.50, 2 hours £3, all day £4, annual pass £35).

Introducing some ideas from permaculture – as we explore part of the Rosliston Forestry Centre site. Booking essential. £5 per person. Please call 01283 535039 or email rosliston@southderbyshire.gov.uk to book your place.

♿ Over 9's ♿ ♿ ♿ ♿ ♿ ♿



17 National Memorial Arboretum Walk

Start time 2.30pm

Easy

2.5 miles, 1 hour, 0 stiles

STARTING POINT Café area inside National Memorial Arboretum DE13 7AR Parking on site. Charges apply. Parking can be pre-booked online at www.thenma.org.uk or paid on the day

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

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Tuesday 16th May

18 Measham Walk and Talk

Start time 10am

Easy

1.5 miles, 0.5 hours, 0 stiles

STARTING POINT Meet at Peggs Close Car Park, Measham DE12 7LJ

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

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19 Hartshorne via Smisby Circular

Start time 10am

Moderate

5.5 miles, 3 hours, 8 stiles

STARTING POINT Dethick Hall Car Park, Hartshorne DE11 7BE

Fabulous walk through new and ancient woodlands. Bluebells should be in full bloom. Mainly good paths, but can be slippery if wet, moderate climb to Smisby. Lots of history, flora and fauna. Awesome views on a clear day. This walk really shows off the very best of the National Forest. Optional pub lunch at the end. Booking required, please call 07956 299700 or email ian53220@gmail.com

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25 Stapenhill Hollows

Start time 6.45pm **Easy**

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Hollows, Stapenhill Road, Burton upon Trent, Staffs (across the road from the Rider House Care Home) DE15 9AF Small car park next to Stapenhill Hollows or on-street parking

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.



Wednesday 17th May

26 Parklands and Woodlands

Start time 10am **Leisurely**

5.4 miles, 2.5 hours, 0 stiles

STARTING POINT Staunton Harold Visitor Centre, Woodhouses, Melbourne, Derby DE73 8DN Car park on site £3.50 for 4 hours or free to National Trust members.

This rural 5.4 mile walk around Melbourne takes in stunning views, historic houses, and ancient woodlands. Along the way, you will visit the tranquil waters of Staunton Harold Reservoir, where you will see a myriad of waterfowl including swans, ducks, geese, and great crested grebe, before reaching the beautiful parkland of Calke Abbey famed for its historic 'unstately home' and herd of fallow and red deer. From there, you will pass through the Ticknall Limeyards, a Site of Special Scientific Interest (SSSI), before you reach the broadleaf Robin Wood, which in spring puts on a spectacular display of bluebells that fill the forest floor.



27 Forest Industry: Shaping People and Landscape

Start time 10am **Strenuous**

8 miles, 4 hours, 8 stiles

STARTING POINT Markfield church, LE67 9WD. On street parking near Markfield church or small car park in the village

This walk celebrates the physical and human geography of this industrial part of western Charnwood Forest, which has been extensively quarried for hundreds of years. As well as walking around Cliffe Hill and Hill Hole quarries, you'll learn about the people who worked there in the nineteenth century.

Booking essential. To book please contact JAttard@nationalforest.org 07976 865450



28 Green Bank Leisure Centre Walk

Start time 10am **Easy**

1.1 & 1.6 miles, 1 hour, 0 stiles

STARTING POINT Café area inside Green Bank Leisure Centre DE11 0AD Car park on site

Join us for this sociable weekly walk through the local parks around Swadlincote town centre. This walk splits into two groups and is ideal for those who are new to or returning to exercise. It finishes with a hot drink at Oaklands Village Restaurant (optional).



29 Yoxall

Start time 10.45am **Easy**

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Meet on the pavement opposite the Yoxall Health Centre, Savey Lane DE13 8PD On-road parking available

Yoxall is a picturesque village south west of Burton, 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 winding 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.



31 Introduction to Forest Bathing

Start time 1pm **Easy**

Under 1 mile, 1.5 hours, 0 stiles

STARTING POINT Ulverscroft Manor LE67 9PH Car Park near the Manor Activity Centre (Entrance to drive is at What3words: decompose.channel.insurers)

We invite you to try Forest Bathing in the peaceful surroundings of Ulverscroft Manor. This is a very slow moving, mindful walk, and offers an opportunity to experience Forest Bathing (also known as Shinrin-Yoku, which translates as immersing yourself in the atmosphere of the forest). A full length walk is 2-3 hours. Much of the walk will be spent in silence, soaking up the sounds of the woodland, interspersed with time spent together in sharing circles. You will be encouraged to switch off your phone for the duration of the walk. Booking is essential.

bookwhen.com/betteroutdoors £3 per person (goes to the Shuttlewood Clarke Foundation)



30 History of Swadlincote Woodlands – All Abilities Walk

Start time 11am **Easy**

1.5 miles, 1 hour, 0 stiles

STARTING POINT Swadlincote Woodlands Car Park DE11 8LP

An informative walk around the woodland identifying the history of this site. Discover the past uses of the site to current day. There are two short gentle ascents and one short gentle descent on this walk.



32 A Walk Around Whitwick

Start time 1.30pm **Leisurely**
 2 miles, 1.5 hours, 0 stiles

STARTING POINT The Old Station, North Street, 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.



33 History in the Rosliston Landscape

Start time 5.30pm **Easy**
 1.5 miles, 2 hours, 0 stiles

STARTING POINT Rosliston Forestry Centre DE12 8JX Car park on site, card and cash accepted (1 hour £1.50, 2 hours £3, all day £4, annual pass £35).

A guided easy paced walk around the Forestry centre looking at historical features in the landscape, how it has been affected by man's use and relating it to the wider landscape in which we live. £5 per person, under 12s free. Booking required. Please call 01283 535039 or email rosliston@southderbyshire.gov.uk to book your place.



34 Martinshaw, Pear Tree & Burroughs Woods Nordic Walk

Start time 6.30pm **Leisurely**
 3 miles, 1.5 hours, 0 stiles

STARTING POINT Martinshaw Woods Car Park LE6 0LS Parking also 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. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com

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



Thursday 18th May

35 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

 £4 per person



36 Tutbury x2 walks

Start time 10am **Easy**
 2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Meet at Monk Street Car Park, opposite the Leopard Pub DE13 9NA

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.



37 Measham Walk and Talk**Start time 10am** **Easy**

1.5 miles, 0.5 hours, 0 stiles

STARTING POINT Meet at Peggs Close Car Park, Measham DE12 7LJ

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

**38 History Walk to Grace Dieu Priory****Start time 10am** **Leisurely**

2 miles, 2 hours, 0 stiles

STARTING POINT Bull's Head, Thringstone Car Park LE67 8LT

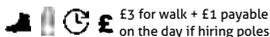
Walk through part of Grace Dieu Wood, under the Charnwood Forest Railway, along part of The Forest Line Canal and into the picturesque ruins of Gracedieu Priory, a 13th century nunnery. Learn about the area's history along the way.

**39 Burrough Woods Nordic Walk****Start time 10am** **Leisurely**

2 miles, 1 hour, 0 stiles

STARTING POINT Burrough Woods Car Park LE6 0LF

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. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com

**40 Measham Village History Walk****Start time 10.30am** **Moderate**

2.5 miles, 1.5 hours, 0 stiles

STARTING POINT Car Park at rear of Measham Library DE12 7HR Public Car park behind library or if full High Street Car Park behind Post Office

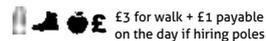
A steady walk through this National Forest village, learning about its interesting history. Discover the former canal and railway, the famous bricks, some wonderful old buildings, and learn how the village has changed. Located between Derbyshire and Leicestershire, the village has always tried to be self-sufficient with just about every industry.

**41 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. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com



Friday 19th May

42 Green Lanes, Mixed Woodland & Lakes of NW Leicestershire

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

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

Starting and ending at the QE Diamond Jubilee Wood car park we traverse through young, middle aged and ancient woodland, some along historic green lanes around Sence Valley and Heather. A number of lakes are passed on the way. Halfway round we stop for a picnic lunch at Sence Valley.



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. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com



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

44 Forest Bathing

Start time 10am **Leisurely**

1-2 miles, 2.5 hours, 0 stiles

STARTING POINT Calke Explore, Ticknall, Derby DE73 7JF Car park on site. Entry charges to park and gardens only. Adult £7, Child £3.50, Family £17.50. NT Members free entry.

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. Booking required. Please call 07949 830571 or email aaandrene@gmail.com



45 Exploring Needwood: wildlife, woods and history on the Silver Circuit

Start time 10am **Moderate**

8 miles, 3.5 hours, 10 stiles

STARTING POINT Barton Marina, DE13 8DZ

The Silver Circuit was created in 2016, as part of the anniversary celebrations to mark 25 years since the first trees were planted in The National Forest. It was designed to create a loop from the National Forest Way, which it follows between Tatenhill and the Trent & Mersey Canal. This lovely circular walk passes through Needwood Forest, through the Dunstall Estate and up onto Tatenhill Common. We'll take a short detour over Battlestead Hill for some commanding views across the Trent Valley, before descending to the valley floor. A final stretch along the Trent & Mersey Canal, with possible sightings of kingfishers, is a relaxing finish to the walk. Booking essential. Please call 07976 865451 or email zsewter@nationalforest.org



46 Thornton to Bagworth Heath Circular Nordic Walk

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

STARTING POINT Bagworth Heath Car Park
LE67 1DL

A great walk for both new and experienced Nordic walkers. Led by a qualified Nordic walking instructor we will explore this circular route. Steps and stiles on route. Booking essential. Poles can be provided. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com

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



47 Burton's Historical Links with the Trent

Start time 6pm **Easy**
2.5 miles, 2.5 hours, 0 stiles

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

A guided, flat, circular walk around 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 and its ecological importance, as a green corridor through the centre of the town.



48 Achille Wood and Farm Night Walk and 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 20th May

49 Shinrin-Yoku Nature Walk

Start time 9am

Easy

1 mile, 2 hours, 0 stiles

STARTING POINT Gorse Lane/Rawdon Road junction DE12 6DH Car Park Marquis Drive, DE12 6EJ

Join Wild Minds for an immersive walk through nature. Experience the Japanese art of Shinrin-Yoku and bathe your senses in gentle "invitations" that allow you time to reflect and connect with nature and yourself. This absolutely does not involve a bath, but a multi-sensory exploration of the woodland which will ignite the soul and boost wellbeing. £8 per person – adults only. Booking required. Please email contact@wildmindsnature.co.uk



51 Bradgate Park Wildlife Walk

Start time 9.30am

Moderate

4 miles, 4 hours, 0 stiles

STARTING POINT Newtown Linford Car Park LE6 OHB

Discover a rich variety of wildlife in the beautiful natural surroundings of Bradgate Park. On this walk, a cross section of habitats will be explored from the valley of the River Lin to the upper heathland reaches of the Park. At this time of the year there is always plenty to see, including butterflies, bees, dragonflies, birds, wild flowers, veteran trees and of course our magnificent herds of Red and Fallow Deer. Walk will be £7.50 per person. Booking required.

Please call 0116 2362713 or email estate-office@bradgatepark.org or admin@bradgatepark.org



50 A Trek through Time: Geology of the Charnwood Forest Peaks

Start time 9am

Strenuous

15 miles, 8 hours, 8 stiles

STARTING POINT Bradgate Park Main Car Park, Newtown Linford LE6 OHB

Join the Charnwood Forest Geopark team 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 essential. Please email jmatthews@nationalforest.org



52 Wellbeing Walk and Talk

Start time 9.30am

Leisurely

5 miles, 2 hours, 2 stiles

STARTING POINT Martinshaw Wood Car Park, Markfield Road, Ratby, Leicestershire LE6 OLR What3words: lifts.twist.slick

Join us to explore 3 linked woodlands, make new connections, chat and notice nature! As we have to pass back through the car park on our way to Pear Tree and Burroughs Woods, this walk can be done as a whole (approx. 5 miles) or as a shorter 1.5 mile amble through Martinshaw. Please get in touch via our Facebook page for more information <https://www.facebook.com/BetterOutdoors2020>





62 Forest Bathing Taster Walk

Start time 2pm

Easy

0.2 miles, 1.5 hours, 0 stiles

STARTING POINT Whistlewood Common, near Melbourne DE73 8DH
What3words: fields.though.plotter
 Find directions at whistlewoodcommon.org/visit
 Car Park on site

Join your guide Helen of Connect to Nature for a gentle Forest Bathing walk at beautiful Whistlewood Common. A Forest Bathing walk is a slow, gentle walk during which invitations are delivered which aim to connect you to nature through your senses for your wellbeing. You will finish the walk feeling relaxed and recharged. Forest Bathing is evidence based, based on research from Derby University's Nature Connection Studies Unit and research from Japan and America. £5 per person. Pre-booking is encouraged by emailing bookings@whistlewoodcommon.org



Monday 22nd May

63 Moira Furnace Guided Walk

Start time 10am

Leisurely

4 miles, 2 hours, 0 stiles

STARTING POINT Moira Furnace DE12 6AT
 Car Park on site (Free)

An ideal walk for people who want to get out of the house and meet other people. The walk can be up to 2 hours, covering around 4-5 miles. Routes alternate on a regular basis but are generally on flat on well surfaced canal tow paths with scenic views along the way.



64 Barton under Needwood 2x Walks

Start time 10.15am

Easy

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT St James Church Hall
 Car Park DE13 8HY On-street parking also available

Barton under Needwood is a large village in Staffordshire, a mile from the A38 between Burton upon Trent and Lichfield. Barton's wellbeing walks take in the sights of the pretty village, the local countryside and the marina set on the Trent & Mersey Canal, where there is an abundance of narrow boats moored up. Whilst walking around the marina you will see how it has grown, offering shops, restaurants, cafes and the Red Carpet Cinema, somewhere you will definitely want to revisit on another day. Depending on the weather the walks may be slightly muddy underfoot, uneven and on slight inclines. We offer two walks to the group, so you can choose which is the best one for you. All of our walks are led by volunteer leaders and afterwards the groups meet up and enjoy refreshments at the Marina Café.



68 Sunset Forest Bathing

Start time 7pm

Leisurely

1 mile, 2 hours, 4 stiles

STARTING POINT Beacon Hill Upper Car Park, Beacon Road, Woodhouse Eaves LE12 8TE

End your day with a relaxing sunset Forest Bathing Walk. This is a very slow moving, mindful walk, and offers you an opportunity to experience Forest Bathing in the Charnwood Forest area of the National Forest. Also known as Shinrin-Yoku, which translates as immersing yourself in the atmosphere of the forest, you should allow around 2-2.5 hours for this full length walk. Come along if you'd like to de-stress, slow down and enjoy a wild tea ceremony as the sun sets. Much of the walk will be spent in silence, soaking up the sounds of the woodland, interspersed with time spent together in sharing circles. You will be encouraged to switch off your phone for the duration of the walk. Booking is essential for this walk. <https://bookwhen.com/betteroutdoors>. £3 per person.



Tuesday 23rd May

69 Canine Calke Walk and Snack in the Café

Start time 9.30am

Leisurely

2-3 miles, 1.5 hours, 0 stiles

STARTING POINT Calke Explore DE73 7LE
Car park on site Entry charges to park and gardens only- Adult £7, Child £3.50, Family £17.50 NT Members free entry. £5 per person for a Danish and cup of coffee or tea.

Explore the wonders of Calke parkland with your 4-legged members of the family. Then enjoy a Danish and coffee or tea in our dog friendly café. Booking required. Please call 01332 863822 or email calkeabbey@nationaltrust.org.uk



70 Black to Green Southern Circuit

Start time 10am

Leisurely

5.5 miles, 3 hours, 8 stiles

STARTING POINT Moira Furnace DE12 6AT
Car park on right near playing fields as entering Furnace site

Wonderful walk through the former black area of industry of Coal, Clay, Lime burning, this is now turning into the most beautiful green area in the heart of the National Forest. This walk follows the Ashby Canal and the former Nuneaton to Burton rail line, and footpaths used by generations of workers. Stop for optional coffee at Hicks Lodge. Booking required. Please contact 07956 299700 or email ian53220@gmail.com



71 Measham - Snarestone Path

Start time 10am

Leisurely

6 miles, 3.5 hours, 1 stile

STARTING POINT Measham Library Car Park DE12 7HR also use Peggs Close Car Park if full.

The route follows part of the original line of the abandoned Ashby Canal, alternating with the agreed new route where necessary. It will cross the boundary of the National Forest at Gilwiskaw Brook, and on to Snarestone Wharf. There will then be a short break for light refreshments if required, available from the shop before we return.



Ashby Canal Trust 

72 A Day at Bradgate Park Nordic Walk

Start time 10am

Leisurely

6 miles, 5 hours, 2 stiles

STARTING POINT Dalby Road, Anstey LE7 7FR Dalby Road on street parking

Spend a day at Bradgate Park. There will be time for a mid-morning break in a Newtown Linford cafe and lunch at Deer Barn Tearoom in the park. Led by a qualified Nordic walking instructor. Booking essential. Poles will be provided. exercise-anywhere.com/instructor/13729-Penny+Fielden 07502 576764 ministryofnordicwalks@gmail.com £5 per person.



73 Stapenhill Gardens x 2 Walks

Start time 10.30am

Easy/Leisurely

2-3.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Gardens Bandstand, Main Street, Burton upon Trent, Staffs DE15 9AP Small Car Park next to Bandstand or on-street parking

Stapenhill offers two graded walks every week, a leisurely 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 walk leaders. After the walks finish the groups meet up at the Stapenhill Institute for a well-deserved brew.



everyone
ACTIVE

74 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 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 over 600 million years ago. Look into Peldar Tor Quarry, thought to be a Precambrian volcano. Please note: the route includes steep slopes and uneven terrain.



75 Pistern Hills, Smisby

Start time 1.30pm **Leisurely**
4 miles, 2 hours, 5 stiles

STARTING POINT Smisby Church LE65 2UA
Main Street Car Parking

Panoramic views over South Derbyshire and North West Leicestershire are the highlights of this walk. Terrain – woodland rides, arable ground and pasture fields. Much of the land we cross was once part of Calke Abbey estate.

**Wednesday 24th May****76** Heart Woods: a Guided Walk around the National Forest Company estate

Start time 10am **Leisurely**
6 miles, 3 hours, 0 stiles

STARTING POINT Conkers Waterside
DE11 6BA Car Park on site

Join staff from the National Forest Company on a guided tour of a wonderful green network of woodlands, water and meadows in the heart of the National Forest. These important wildlife habitats are all growing on land restored in the past 30 years from opencast and deep mining, clay extraction and landfill. Learn about how the area has literally been turned from black to green, and find out what the plans are for the future. The walk will be at a leisurely pace, with pauses for photographs and wildlife spotting (bring binoculars!). Booking essential.

Call 07976 865451

email zsewter@nationalforest.org

**77** Rolleston on Dove x 2 walks

Start time 10.30am **Easy**
2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Meet in the Spread Eagle car park, Rolleston Road DE13 9BE
On-street Car 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.

**78** 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 refreshments.

**79** Forest Placenames, Forest People

Start time 2pm **Moderate**
4 miles, 2.5 hours, 0 stiles

STARTING POINT High Cademan, LE67 5US
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.

Booking essential. Please contact JAttard@nationalforest.org 07976 865450



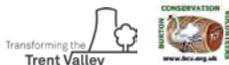
80 Newton to Winhill Circular Walk

Start time 6pm **Moderate**

3.5 miles, 1.5 hours, 8 stiles

STARTING POINT Brickmakers Arms 9-11 Main St DE15 0SJ On street parking

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



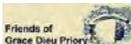
81 History Walk to Grace Dieu Priory

Start time 6pm **Leisurely**

2 miles, 2 hours, 0 stiles

STARTING POINT Bull's Head, Thringstone Car Park LE67 8LT

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 Gracedieu Priory, a 13th century nunnery. Learn about the area's history along the way. £3 per person.



Thursday 25th May

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. Contact exercise-anywhere.com/instructor/13729-Penny+Fielden, 07502 576764, ministryofnordicwalks@gmail.com



83 Measham to Donisthorpe circular

Start time 10.30am **Moderate**

3.5 miles, 1.5 hours, 3 stiles

STARTING POINT Car Park behind Measham Library DE12 7HR

Leisurely walk along Ashby Heritage Trail to Donisthorpe, then back through Oakthorpe on footpaths over fields back to Measham. Lots of interesting local history. Tea/Coffee available at the library. Booking required. Please call 07956 299700 or email ian53220@gmail.com



84 Burrough Woods Forest Bathing Nordic Walk

Start time 12.30pm **Leisurely**

2 miles, 1.5 hours, 0 stiles

STARTING POINT Burrough Woods Car Park LE6 0LF

A great walk for those new to Nordic walking as well 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. exercise-anywhere.com/instructor/13729-Penny+Fielden
Call 07502 516164 or email ministryofnordicwalks@gmail.com
Poles will be provided.

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

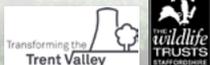


85 Woodlands and Washlands

Start time 1.30pm **Moderate**
3(+1.5) miles, 2(+1.5) hours, 0 stiles

STARTING POINT Watson Street car park, rear of Tesco 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. Option to continue around upper Mill Farm area, to see an urban cattle grazing project. A bonus walk if desired; Join us to visit 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.



86 Deer in the Park

Start time 2pm **Lesiurely**
3-3.5 miles, 2 hours, 0 stiles

STARTING POINT Calke Explore Welcome Point DE73 7LE Car Park on site.

Entry charges to park and gardens only- Adult £7, Child £3.50, Family £17.50. NT Members free entry

A led walk starting at Calke Explore and heading out into the NNR, passing the Old Man of Calke to the Deer Park. You will join the Park Guide in entering the Deer Park to get a closer look at the herd, before heading around the enclosure and out of the estate, passing Home Farm and St Giles Church, before the route skirts the Deer Barn and winds back to Calke Explore. Booking required. Contact 01332 863822, calkeabbey@nationaltrust.org.uk



CADLEY PARK is a new park within the Swadlincote area, which will be opening in the Spring of 2023. The park is 3.89 hectares in size and forms part of a masterplan for the redevelopment of a former coalfield site. It has the aim of providing an environment which encourages and facilitates active travel, engagement in active environments and a rich biodiverse nature area for the local population of Swadlincote and the wider District to enjoy.

The park provides a mix of cycle features, with a circular family route for cycling and scooting, a pump track and a learn to ride zone, pedestrian walkways, natural play, and environmental and biodiversity resources as well as connectivity to the wider site and community.

Over the winter some 3,000 trees have been planted on the park by a range of local school children, volunteers from East Midlands Airport and our local MP and have been recorded as part of the Queen's Green Canopy.



Play the free, fun, walking, cycling and rolling game!

Visit beatthestreet.me to find out more.



Supported
by the
National
Forest



Beat the Street Swadlincote has been commissioned by South Derbyshire District Council, the National Forest Company, Derbyshire County Council, Active Derbyshire and South Derbyshire Active Schools Partnership with support from the National Lottery via Sport England. It is being delivered by Intelligent Health.



TIMBER FESTIVAL
7.8.9 JULY 2023

FEANEDOCK WOODLAND
SWADLINCOTE

TIMBER

25% OFF TICKETS FOR
ALL LOCAL RESIDENTS

LIVE IN THE NATIONAL FOREST?
GET DISCOUNTED DAY AND WEEKEND TICKETS

FALL UNDER NATURE'S SPELL. MUSIC, ART, IDEAS.
TIMBERFESTIVAL.ORG.UK/LOCAL

Derbyshire Walking Festivals 2023

Chesterfield Area Walking Festival

13th to 21st May 2023

www.visitchesterfield.info/walkingfestival

Autumn Footprints Walking Festival Amber Valley

9th – 24th September 2023

www.autumnfootprints.co.uk

Erewash Easter Walking Week

10th – 16th April 2023

For more information contact:
sportsdevelopment@erewash.gov.uk
or Kathleen.Taylor@erewash.gov.uk

Derbyshire Dales Walking Festival

25th September – 1st October 2023

sportsdevelopment@derbyshiredales.gov.uk
01629 761194



Regularly Active Groups

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

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

Ministry of Nordic Walks ministryofnordicwalks@gmail.com
Community Group in Leicester/Leicestershire 07502 576764

Get Active in the Forest Wellbeing walks and Walk Derbyshire walks Get.Active@southderbyshire.gov.uk

The Ashby Would Litterheroes **Twitter: @AWLitterheroes**
Instagram: @awlitterheroes

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/

Coalville CAN www.coalvillecan.coop



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

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

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.ramblers.org.uk/go-walking/get-healthy/walking-for-health.aspx

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

www.gojauntly.com

ACCESS FOR ALL

www.accessiblecountryside.org.uk/central

www.disabledramblers.co.uk

GENERAL MAPPING APPS/SITES (may require subscriptions)

www.komoot.com

www.strava.com

www.mapmywalk.com

www.gps-routes.co.uk



NATIONAL FOREST WALKING FESTIVAL PARTNERS 2023

ASHBY CANAL TRUST
www.ashbycanaltrust.co.uk

BETTER OUTDOORS: WELLBEING WITH NATURE CIC
www.betteroutdoors.org.uk

BRADGATE PARK TRUST
www.bradgatepark.org

BRANSTON FRIENDS

BURTON CONSERVATION VOLUNTEERS
www.bcv.org.uk

CHARNWOOD ARTS
www.charnwoodarts.com

CHARNWOOD FOREST GEOPARK
www.facebook.com/CharnwoodForestGeopark

COALVILLE CAN
www.coalvillecan.coop

CONNECT TO NATURE

EAST STAFFORDSHIRE BOROUGH COUNCIL
www.eaststaffsbc.gov.uk

ENVIRONMENTAL EDUCATION PROJECT AT ROSLISTON FORESTRY CENTRE
www.roslistonforestrycentre.co.uk

EVERYONE ACTIVE
www.everyoneactive.com

FRIENDS OF GRACEDIEU PRIORY
www.facebook.com/gracedieupriory

FRIENDS OF SCALPCLIFFE WOODS
foswde15@gmail.com

GET ACTIVE IN THE FOREST
www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active

HEARTWOOD COMMUNITY
www.heartwoodhof.org.uk

HILL FARM
www.hillfarmpackington.co.uk

LEICESTERSHIRE COUNTRY PARKS
www.leicscountryparks.org.uk

LEICESTERSHIRE COUNTY COUNCIL
www.leicestershire.gov.uk

MEASHAM WALKING GROUP

MINISTRY OF NORDIC WALKS COMMUNITY GROUP
www.ministryofnw.weebly.com

MOIRA FURNACE WALKING GROUP
www.active-together.org/getactive/activity/moira-furnace

THE NATIONAL FOREST COMPANY
www.nationalforest.org

THE NATIONAL MEMORIAL ARBORETUM
www.thenma.org.uk

THE NATIONAL TRUST
www.nationaltrust.org.uk/calke

THINK LIKE A TREE
www.thinklikeatree.co.uk

NORTH WEST
www.nwleics.gov.uk

PEAK RUNNING
www.peakrunning.co.uk

ROSLISTON FORESTRY CENTRE
www.roslistonforestrycentre.co.uk

SOUTH DERBYSHIRE DISTRICT COUNCIL
www.southderbyshire.gov.uk

SWANNINGTON HERITAGE TRUST
www.swannington-heritage.co.uk

WHITWICK HISTORICAL GROUP
www.whitwickhistoricalgroup.co.uk

WILD MINDS
www.wildmindsnature.co.uk

WOODLAND TRUST
www.woodlandtrust.org.uk



The National Forest Walking Festival

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National Forest Company.
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Stephen Lee Images

The National Forest Walking Festival gratefully acknowledges generous funding by



The Trent Valley Way Footpath

The TVW is a long-distance footpath that connects communities along the Trent Valley from the Staffordshire Moorlands to the Humber Estuary.

Along the route it takes in a wide range of places of natural, historic and cultural interest.



A 51km (32 mile) long section of the Trent Valley Way footpath from Rugeley to Shardlow, along with several circular walks is now waymarked for you to explore.

Explore this path either as the full 51km or in shorter sections. There are circular routes too.

For maps and more information visit the website: www.trentvalleyway.org.uk



©Dave Cowper

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

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



South Derbyshire
VISITOR INFORMATION
Centre

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

Visit South Derbyshire [visitsouthderbyshire](https://www.instagram.com/visitsouthderbyshire) 01283 223333



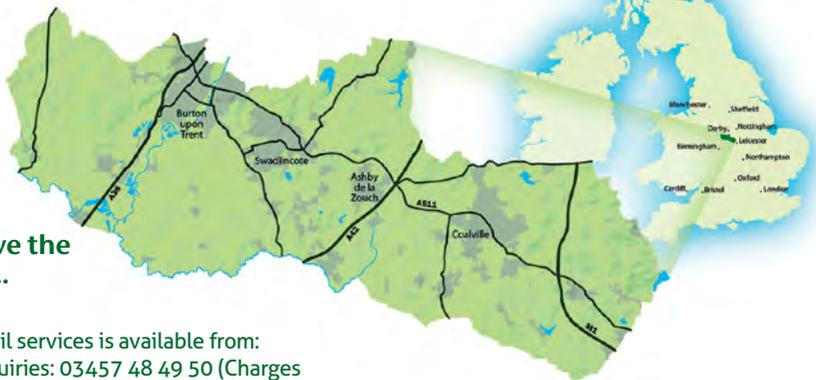
If you would to get involved in next year's National Forest Walking Festival, please email Get.Active@southderbyshire.gov.uk by September 2023

All details correct at time of publication.



GETTING HERE IS EASY

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



Why not leave the car at home...

By rail:

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

By bus:

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

By road:

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