

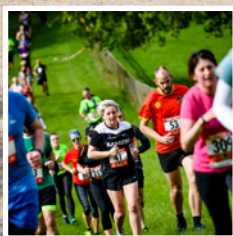
# THE NATIONAL FOREST WALKING FESTIVAL

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

# WELCOME BACK

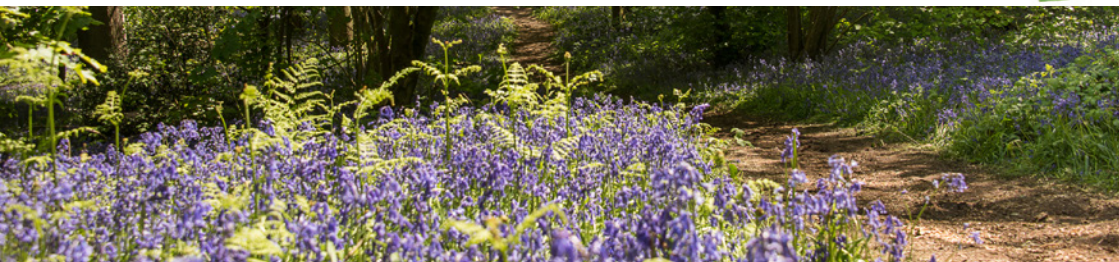
## to the National Forest Walking Festival



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!



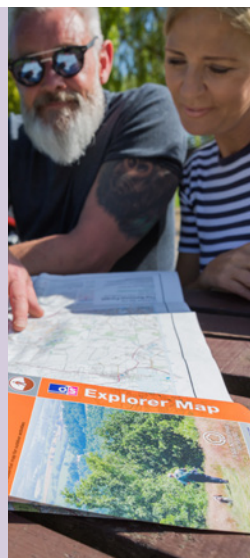
THE NATIONAL  
FOREST

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](http://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



**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](mailto:info@visitsouthderbyshire.co.uk) or visit [www.visitsouthderbyshire.co.uk](http://www.visitsouthderbyshire.co.uk)

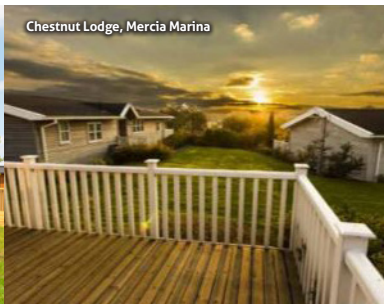


Visit South Derbyshire

Knights Lodges of Bretby

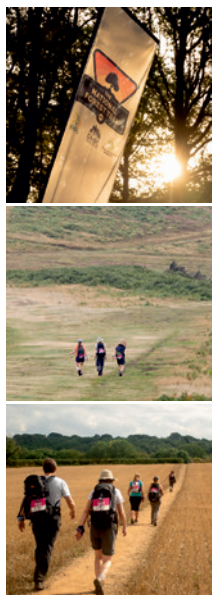


Chestnut Lodge, Mercia Marina



The Trees at Birkins Croft





SCAN THE  
QR CODE  
FOR MORE  
INFORMATION



## 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](http://www.nationalforesttrek.co.uk)

For more information visit [www.nationalforesttrek.co.uk](http://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 stile. Sturdy footwear recommended.

**Use with map OS Explorer 245 The National Forest**  
**Start at:** Mount St Bernard Abbey, Oaks Road, Whitwick LE67 5UL  
**OS Grid Ref:** SK 458162  
**Latitude:** 52.742357  
**Longitude:** -1.322433  
**What3Words:** //ability, 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

OS This walk links to M61, M66 and A66, so can be extended by approximately 6 miles (9.6km)

- 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 Hellow's Wood. Back on the road, pass Penney 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 – fast 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 "Xanthe's 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 Eldfield 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 Ratchett 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 back to the 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!

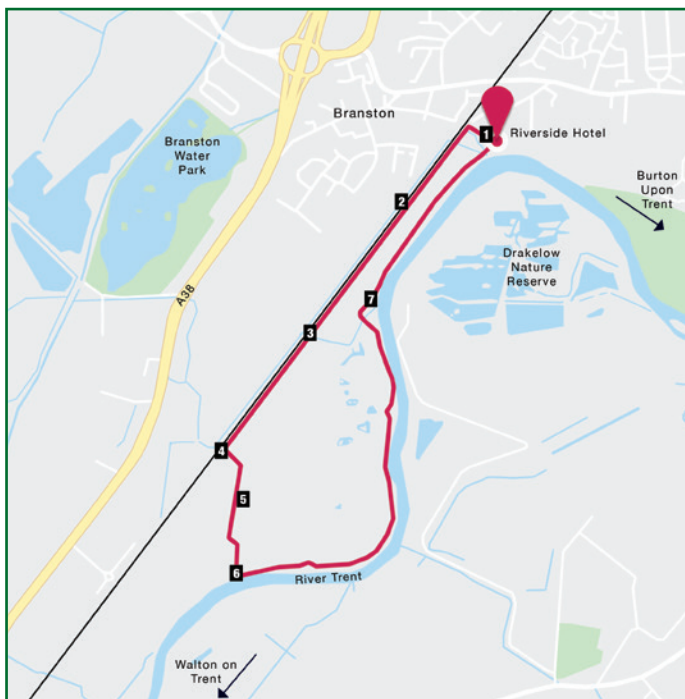


## Nature Walks

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](http://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 OGQ  
Starting at 10am

-  **Monday 9th May 2022**  
A Bluebell Nordic Walk at Lady  
Hay Wood, LE6 OGQ  
Starting at 1pm

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**Please call 01332 863822 or email**  
**[calkeabbey@nationaltrust.org.uk](mailto: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](mailto: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](mailto:tourism@staffsmoorlands.gov.uk) 01538 395530

[www.facebook.com/StaffordshireMoorlandsTourism](https://www.facebook.com/StaffordshireMoorlandsTourism)

[www.staffsmoorlandswalkingfestival.co.uk](http://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](http://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](mailto: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](http://www.thenationalforestwalkingfestival.org.uk) or call Swadlincote Tourist Information Centre on 01283 222848



The map shows the Burton upon Trent area in the East Midlands. The Trent River flows through the center, with the River Dove to the west and the River Tame to the east. The map is divided into several regions: Burton upon Trent, Lichfield, Tamworth, and Derby. The map includes a scale bar (1 mile, 4 miles) and a north arrow. Key locations include Burton upon Trent, Lichfield, Tamworth, and Derby. The map is titled 'BURTON UPON TRENT' and 'EAST MIDLANDS'.

# Saturday 14<sup>th</sup> 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](mailto: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](mailto:ministryofnordicwalks@gmail.com)

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



# Sunday 15<sup>th</sup> 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 OLS 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](mailto: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](mailto: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 16<sup>th</sup> 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](mailto: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](mailto: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](mailto:ministryofnordicwalks@gmail.com)



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



# Tuesday 17<sup>th</sup> 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](mailto: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](mailto:nicola.middler@charnwoodarts.com)

£3 for 1-2 hours



## 20 Stapenhill x3 Walks

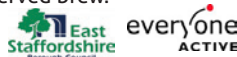
**Start time 10.30am**

**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 walk 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 18<sup>th</sup> 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.



### 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.



### 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.



12 years and over



everyone  
ACTIVE

### 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.



everyone  
ACTIVE



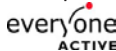


## 27 Yoxall

**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.

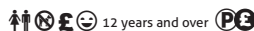


## 28 Lunchbreak: Forest Bathing Taster

**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](mailto: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 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 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](mailto: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](mailto:ministryofnordicwalks@gmail.com)



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



## Thursday 19<sup>th</sup> 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](http://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.



## 35 Nordic Walking taster session

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

2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Meet on picnic area at Rosliston Forestry Centre DE12 8JX Main car park on site, £1.50 per hour, £4 all day

Nordic walking is walking with the use of specialised poles. It burns up to 46% more calories than normal walking by getting the upper body involved, and also reduces stress on the lower limbs. It is a great way to get active and have fun. Booking required. Please call 07977439309 or email Active.SD@southderbyshire.gov.uk



## 36 Calke Estate Walk

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

6-6.5 miles, 4 hours, &gt;5 stiles

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

A led walk starting at Calke Explore and heading out into the wider estate, passing through wood pasture, woodland, and farmland, with an abundance of wildflowers and wildlife to spot along the way. 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



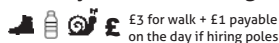
## 37 Burroughs Woods Nordic Nature Walk

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

2 miles, 1 hour, 0 stiles

**STARTING POINT** Burroughs 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. Please call 07502 576764 or email ministryofnordicwalks@gmail.com



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



## 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 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



## 39 Ashby to Melbourne

**Start time 10.45am**
**Strenuous**

7.5 miles, 4.25 hours, 5+ stiles

**STARTING POINT** Ashby Public Library LE65 1HU Car park North Street, Ashby (Extension) £2.50 4hrs +

A walk mainly along the National Forest Way to Calke and then with good reservoir views to the market town of Melbourne. The leader and other walkers will be leaving Melbourne on the 10:12am number 9 bus to Ashby. Walkers can return to Ashby by bus. Please check the Melbourne Footpaths Group website for the latest details because bus timetables may change.



£2 per person



## 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](mailto: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](mailto:ministryofnordicwalks@gmail.com)



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



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

## 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](mailto:ministryofnordicwalks@gmail.com)



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

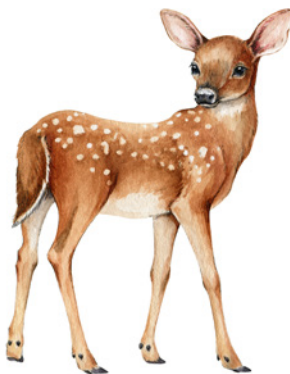
**Start time 10.30am**

**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](mailto: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](mailto:jattard@nationalforest.org)



## 47 Burton's historical links to the Trent

**Start time 6pm**

**Easy**

2 miles, 2.25 hours, 0 stiles

**STARTING POINT** Meadowside 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](mailto: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 21<sup>st</sup> 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](mailto: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](mailto: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 07862631419 or email [chairman@heartwoodhof.org.uk](mailto:chairman@heartwoodhof.org.uk)



£2 per person towards group funds

## Sunday 22<sup>nd</sup> 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](mailto:Nicola.middler@charnwoodarts.com)



CHARNWOOD  
**ARTS**

## 54 What lives in Scalpcliffe 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 Scalpcliffe Woods. Booking required. Please email [foswde15@gmail.com](mailto:foswde15@gmail.com)



## 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](mailto:rosliston@southderbyshire.gov.uk) £10 per person, special offer.



## 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](mailto:Swanningtonwalks@gmail.com)





## Monday 23<sup>rd</sup> 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.



## 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.



## 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 Outwoods Park. The walk is led by volunteer walk leaders and refreshments may be available depending on the route.



## 60 Meadowside Leisure Centre

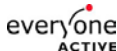
**Start time 11.30am**

**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](mailto: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](mailto: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](mailto:bcvflowerman@gmail.com)



## Tuesday 24<sup>th</sup> 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](mailto: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](mailto:ministryofnordicwalks@gmail.com)

Icons representing accessibility: a person with a walking stick, a dog, a stroller, a smiley face, and a dog on a leash. £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 offer a range of physical activity opportunities across the district, for all ages and abilities.

For further information go to [www.southderbyshire.gov.uk](http://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](mailto: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

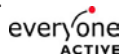
**Start time 6.45pm**

**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 25<sup>th</sup> 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.





**everyone ACTIVE**

### 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.





**everyone ACTIVE**



## 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.



## 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 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.



## 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



# Thursday 26<sup>th</sup> 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](http://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.

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

East Staffordshire Borough Council

everyONE ACTIVE



## 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 12.30pm** **Leisurely**

2 miles, 1.5 hours, 0 stiles

**STARTING POINT** Burroughs Woods Car Park LE6 0LF

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](mailto: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](mailto:tor.adams@southderbyshire.gov.uk)

For walks within North West Leicestershire, please contact Tom Bodle on [tom.bodle@nwleicestershire.gov.uk](mailto: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](mailto: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](http://www.ramblers.org.uk/derby-south-derbyshire)

**Ministry of Nordic Walks**      [ministryofnordicwalks@gmail.com](mailto: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](mailto:Get.Active@southderbyshire.gov.uk)

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

**Local litter picking groups**      [www.keepbritaintidy.org](http://www.keepbritaintidy.org)

**East Staffordshire Ramblers**      [www.eaststaffsramblers.org.uk](http://www.eaststaffsramblers.org.uk)  
**Group Chairman. Tel: 01283 820486**  
**Vice-Chairman. Tel: 01283 820673**

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

**Woodland Trust**      [www.woodlandtrust.org.uk/visiting-woods/things-to-do/walking/](http://www.woodlandtrust.org.uk/visiting-woods/things-to-do/walking/)



## Websites to check out:

### NATIONAL FOREST

[www.nationalforest.org/get-involved/promoted-walks](http://www.nationalforest.org/get-involved/promoted-walks)

[www.nationalforest.org/visit/national-forest-way](http://www.nationalforest.org/visit/national-forest-way)

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

### SOUTH DERBYSHIRE

[www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active/walking](http://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](http://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](http://www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active/teddy-trails)

[www.southderbyshire.gov.uk/firstworldwar](http://www.southderbyshire.gov.uk/firstworldwar)

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

[www.visitsouthderbyshire.co.uk/route/category/walks](http://www.visitsouthderbyshire.co.uk/route/category/walks)

[www.visitsouthderbyshire.co.uk/route/category/cycling/](http://www.visitsouthderbyshire.co.uk/route/category/cycling/)

[www.visitsouthderbyshire.co.uk/place/category/things-to-do/](http://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](http://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](http://www.derbyshire.gov.uk/leisure/countryside/access/walking/walking-for-everyone.aspx)

### NORTH WEST LEICESTERSHIRE

[www.nwleics.gov.uk/pages/walking\\_and\\_running](http://www.nwleics.gov.uk/pages/walking_and_running)

[www.nwleics.gov.uk/files/documents/coalville\\_walks/coalville%20strolls.pdf](http://www.nwleics.gov.uk/files/documents/coalville_walks/coalville%20strolls.pdf)

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

### EAST STAFFORDSHIRE

[www.eaststaffsbc.gov.uk/parks-and-open-spaces/walks](http://www.eaststaffsbc.gov.uk/parks-and-open-spaces/walks)

[www.walkingforhealth.org.uk/walkfinder/walking-for-health-east-staffordshire-burton-upon-trent](http://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](http://www.leicestershire.gov.uk/roads-and-travel/cycling-and-walking/where-to-walk-in-leicestershire)

[www.choosehowyoumove.co.uk/walking/walking-maps](http://www.choosehowyoumove.co.uk/walking/walking-maps)

[www.choosehowyoumove.co.uk/cycling/cycle-maps](http://www.choosehowyoumove.co.uk/cycling/cycle-maps)

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

[www.leicscountryparks.org.uk/wp-content/uploads/2014/07/100dpi-Beacon-Hill-Country-Park-Leaflet-11.pdf](http://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](http://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](http://www.walk4life.info/sites/default/files/walkdocs/walkdoc-11041.pdf)

### STAFFORDSHIRE COUNTY COUNCIL

[www.staffordshire.gov.uk/environment/RightsofWay/Footpaths-bridleways.aspx](http://www.staffordshire.gov.uk/environment/RightsofWay/Footpaths-bridleways.aspx)

[www.staffordshire.gov.uk/environment/RightsofWay/PromotedRoutes/East-Staffordshire-walks.aspx](http://www.staffordshire.gov.uk/environment/RightsofWay/PromotedRoutes/East-Staffordshire-walks.aspx)

### ORIENTEERING

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

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

### WALKING GROUPS

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

[www.choosehowyoumove.co.uk/walking/walking-groups](http://www.choosehowyoumove.co.uk/walking/walking-groups)

[www.eastmidlandsu3as.org.uk/u3as.html](http://www.eastmidlandsu3as.org.uk/u3as.html)

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

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

[www.facebook.com/WFOSG](https://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](http://www.ramblers.org.uk/go-walking/find-a-walk-or-route/about-ramblers-routes.aspx)

[www.walkinginengland.co.uk/leics/ashby.php](http://www.walkinginengland.co.uk/leics/ashby.php)

[www.walkinginengland.co.uk/derbyshire/walks.php](http://www.walkinginengland.co.uk/derbyshire/walks.php)

[www.walkinginengland.co.uk/staffs/walks.php](http://www.walkinginengland.co.uk/staffs/walks.php)

### ACCESS FOR ALL

[www.accessiblecountryside.org.uk/central](http://www.accessiblecountryside.org.uk/central)

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

### GENERAL MAPPING APPS/SITES (may require subscriptions)

[osmaps.ordnancesurvey.co.uk](http://osmaps.ordnancesurvey.co.uk)

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

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

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

[www.gps-routes.co.uk](http://www.gps-routes.co.uk)



# NATIONAL FOREST WALKING FESTIVAL PARTNERS 2022

## BRANSTON FRIENDS

### BRIZLINCOTE PARISH COUNCIL

[www.brizlincote-pc.org.uk](http://www.brizlincote-pc.org.uk)

### BURTON CONSERVATION VOLUNTEERS

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

### BURTON AND DISTRICT WILDLIFE GROUP

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

### CHARNWOOD ARTS

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

### CHARNWOOD FOREST GEOPARK

[www.nationalforest.org/about/projects/charnwood-forest](http://www.nationalforest.org/about/projects/charnwood-forest)

### EAST STAFFORDSHIRE BOROUGH COUNCIL

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

### EVERYONE ACTIVE

[www.everyoneactive.com/centre/shobnall-leisure-complex](http://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](http://www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active)

### HEARTWOOD COMMUNITY WOODFUEL GROUP

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

### HILL FARM, PACKINGTON

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

### LOUGHBOROUGH AND DISTRICT RAMBLERS

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

### MELBOURNE FOOTPATHS GROUP

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

## MINISTRY OF NORDIC WALKS COMMUNITY GROUP

[www.exercise-anywhere.com/instructor/13729-Penny+Fielden](http://www.exercise-anywhere.com/instructor/13729-Penny+Fielden)

## THE NATIONAL TRUST

[www.nationaltrust.org.uk/calke-abbey](http://www.nationaltrust.org.uk/calke-abbey)

## NEWHALL COMMUNITY WALKERS

### PEAK RUNNING

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

### ROSLISTON FORESTRY CENTRE

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

### SOUTH DERBYSHIRE DISTRICT COUNCIL

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

### STAFFORDSHIRE WILDLIFE TRUST

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

### SWANNINGTON HERITAGE TRUST

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

### TATENHILL AND RANGEMORE PARISH COUNCIL

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

### TRENT RIVERS TRUST

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

### WELLBEING WALKS EAST STAFFORDSHIRE

[www.everyoneactive.com/centre/shobnall-leisure-complex](http://www.everyoneactive.com/centre/shobnall-leisure-complex)

### WELLBEING AT WHISTLEWOOD

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

### WHITWICK HISTORICAL GROUP

[www.stayplayexplore.co.uk/goleicestershire/history-and-heritage/whitwick-historical-group.aspx](http://www.stayplayexplore.co.uk/goleicestershire/history-and-heritage/whitwick-historical-group.aspx)

### WOODLAND TRUST

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



The National Forest Walking Festival

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Stephen Lee Images

The National Forest Walking Festival  
gratefully acknowledges generous  
funding by



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](http://www.visitsouthderbyshire.co.uk/platinumjubilee2022)

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

[www.visitsouthderbyshire.co.uk](http://www.visitsouthderbyshire.co.uk) email: [info@visitsouthderbyshire.co.uk](mailto: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](mailto: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](http://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](http://www.nationalrail.co.uk)

### By bus:

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

### 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