

THE NATIONAL FOREST WALKING FESTIVAL

18th-30th May 2024



Walks for all abilities, highlighting
the heritage of the National Forest



THE NATIONAL
FOREST

www.thenationalforestwalkingfestival.org.uk

WELCOME to the 2024 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 walks for a 15th year.

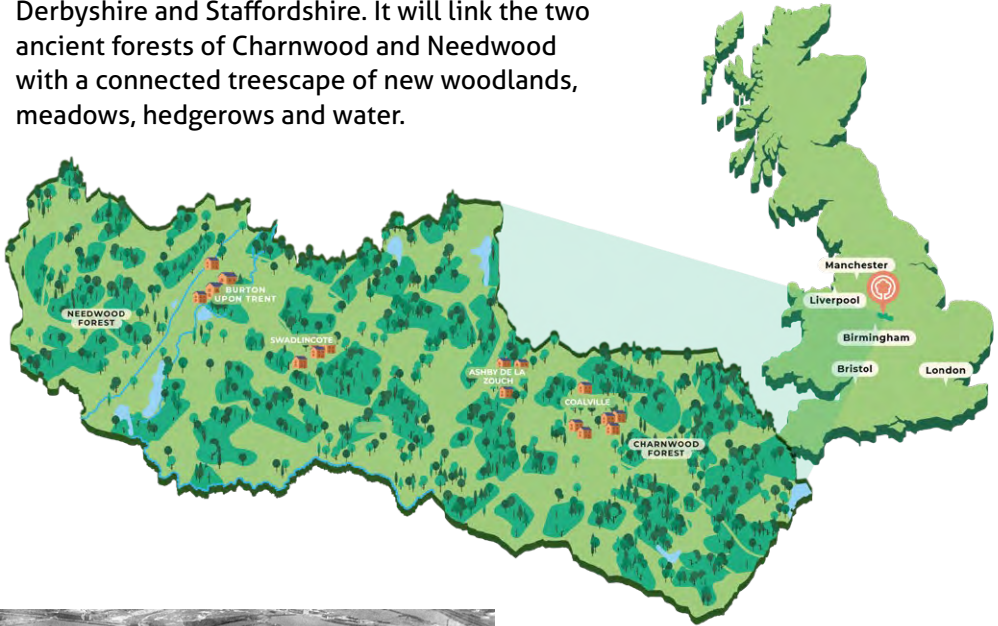
This year there are a record 94 walks to choose from, and we are celebrating the rich and varied heritage of the National Forest. You can take a walk back through time and learn about the rocks beneath our feet, hear stories of stately homes and the families who lived there, and find out how our industrial past shaped the Forest.

We hope you enjoy this year's festival, and it inspires you to go and explore the Forest in your own time. If you want a challenge, then why not join our virtual National Forest Trek? Set up to mark ten years since the creation of our 75-mile long distance trail, you can walk it in your own time, at your own pace and support the National Forest in doing so. For details visit www.nationalforesttrek.co.uk.



Where is the National Forest?

Rooted in the heart of the country, the National Forest spans 200 square miles of Leicestershire, Derbyshire and Staffordshire. It will link the two ancient forests of Charnwood and Needwood with a connected treescape of new woodlands, meadows, hedgerows and water.



At the heart of the Forest the story is one of huge landscape-scale transformation; from black coalfields and grey clay pits to green canopies and wildlife-rich habitats.

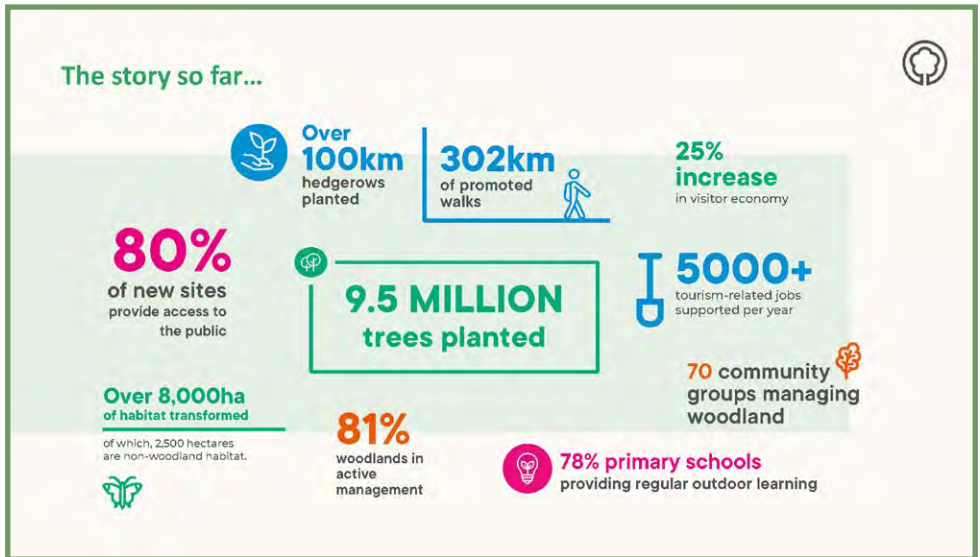


What is the National Forest?

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. Three decades of forest creation in this ordinary part of the Midlands demonstrates how trees can transform landscapes, communities and the economy. Nearly 10 million trees have 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, are continuing to plant trees, care for woodlands, create and manage habitats, and helping to grow a greener, healthier and more sustainable future together.

The Forest provides a national demonstration of the value of the natural environment to drive regeneration and showcase policy and practice, research and development in the heart of the country.

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



TIMBER FESTIVAL

'Fall under nature's spell'



'A fantastic forest festival!'

-The Guardian

5/6/7 JULY 2024

Feanedock, Moira, Swadlincote

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day tickets
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ARTS COUNCIL
ENGLAND





THE
NATIONAL
FOREST TREK

**Come on an
Adventure**

**The Virtual National
Forest Trek
along the
National Forest Way**

**FREE TO ENTER
INTERACTIVE MAP
FINISHER'S CERTIFICATE**



THE NATIONAL
FOREST



Almost anybody can participate in our 2024 Virtual National Forest Trek. This 75 mile virtual challenge allows you to walk as little or as much as you want, at a time and location to suit you.

**Find out more information and how to sign up
for this free walking challenge now.**

www.nationalforettrek.co.uk

SCAN THE QR CODE
FOR MORE
INFORMATION



Walking together for a better future

EAT, DRINK SHOP, STAY



Trent Adventure



The Potting Shed

Why not come and stay? The National Forest offers a great range of accommodation, from glamping and youth hostels, to forest lodges and cosy cottages, to luxurious inns and hotels.



Beautifully British



Mercia Marina



Creative Melbourne Gallery



On a short break in the National Forest you can explore the area's many attractions, including famous stately homes and castles, and fascinating museums and visitor centres with fun activities for all ages.



The highlight of your stay may well be the restaurants, pubs, cafés, farm shops and delicatessens offering fabulous local produce – the area is famous for its beer, but there is much more to discover.

Make your walk in the Forest, a stay to remember

The Forest's historic towns, villages, marinas and craft centres are home to independent retailers, artists and crafters where you can pick up something special, be it new or antique.

STAY/EAT/DRINK/SHOP/STAY/EAT

For more information on the many things to see and do visit:
South Derbyshire Visitor Information Centre

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

www.visitsouthderbyshire.co.uk

www.discovereaststaffordshire.com



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).













EASY ACCESS These walks are suitable for everyone, including people with wheelchairs and pushchairs. You don't need walking boots. Comfortable shoes or trainers will be suitable.

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.

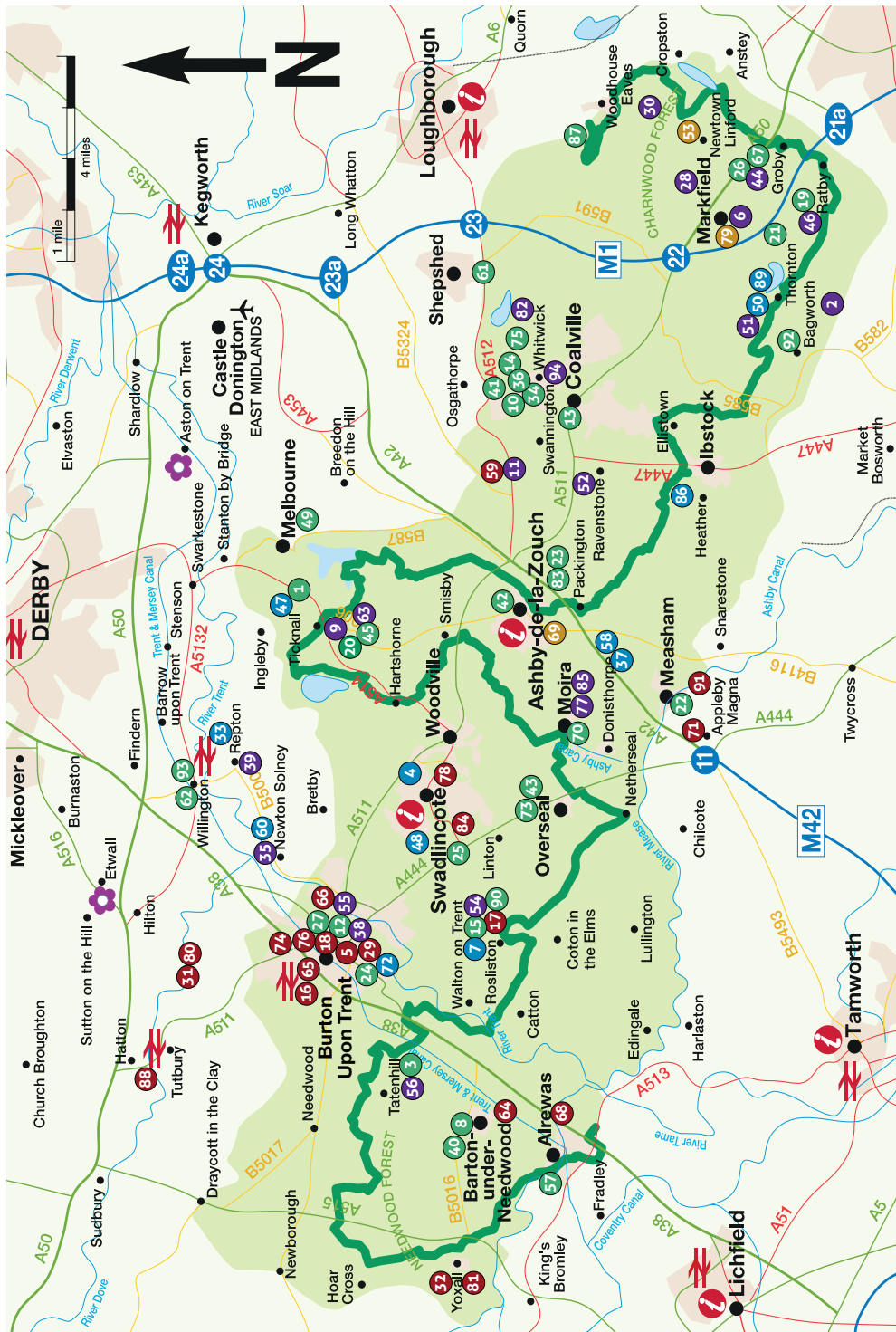
STRENUOUS Walks for experienced country walkers with an above average level of fitness. May include hills, rough country and be at a brisk pace.

KEY

	Car park fee		Dogs not allowed
£	Entrance fee		Bring water
	Toilets available en route		Bring packed lunch
	Wheelchair access		Walking boots
	Pushchair access		Running shoes
	Children welcome <small>when accompanied by an adult</small>		Heritage Walk
	Dogs allowed on a lead		

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



Saturday 18th May

1 Trail Therapy Special / National Forest Walking Festival Launch Event

Start time 9.30am **Leisurely**
 Miles: Various options, 7.5 hours, 10 stiles

STARTING POINT Whistlewood Common, Melbourne, DE73 8DH Car park on site

All day event with various activities to celebrate the launch of the 2024 National Forest Walking Festival. Includes Trail Therapy walks and jogs, plus interesting speakers and workshops. Lunch available on site.

Walk organiser: Peak Running
Contact: info@peakrunning.co.uk | Tel: 07700 177325 | www.peakrunning.co.uk/trailtherapy



Peak Running



2 Bagworth Heath and Thornton Circular

Start time 9.30am **Moderate**
 8 miles, 3.5 hours, 2 stiles

STARTING POINT Bagworth Heath car park LE67 1DL Free parking

A lovely circular walk from Bagworth Heath Country Park, formerly Desford Colliery. The 75 hectare site is now owned by Leicestershire County Council and has undergone a transformation since the colliery closure in 1984. 1000's of native trees were planted as early as 2002/2003 with support from the National Forest, these now form rich mixed woodland over much of the park and Manor woods. Wildflower meadows, heathland, lakes and ponds are also to be found on this diverse parkland. The walk will go on to cross a railway line and paddocks before heading through Thornton Mill and the charming village of Thornton followed by a circuit walk of the 150 year old reservoir. This 31 hectare site offers stunning views and is a haven for a diverse range of wildlife. A comfort break will be taken in Thornton. £5 per adult (cash).

Walk organiser: Leicestershire County Council, Country parks department, Ranger service.
Contact: David Luther 07717 808980 david.luther@leics.gov.uk or Abigail Crane 07746 661433 abigail.crane@leics.gov.uk



 Leicestershire
 County Council

3 Branston Leas and Tucklesholme Nature Reserves

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

STARTING POINT Riverside Hotel, Branston DE14 3EP Car park on site

An ideal walk for those wanting to find out about two of our developing nature reserves, or for those looking to enjoy a gentle stroll along the River Trent and its adjacent habitats. Our route will take us from Branston Leas Nature Reserve to the wetland reserve at Tucklesholme, returning to the Riverside Hotel via a footpath alongside the river.

Walk organiser: Branston Friends



4 From TIP to TREES

Start time 11am **Easy**
 3 miles, 1.5 hours, 0 stiles

STARTING POINT Swadlincote Woodlands Nature Reserve Car Park DE11 8LP
What3words: hello.toward.shiny

A leisurely walk around the former Clay Hole which was later used as a landfill site. All 33 hectares have been restored with a network of trails and a variety of habitats.

Walk organiser: Newhall Community
Contact: Alan Hillier 07763 465499



5 The Accessible History of Burton

Start time 11am & 2pm **Easy Access**
1 mile, 2 hours, 0 stiles

STARTING POINT Burton Library DE14 1AH
Car park on site

Join Blue and Jim for an hour's guided walk learning about the history of Burton upon Trent. The walk is accessible for those with mobility difficulties. Booking essential. Max. 10 places.

Walk organiser: Burton History Tours

Contact: bht@goldenbadger.co.uk

Booking: www.discovereaststaffordshire.com/whats-on/burton-history-tours/



6 Marvellous Markfield

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

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

Discover amazing history as well as panoramic views (on a clear day) around Markfield village where we will visit two nature reserves along the way. The Nordic walking poles we provide will be useful on the climbs and descents and instruction on how to use them will be given at the start of our walk by a qualified Nordic walking instructor. Booking is essential. Max. 20 places. £4 per adult.

Walk organiser: Ministry of Nordic Walks Community Group

Contact: ministryofnordicwalks@gmail.com

07502 576764



Sunday 19th May

7 Birdwatching for Beginners

Start time 9am **Easy**

2.5 miles, 2.5 hours, 0 stiles

STARTING POINT Rosliston Forestry centre
DE12 8JX Car park on site

A leisurely walk to find and identify the birds that call Rosliston Forestry Centre their home. This walk is open to anyone not just beginners, we do have a few sets of binoculars available if you don't have your own.

Walk organiser: Birdwatching for Beginners

Contact: get.active@southderbyshire.gov.uk



8 Tucklesholme Nature Reserve and Barton Marina

Start time 10am **Leisurely**

4 miles, 2 hours, 0 stiles

STARTING POINT Barton under Needwood
Village Hall car park DE13 8AF

Walk from Barton under Needwood to Tucklesholme Nature Reserve and return via the paths on the River Trent to Barton Marina for refreshments if desired.

Walk organiser: Barton Footpath Group

Walk leader: Mick Broughton

Contact: 07598 546380



9 Archaeology of the Brickyards

Start time 10am **Moderate**

3.5 miles, 2.5 hours, 2 stiles

STARTING POINT Calke Explore, main
visitor area DE73 7JF Car park on site

Join one of our expert archaeology volunteers for a guided tour of the Brickyards. Not normally accessible to the public, you'll gain behind-the-scenes access to the Brickyards to learn all about the estate's history and heritage from a bygone era. To note that children are welcome if they are comfortable walking the distance. There is also nowhere to rest during the walk so walkers are advised to bring a drink and snacks and are happy to stand and walk for the duration. Refreshments can be purchased before and after the walk. Booking essential. Normal admissions apply, see website for most up to date prices. National Trust members free.

Walk organiser: National Trust Calke Abbey

Contact: 01332 863822

calkeabbey@nationaltrust.org.uk

www.nationaltrust.org.uk/calke

Booking: nationaltrust.org.uk/calke



10 Thringstone's Heritage Trail

Start time 10.30am **Leisurely**

2 miles, 1.5 hours, 0 stiles

STARTING POINT Public car park, The
Green, Thringstone, LE67 8NR

Walk around the charming village of Thringstone and learn its history from an agricultural settlement mentioned in the Domesday Book through to the present day. Learn about the village's link with Charles Booth and discover more about the village and its past. Booking essential. £2.50 cash per adult.

Walk organiser: Friends of Thringstone

www.friends-of-thringstone.org.uk

Booking: 01530 223434



11 Mill, Mines and Railways

Start time 10.30am **Moderate**

7 miles, 4.5 hours, 15 stiles

STARTING POINT Hough Mill, St George's Hill, Swannington LE67 8QU Free car park on site

Starting from Hough Mill we pass through varied scenery including ancient rock formations, old coal mines and routes of bygone railways. We walk along tracks, woodland trails, field paths and pavements. There are gradients and it may be overgrown and muddy in places. There will be stops to explain what we are passing and a longer break for a picnic.

Walk organiser: Swannington Heritage Trust

Booking: 07474 610112

swanningtonwalks@gmail.com



12 A Brief History of Burton

Start time 11am **Leisurely**

3.5 miles, 2 hours, 0 stiles

STARTING POINT Burton Bridge Inn, DE14 1SY parking at Meadowside Leisure Centre

A guided walk that follows in the footsteps of Burtonians from the arrival of Saint Modwen, through to more recent visits by artist L.S.Lowry and The Sex Pistols. We hope that our walk will stimulate the imagination of visitors and residents alike and as we make our way around the town, we'll never see our surroundings in the same way again! Booking essential. £15 per person via BACS through the website.

Walk organiser: Burton History Tours

Contact: bht@goldenbadger.co.uk

Booking: www.discovereaststaffordshire.com/whats-on/burton-history-tours/



13 Coalville Mega Walk

Start time 1pm **Leisurely**

6 miles, 3 hours, 0 stiles

STARTING POINT Clock Tower Coalville LE67 3TU Parking behind Coalville CAN building on corner of Market Street

Come and enjoy a varied and surprising circular walk around Coalville. If you are looking for a bit of everything this walk is for you. All welcome.

Walk organiser: Coalville CAN

www.coalvillecan.coop



14 History Walk to Gracedieu Priory

Start time 3pm **Leisurely**

2 miles, 2 hours, 0 stiles

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

Walk through part of Gracedieu Wood, under The Charnwood Forest Line Railway, along part of The Forest Line Canal and into the picturesque ruins of Gracedieu Priory, a 13th century nunnery and later a Tudor mansion. Learn about the area's history along the way. £3 per adult (cash).

Walk organiser: The Friends of Gracedieu Priory

www.gracedieupriory.org.uk

annpetty1948@yahoo.co.uk



Monday 20th May

15 Foraging at the Forestry Centre

Start time 10am **Leisurely**
 1.5 miles, 1 hour 50mins, 0 stiles

STARTING POINT Rosliston Forestry Centre, main Visitor Centre DE12 8JX
What3words: arrow loaf flame

Have a gentle walk around Rosliston Forestry Centre woodlands and meadows foraging for seasonal leaves, fruit and seeds for eating & wellbeing. £5 per person (cash). Booking essential.

Walk organiser: Environmental Education Project
www.roslistonforestrycentre.co.uk

Booking: 01283 535039

rosliston@southderbyshire.gov.uk



16 Wellbeing Walk - Horninglow & Eton

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

STARTING POINT Horninglow Road Basin DE14 2PT On street parking only

Come and enjoy our wellbeing walk that runs through Shobnall, Horninglow and Eton districts of Burton. 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, various wildlife and the attractive views of the hills. Walk led by our volunteer leaders.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/

joannesmith@everyoneactive.com & ESBC

01283 372970 Ext 20604



17 Parkinson's Nordic Walking Session

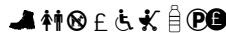
Start time 10.30am **Easy Access**
 1-2 miles, 1 hour, 0 stiles

STARTING POINT Outside the Hub Cafe, Rosliston Forestry Centre DE12 8JX

This is a gentle Nordic walk, specifically for those with Parkinson's and their partner/carers. Beginners welcome. £3.80 per person, if hiring poles, £2 if using own poles. Booking essential.

Walk organiser: Get Active in the Forest

Contact: get.active@southderbyshire.gov.uk



18 Wellbeing Walks - Meadowside Leisure Centre

Start time 11.30am **Easy Access**
 2.5 miles, 1 hour, 0 stiles

STARTING POINT Meadowside Leisure Centre DE14 1TL Parking voucher part redeemable at Meadowside Leisure Centre Reception

The Trent Washlands, as the names suggests, lies on the floodplain of the River Trent, this has recently undergone a large amount of work to help attract more wildlife to the area. Some of the routes include the sculpture trail, Cherry Orchards and the Centenary Woodland. The walk is led by volunteer leaders and afterwards meet for lunch at the Burton Library (optional).

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/
joannesmith@everyoneactive.com
 01283 372970 Ext 20604



19 Martinshaw Woods Forest Bathing

Start time 11.30am

Leisurely

1.5 miles, 1.5 hours, 0 stiles

STARTING POINT Martinshaw Woods car park LE6 0LS

Take time to unwind and come and explore these ancient Leicestershire woodlands using some forest bathing techniques. Discover the restorative power of the forest as well as learn about the benefits of Nordic walking with our qualified Nordic walking instructor. Booking is essential. £4 per person.

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com



20 Deer at Calke

Start time 1pm

Leisurely

3-3.5 miles, 2 hours, 0 stiles

STARTING POINT Calke Explore, main visitor area DE73 7JF Car park on site

Join one of our park guides for a tour of Calke park, learning about our resident deer while you visit their enclosed section of the park, and their history associated with the property. Booking essential. Normal admissions apply, see website for most up to date prices. National Trust members free.

Walk organiser: National Trust Calke Abbey

Contact: 01332 863822

calkeabbey@nationaltrust.org.uk

www.nationaltrust.org.uk/calke

Booking: nationaltrust.org.uk/calke



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

Tuesday 21st May

21 Coleorton Village Heritage Trail

Start time 10am

Leisurely

4 miles, 2 hours, 8 stiles

STARTING POINT Coleorton Wood car park. Pit Lane. Coleorton LE67 8FS
What3Words: brand.frock.cove

This is a wonderful walk around and through this beautiful village with a long and substantial heritage. As the name suggests the area had a long history of coal mining, dating back to the 1200's ending in 1968. Previously moorland with history of the woollen industry. Almost all areas are now returned to nature, with some rare species of flora and fauna. This walk is listed as leisurely, however there are a few steep bits, strong walking footwear essential. Booking required.

Walk organiser: Get Active in the Forest

Booking: 07956 299700 ian53220@gmail.com



22 Measham Walk and Talk

Start time 10am

Easy Access

1 mile, 0.5 hours, 0 stiles

STARTING POINT Peggs Close Car Park, Measham DE12 7IJ Car park on site

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.

Walk organiser: Get Active in the Forest

Contact: Liz 07922 106446

Get.Active@southderbyshire.gov.uk





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.

Walk organiser: E W Sumnall and Sons Walks

Contact: 01530 411984

hillfarmpackington@hotmail.co.uk



24 Rewilding the Washlands

Start time 12noon

Leisurely

1.5 miles, 2 hours, 0 stiles

STARTING POINT Watson Street car park (rear of Tesco Burton) by Burton Mail Wood DE14 3AH

What3words:runs.flag.cotton

A gentle walk on flat (some unsurfaced) paths around very different areas of the Burton Washlands, looking at recent environmental enhancements carried out by the 'Transforming The Trent Valley' project and also how the cattle grazing project is helping to manage large areas, in a more sustainable manner. No prior knowledge is required.

Walk organiser: Burton Conservation Volunteers

Contact: Lawrence Oates www.bcv.org.uk

bcvflowerman@gmail.com Tel: 07432 608931



25 The Gresleys

Start time 1.30pm

Leisurely

4 miles, 2.5 hours, 2 stiles

STARTING POINT Toon's furniture warehouse car park, Castle Gresley DE11 9HQ

Much local history to add to this circular walk focussed on Castle and Church Gresley. Enjoy the panoramic view from the motte of Castle Knob. Discover the history of Castle brewery, Gresley Old Hall and Holloway's Portable Empire. Terrain - village pavements, woodland and surfaced paths.

Walk organiser: Get Active in the Forest

get.active@southderbyshire.gov.uk



26 Lady Hay Wood

Start time 5pm

Leisurely

2 miles, 1 hour, 1 stiles

STARTING POINT End of Wallace Drive near A50 LE6 0GQ On street parking only

Lady Hay Wood is one of Leicestershire's little known but spectacular bluebell sites! Learn about Nordic walking and its many benefits when walking in woods - both physical and mental. Have a go using the specially designed poles whilst exploring the woods and seeing the beautiful flora and fauna here. Led by a qualified Nordic walking instructor. Booking essential. Poles will be provided. £4 per person.

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com





27 How the Trent made Burton

Start time 6pm

Leisurely

2 miles, 2 hours, 0 stiles

STARTING POINT Meadowside Leisure Centre DE14 1TL Car park adjacent to the Meadowside

What3words: feel.grand.richer

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.

Walk organiser: Burton Conservation Volunteers

Contact: Lawrence Oates www.bcv.org.uk

bcvflowerman@gmail.com Tel: 07432 608931



28 Fieldhead Pub Evening walk

Start time 6.30pm

Moderate

3 miles, 1.5 hours, 4 stiles

STARTING POINT Fieldhead Pub, Markfield LE67 9PS

Enjoy an evening Nordic walk from The Fieldhead pub taking in some of the woodland between Markfield and Bradgate Park. The walk will end back at the pub for something to eat and drink. Led by a qualified Nordic walking instructor. Booking essential. Poles will be provided. £5 per person.

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com



29 Wellbeing Walks East Staffordshire

Start time 6.45pm

Easy Access

2.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Hollows Car Park DE15 9AE

Stapenhill Hollows evening walk is a great way to relax after a busy, stressful day. Routes include Stapenhill Gardens, Ferry Bridge, Trent Washlands, Centenary Woodland and the Leicester Line Bridge walking alongside the River Trent. Our walks are led by volunteer leaders.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/

joannesmith@everyoneactive.com & ESBC

01283 372970 Ext 20604



Wednesday 22nd May

30 Charnwood Hills Circular

Start time 10am **Moderate**
10 miles, 5.5 hours, 0 stiles

STARTING POINT Swithland Woods South car park, Roecliffe Road, Woodhouse Eaves, Leicestershire LE12 8TN

A scenic walk with good views in the heart of Charnwood Forest, taking in Broombriggs Hill, Beacon Hill and Old John in Bradgate Park.

Walk organiser: Coalville Ramblers
ramblers.org.uk/go-walking/ramblers-groups/coalville-group
Contact Valda Holmes 07982 655989



32 Wellbeing Walks East Staffordshire Yoxall

Start time 10.45am **Easy Access**
2.5 miles, 1 hour, 0 stiles

STARTING POINT Yoxall Health Centre, outside on footpath DE13 8PD On street parking only

With Yoxall being in the heart of the countryside, you will find the walks very peaceful and there is always plenty to see. The walks are led by Volunteer Leaders rain or shine.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/
joannesmith@everyoneactive.com & ESBC
01283 372970 Ext 20604



33 Mercia Milk and Local Farming Knowledge Walk

Start time 11am **Easy**
1-3 miles, 3 hours, 0 stiles

STARTING POINT Mercia Milk, Boot Hill, Brook End, Repton
What3words: textiles.decorator.unusually

A relaxed walk around this local dairy farm. Walkers must wear wellies. Booking essential.

Walk organiser: Mercia Milk
Facebook: Mercia Milk
Booking: tor.adams@southderbyshire.gov.uk



31 Wellbeing Walks East Staffordshire Rolleston on Dove

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

STARTING POINT Outside Spread Eagle Pub DE13 9BE

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 rural walk through a man-made valley where you can see parts of the old station. Led by leaders and afterwards they enjoy refreshments at the Rolleston Club.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/
joannesmith@everyoneactive.com & ESBC|01283 372970 Ext 20604



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

34 A Walk Around Whitwick

Start time 1.30pm

Leisurely

2 miles, 1.5 hours, 0 stiles

STARTING POINT The Old Station, Whitwick LE67 5HA On street parking at Church Lane

A guided village walk which links significant historical sites in Whitwick and reveals fascinating stories of the local heritage. 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 the only remaining building linked to Charnwood Forest Railway. Donations welcomed.

Walk organiser: Whitwick Historical Group
whitwickhistoricalgroup.co.uk
whitwickhistoricalgroup83@gmail.com



36 History Walk to Gracedieu Priory

Start time 6pm

Leisurely

2 miles, 2 hours, 0 stiles

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

Walk through part of Gracedieu Wood, under The Charnwood Forest Line Railway, along part of The Forest Line Canal and into the picturesque ruins of Gracedieu Priory, a 13th century nunnery and later a Tudor mansion. Learn about the area's history along the way. £3 per adult (cash).

Walk organiser: The Friends of Gracedieu Priory
annpetty1948@yahoo.co.uk



37 Willesley Wood

Start time 6pm

Easy

2 miles, 2 hours, 0 stiles

STARTING POINT Oakthorpe Colliery Picnic site Car park on site

What3words: enjoyable.carrots.opened

Willesley Wood was the first new wood in the National Forest. It is adjacent to Oakthorpe Colliery and the Ashby canal/tramway site. There is a wealth of industrial archaeology on the site.

Walk organiser: Woodland Trust



38 History of Scalpcliffe Woods Nature Reserve

Start time 6pm

Moderate

1.5 miles, 1 hour, 0 stiles

STARTING POINT Entrance is next to Rider House, Stapenhill Road, Burton on Trent DE15 9AE

Climb the steps, through the ancient woodland where Albury House used to exist. Up a steep hill which can be slippery when wet. Enjoy excellent views on the other side of the hill. This is a free walk but donations are welcome.

Walk organiser: The Friends of Scalpcliffe Woods
Contact: foswde15@gmail.com



35 Newton Solney and Winhill Circular Walk

Start time 6pm

Moderate

3.5 miles, 1.5 hours, 8 stiles

STARTING POINT Brickmakers Arms 9-11, Main St Newton Solney DE15 0SJ On road parking What3words:jazz.chat.gravy

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.

Walk organiser: Burton Conservation Volunteers
Contact: Lawrence Oates www.bcv.org.uk
bcvflowerman@gmail.com Tel: 07432 608931



Thursday 23rd May

39 bRUNch Club Trail Therapy run

Start time 9.30am **Moderate**

5 miles, 1.75 hours, 5 stiles

STARTING POINT These runs start at various locations, check website for details

'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. Booking essential. £4 per person.

Walk organiser: Peak Running

Contact: info@peakrunning.co.uk

07700 177325 www.peakrunning.co.uk/guided-runs



Peak Running

40 Barton Lakes and Canals

Start time 10am **Lesiurely**

5 miles, 2.5 hours, 3 stiles

STARTING POINT Barton under Needwood Village Car Park DE13 8AF

Village footpaths overseeing some newly formed lakes and onto Tatenhill Lock and return to the village via the Trent and Mersey Canal.

Walk organiser: Barton Footpath Group

Walk leader: Mick Broughton

Contact: 07598 546380



41 History Walk to Gracedieu Priory

Start time 10am **Leisurely**

2 miles, 2 hours, 0 stiles

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

Walk through part of Gracedieu Wood, under The Charnwood Forest Line Railway, along part of The Forest Line Canal and into the picturesque ruins of Gracedieu Priory, a 13th century nunnery and later a Tudor mansion.

Learn about the area's history along the way. £3 per adult (cash).

Walk organiser: The Friends of Gracedieu Priory

www.gracedieupriory.org.uk

annpetty1948@yahoo.co.uk



42 Ashby de la Zouch History Walk

Start time 10am **Leisurely**

2 miles, 1.5 hours, 0 stiles

STARTING POINT Ashby de la Zouch Museum LE65 1HU. Parking at North Street Ashby (NWLDC) 2hrs £1.05, 3hrs £1.60

A leisurely walk through Hood Park and the Bath Grounds, green spaces in the centre of the town, one north and one south of our historic main street. Join us and learn about their history and that of the Gilwiskaw Brook, running alongside one and under the other, and the part they have played in the life of the town.

Walk organiser: Ashby de la Zouch Museum

Contact: 01530 560090 | ashbymuseum.org.uk

enquiries@ashbymuseum.org.uk



43 Seals Processional Route

Start time 10.30am

Leisurely

8 miles, 4.5 hours, 0 stiles

STARTING POINT Overseal Village Hall
DE12 6LU Car park on site

Treasure 8 at the Derbyshire Records Office is a 16th century plan of the processional route of the Gresley family's Seale Estate. Using rights of way and country lanes the possible route can be followed. Church Way, an old coffin path, will also be followed. Donations towards the work of the Magic Attic are welcome

Walk organiser: The Magic Attic



44 The Groby Granite Story & More!

Start time 4.30pm

Moderate

3 miles, 1.5 hours, 0 stiles

STARTING POINT Quarry Park car park,
Groby LE6 0BX

Come and discover the amazing history of the village of Groby and see what remains today. Lots to see and admire on this Nordic walk. Led by a qualified Nordic walking instructor. Booking essential. Poles will be provided. £4 per person.

**Walk organiser: Ministry of Nordic Walks
Community Group**

Booking: 07502 576764

ministryofnordicwalks@gmail.com



45 Evening Walk Along the Tramway

Start time 6pm

Leisurely

5-6 miles, 4 hours, 0 stiles

STARTING POINT Calke Explore, main
visitor area DE73 7JF Car park on site

Join one of our park guides for an evening's walk along the tramway. Take in Calke Park from a new light and look out for wildlife, while learning the history of the tramway as you go. Booking essential. Normal admissions apply, see website for most up to date prices. National Trust members free.

Walk organiser: National Trust Calke Abbey

Contact: 01332 863822

calkeabbey@nationaltrust.org.uk

www.nationaltrust.org.uk/calke

Booking: nationaltrust.org.uk/calke



46 Martinshaw, Pear Tree & Burroughs Woods Evening Nordic Walk

Start time 6.30pm

Moderate

3 miles, 1.5 hours, 2 stiles

STARTING POINT Martinshaw Woods car
park LE6 0LS

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. Booking essential. Poles will be provided. A pub meal can be booked for afterwards. £5 per person.

**Walk organiser: Ministry of Nordic Walks
Community Group**

Booking: 07502 576764

ministryofnordicwalks@gmail.com



47 An Evening of Bathing in the Forest

Start time 7.30pm **Easy**

Under 1 mile, 1.5 hours, 0 stiles

STARTING POINT Whistlewood Common, Melbourne DE73 8DH

What3words: fields.through.plotter

As the light starts to disappear, join Forest Bathing (Shinrin Yoku) guide, Helen Saunders of Connect to nature to experience a gentle Forest Bathing walk during which invitations that are aimed at helping you to relax, wind-down and connect to Nature, are delivered. A very special time at beautiful Whistlewood Common where the human activity of the day has finished and the animals that we share this special space with start to appear! Your investment, just £5 for a very special experience. Booking essential.

Walk organiser: Connect to Nature

Contact: helensaunders2@btinternet.com

♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣

Friday 24th May

48 Walk and Talk

Start time 10am **Easy**

2-3 miles, 0.75 hours, 0 stiles

STARTING POINT Heartwood Medical Practice DE11 0AE. Park at side of building or use bus station car park

A gentle walk on the flat and on pathways. Meet in surgery waiting area at 9:45am. Very sociable, friendly group meeting every Friday.

Walk organiser: Heartwood Medical Practice

Contact: Helen Leve 01283 818100

♣ ♣

49 A Morning of Forest Bathing at "The Pool"

Start time 11am **Leisurely**

Under 1 mile, 1.5 hours, 1 stiles

STARTING POINT Just outside Melbourne Hall Visitor Centre DE73 8EN Limited parking at Melbourne Hall also parking in nearby streets

What3words: topical.gained.icebergs

Join Forest Bathing (Shinrin Yoku) guide, Helen Saunders of Connect to Nature to experience a gentle Forest Bathing walk during which invitations that are aimed at helping you to relax, wind-down and connect to nature, are delivered. Enjoy the beauty of the Melbourne Hall estate and the Intake Woods surrounding Melbourne Hall and the Pool. Invitations will incorporate the Pool but don't worry, no swimming is involved! Your investment, just £5 for a very special experience. Booking essential.

Walk organiser: Connect to Nature

Contact: helensaunders2@btinternet.com

♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣

50 Supporting Your Cancer/Survivor Journey Nordic Walk

Start time 11am **Easy**

1.5 miles, 1 hour, 0 stiles

STARTING POINT Thornton Reservoir Car Park 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.

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com

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51 Thornton to Bagworth Circular**Start time 1pm** **Moderate**
3.5 miles, 2 hours, 4 stiles**STARTING POINT** Thornton Reservoir Car Park LE67 1AR

A great walk for both new and experienced Nordic walkers to get those poles working uphill! Led by a qualified Nordic walking instructor, we will explore this circular route that has both steps and stiles en route. We will stop for a short break midway round so feel free to bring a sandwich and drink along. Booking essential. Poles can be provided. £4 per person.

Walk organiser: Ministry of Nordic Walks Community Group**Booking: 07502 576764****ministryofnordicwalks@gmail.com****52 Achille Wood and Farm Walk and BBQ****Start time 7pm** **Moderate**
2 miles, 2 hours, 0 stiles**STARTING POINT** Hill Farm, Spring Lane, Packington LE65 1WU

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.

Walk organiser: E W Sumnall and Sons**Contact: 01530 411984****hillfarmpackington@hotmail.co.uk****Saturday 25th May****53 A Trek Through Time: Geology of the Charnwood Forest Peaks****Start time 9am** **Strenuous**
15 miles, 9 hours, 8 stiles**STARTING POINT** Bradgate Park, Newtown Linford Car Park LE6 0HB

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.

Walk organiser: Charnwood Forest Geopark**Booking: jmatthews@nationalforest.org****54 Rosliston parkrun's Monthly pacer event****Start time 9am** **Moderate**
3.1 miles, 1.5 hours, 0 stiles**STARTING POINT** Rosliston Forestry Centre DE12 8JX What3words = snap.august. backed

Rosliston parkrun is a free, fun and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! The event takes place at 9am every Saturday at Rosliston Forestry Centre. The event we have highlighted in May is our pacer event which happens on the last Saturday of each month. At these events we will have volunteers completing the course in set times. So if, for example, you'd like to complete 5k in under 45 minutes you can stay with or just ahead of our 45 minute pacer. Parkrun is free but we would ask you to register and get a barcode first so we can scan your barcode and include you in the results.

You can register on the parkrun website www.parkrun.org.uk/register

Walk organiser: Rosliston parkrun**Contact: rosliston@parkrun.com**

55 Washlands to Walton

Start time 10am **Moderate**
12 miles, 6.5 hours, 0 stiles

STARTING POINT Trent Washlands car park, end of Watson Street, Burton-on-Trent. Grid ref. SK 250 220 DE14 3AH
What3Words: runs.flag.cotton

A flat walk alongside the River Trent towards Walton, stopping for lunch at Barton Marina (packed lunch optional), 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.

Walk organiser: Burton Conservation Volunteers
www.bcv.org.uk | bcvflowerman@gmail.com
Tel: 07432 608931



56 Monks and Moorings

Start time 10am **Moderate**
6.8 miles, 3.5 hours, 1 stile

STARTING POINT Branston Water Park DE14 3HD Car park on site

Witness how the Trent and Mersey Canal played a part in the town's industrial history and how old gravel workings have been transformed into a nature reserve, now bustling with birdlife. You will pass the historic Sinai House, enjoy wonderful views from the Needwood scarp, walk through ancient woodlands and complete the links with the future by visiting new woodlands planted as part of the developing National Forest.

Walk organiser: Get Active in the Forest
Contact: Get.Active@southderbyshire.gov.uk



57 Trent Valley Way Circular

Start time 10.30am **Leisurely**
3.3 miles, 1.5 hours, 2 stiles

STARTING POINT Alrewas village SK169152 What3Words nicer.shout.dunes
On street parking in village

A circular walk introducing the Trent Valley Way footpath. It will include walking along the canal towpath in Alrewas, across fields towards Wychnor Country Club then following the TVW Circular route through woods and across fields.

Walk organiser: Trent Rivers Trust
www.trentriverstrust.org
Contact: alison@trentriverstrust.org



58 Willesley Wood

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

STARTING POINT Oakthorpe Colliery Picnic site. Car park on site

What3Words: enjoyable.carrots.opened

Willesley Wood was the first new wood in the National Forest. It is adjacent to Oakthorpe Colliery and the Ashby canal/tramway site. There is a wealth of industrial archaeology on the site.

Walk organiser: Woodland Trust



59 Exploring 800 Years of Coal Mining Heritage

Start time 2pm **Easy Access**
1 mile, 2 hours, 0 stiles

STARTING POINT Hough Mill, off St Georges Hill, Swannington, LE67 8QW Car park on site.

Family focused and fun exploration of 800 years of coal mining heritage. Will include a guided walk across Swannington Heritage Trust sites with fun activities to bring history to life. Booking essential.

Walk organiser: Swannington Heritage Trust
Booking: 07779 275762

swanningtonchair@hotmail.com
www.swannington-heritage.co.uk



Sunday 26th May

60 Family River Walk

Start time 11am Easy

0.5 miles, 1 hour, 1 stile

STARTING POINT Newton Solney SK280259
What3words: tens.toast.hogs On street parking in the village

Bring the family along to discover some of the wildlife that lives under, on and above the water as we explore the River Trent along the Trent Valley Way footpath at the confluence of the Dove and the Trent.

Walk organiser: Trent Rivers Trust
www.trentriverstrust.org
Contact: alison@trentriverstrust.org



61 Geological Treasures of Shepshed

Start time 11am 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!

Walk organiser: Charnwood Forest Geopark
Booking: jmatthews@nationalforest.org



Monday 27th May

62 Dawn by the Water Trail Therapy Special

Start time 4.30am Leisurely

5 miles, 2 hours, 3 stiles

STARTING POINT Willington DE65 6DW
Car park at Willington picnic area.

A (very) early morning jog or walk by the water at dawn. Watch the sunrise, hear the dawn chorus and hopefully witness an abundance of wild life. Our #trailtherapy runs and walks are guided by our friendly and supportive team of leaders. We set a pace that is comfortable for everyone as the activities are more about enjoying the surroundings and the benefits to mental wellbeing than having a hard workout. Nobody ever gets left behind. These events are FREE but you are welcome to make small donation to help us help more people in the community gain the benefits of trail therapy. Booking essential. Max. 24 places.

Walk organiser: Peak Running
Contact: info@peakrunning.co.uk | Tel: 07700 177325 | www.peakrunning.co.uk/trailtherapy



Peak Running

63 Archaeology of the Brickyards

Start time 10am Moderate

3.5 miles, 2.5 hours, 2 stiles

STARTING POINT Calke Explore, main visitor area DE73 7JF Car park on site.

Join one of our expert archaeology volunteers for a guided tour of the Brickyards. Not normally accessible to the public, you'll gain behind-the-scenes access to the Brickyards to learn all about the estate's history and heritage from a bygone era. To note that children are welcome if they are comfortable walking the distance. There is also nowhere to rest during the walk so walkers are advised to bring a drink and snacks and are happy to stand and walk for the duration. Refreshments can be purchased before and after the walk! Booking essential. Normal admissions apply, see website for most up to date prices. National Trust members free.

Walk organiser: National Trust Calke Abbey
Contact: 01332 863822 calkeabbey@nationaltrust.org.uk www.nationaltrust.org.uk/calke
Booking: nationaltrust.org.uk/calke



64 Wellbeing Walks - Barton under Needwood

Start time 10.15am **Easy Access**
2.5 miles, 1 hour, 0 stiles

STARTING POINT St James Church Hall
DE13 8HY Car park on site

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. Our walks are led by volunteer leaders and afterwards they visit the Marina Café.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffactivecommunities/
joannsmith@everyoneactive.com & ESBC
01283 372970 Ext 20604



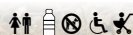
65 Wellbeing Walks - Horninglow & Eton

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

STARTING POINT Horninglow Road Basin
DE14 2PT On street parking only

Come along and enjoy our wellbeing walk that runs through Shobnall, Horninglow and Eton districts of Burton. 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 leaders.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffactivecommunities/
joannsmith@everyoneactive.com & ESBC
01283 372970 Ext 20604



66 Wellbeing Walks - Meadowside Leisure Centre

Start time 11.30am **Easy Access**
2.5 miles, 1 hour, 0 stiles

STARTING POINT Meadowside Leisure Centre DE14 1TL Parking voucher part redeemable at Meadowside Leisure Centre Reception

The Meadowside's walk offers a variety of different routes that take in the sights of the Trent Washlands, Stapenhill Gardens and Hollows. Stapenhill Gardens is a local treasure, from its abundance of trees to its floral planted areas it is peaceful, pretty walk. Our walks are led by volunteer leaders and afterwards go for lunch at Burton Library (optional).

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffactivecommunities/
joannsmith@everyoneactive.com & ESBC
01283 372970 Ext 20604



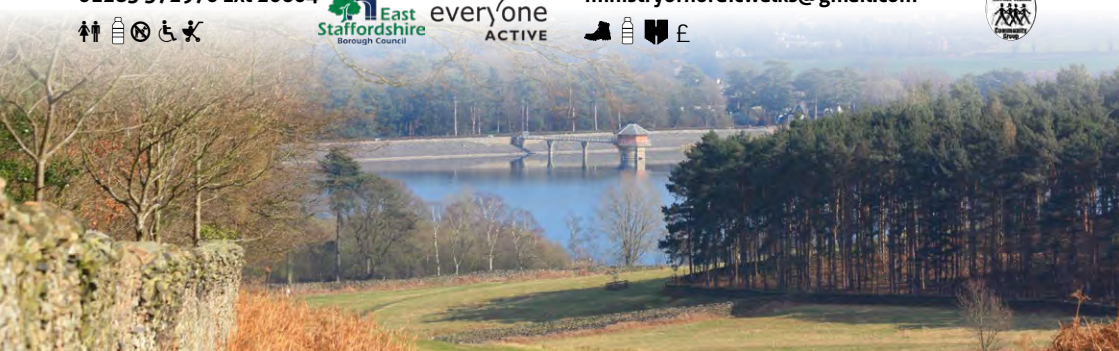
67 Groby Pool to Sheet Hedges Wood

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

STARTING POINT Groby Pool 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 figure of eight nature walk taking in both woodland and the largest natural water site in Leicestershire. Booking essential. Nordic walking poles can be provided. £4 per person.

Walk organiser: Ministry of Nordic Walks Community Group
Booking: 07502 576764
ministryofnordicwalks@gmail.com



68 National Memorial Arboretum Walk**Start time 2pm****Easy Access**

2 miles, 1 hour, 0 stiles

STARTING POINT National Memorial Arboretum, in courtyard outside the cafe DE13 7AR Car park on site

Join us for our weekly walk around the Arboretum. The walk lasts between 45 minutes and 1 hour, and is 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.

Walk organiser: Get Active in the Forest
get.active@southderbyshire.gov.uk

**Tuesday 28th May****69 Celebrating 10 Years of the National Forest Way****Start time 9am****Strenuous**

17 miles, 8 hours, 12 stiles

STARTING POINT South Street car park, Ashby de la Zouch LE65 1BT

Celebrate 10 years of the National Forest Way, and enjoy a day out on stages 5 & 6, made into a circular route. This walk will take you on a journey back in time past some of the oldest trees in the National Forest, and some of the youngest! Starting in the market town of Ashby de la Zouch, we will pass through historic sites including Staunton Harold, Calke Park and Carver's Rocks. Booking essential.

Walk organiser: National Forest Company
Booking: Tel: 01283 551211 / 07976 865451
zsewter@nationalforest.org

**70 Rich Industrial Heritage Returns to Nature****Start time 10am****Leisurely**

5.5 miles, 3 hours, 6 stiles

STARTING POINT Moira Furnace DE12 6AT

This walk takes you through this wonderful, regenerated area of the National Forest that was once the backbone of Great Britain, helping to fuel and build the country in the industrial revolution. Now barely recognisable. This rich industrial heritage has left us and future generations the most beautiful green spaces. Walk is mainly on good paths, short picnic stop so bring a drink and snack. Toilets at start. Donation car park at Moira Furnace. Booking essential.

Walk organiser: Get Active in the Forest
Tel: 07956 299700 ian53220@mail.com

**71 Measham Walk and Talk****Start time 10am****Easy Access**

1 mile, 0.5 hours, 0 stiles

STARTING POINT Peggs Close Car Park, Measham DE12 7IJ Car park on site

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.

Walk organiser: Get Active in the Forest
Contact: Liz 07922 106446
Get.Active@southderbyshire.gov.uk



72 Wellbeing Walks - Stapenhill Gardens

Start time 10.30am **Easy**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Gardens Band Stand DE15 9AP Car park on site

Stapenhill offers many different walks, from the scenic surrounding of the Gardens or walking next to the River Trent to the Hollows. Our walks are led by our volunteer leaders and afterwards they go to the Stapenhill Institute for refreshments.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/joannesmith@everyoneactive.com & ESBC 01283 372970 Ext 20604



73 Overseal's Heritage

Start time 1.30pm **Leisurely**

4 miles, 2.5 hours, 2 stiles

STARTING POINT Overseal Village Hall DE12 6LU Car park on site

The focus of this walk is to appreciate the positive landscape change on the east side of the A444 associated with the development of the National Forest. Photographs from the Magic Attic archive will be used for illustration. Terrain - field and woodland paths, village pavements.

Walk organiser: Get Active in the Forest get.active@southderbyshire.gov.uk



74 Wellbeing Walks - Stretton

Start time 2pm **Easy Access**

2.5 miles, 1 hour, 0 stiles

STARTING POINT The Green car park DE13 0EQ

Our Stretton walk includes the beautiful Jinnie Trail Walk that is constantly being worked on by volunteers to continue to enhance the route by planting wildflowers, so encouraging more wildlife to the local area. Our walks are led by our volunteer leaders and afterwards they go for refreshments.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/joannesmith@everyoneactive.com & ESBC 01283 372970 Ext 20604



75 Forest Placenames, Forest People

Start time 2pm **Leisurely**

5 miles, 3 hours, 2 stiles

STARTING POINT High Cademan LE65 5UT
What3words: dates.farms.degree Car park on site.

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 British, Anglo-Saxon and Viking communities of Charnwood Forest. Places are limited and booking is essential.

Walk organiser: Charnwood Forest Geopark

Booking: 07976 865450

jattard@nationalforest.org



76 Wellbeing Walks - Stapenhill Hollows

Start time 6.45pm **Easy Access**

2.5 mile, 1 hour, 0 stiles

STARTING POINT Stapenhill Hollows Car park DE15 9AE

Stapenhill Hollows offers a wide range of walks which include Stapenhill Gardens, the Ferry Bridge, Trent Washlands, Centenary Woodland and lots more. Our walks are led by volunteer leaders, take approximately an hour to complete and are a great way to relax after a busy and stressful day.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/
joannesmith@everyoneactive.com & **ESBC**
01283 372970 Ext 20604



Wednesday 29th May

77 From Working to Walking

Start time 10am **Moderate**

10 miles, 5.5 hours, 5 stiles

STARTING POINT Moira Furnace, Furnace Lane, Moira DE12 6AT Car park on site

Taking in some of the sites in the heart of the National Forest that have been transformed from places of work and now provide varied paths and trails. Going along the Ashby Canal, visiting Maybury Wood, the cafe at Hicks Lodge, Willesley Woods and part of Donisthorpe Country Park.

Walk organiser: Coalville Ramblers
Contact: Liz 07816 982956



78 Green Bank Leisure Centre Walk

Start time 10am **Easy Access**

2 miles, 1 hour, 0 stiles

STARTING POINT Green Bank Leisure Centre, Civic Way, Swadlincote DE11 0AD

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 exercise or returning after a break. It finishes with a hot drink at Oakland's Village Restaurant (Optional).

Walk organiser: Get Active in the Forest
get.active@southderbyshire.gov.uk



79 Forest Industry: Shaping People and Landscape

Start time 10am **Strenuous**

8 miles, 4.5 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.

Walk organiser: Charnwood Forest Geopark
Tel: 07976 865450 jattard@nationalforest.org



80 Wellbeing Walks East Staffordshire - Rolleston on Dove

Start time 10.30am **Easy Access**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Outside Spread Eagle Pub DE13 9BE Car park on site

Walk through the pretty village of Rolleston on Dove and take in the sights of the local wildlife in the nearby woodlands and countryside. Led by volunteer walk Leaders and after the walk they enjoy a brew at the Rolleston Club.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/ joannesmith@everyoneactive.com & ESBC 01283 372970 Ext 20604



81 Walking for Health East Staffordshire - Yoxall

Start time 10.45am **Easy Access**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Yoxall Health Centre DE13 8PD On street parking only

Yoxall is a picturesque village southwest 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. The walks are led by volunteer leaders and take place rain or shine.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/ joannesmith@everyoneactive.com & ESBC 01283 372970 Ext 20604



82 Ancient Rocks and Mount Saint Bernard Abbey

Start time 1.30pm **Moderate**

2 miles, 1.5 hours, 4 stiles

STARTING POINT Mount Saint Bernard Abbey LE67 5UL

Discover a beautiful, quiet corner of Charnwood Forest with an intriguing heritage with 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, over 600 million years old; look into Peldar Tor Quarry, remnant of a Precambrian volcano. Some steep slopes and uneven terrain.

Walk organiser: Whitwick Historical Group whitwickhistoricalgroup.co.uk whitwickhistoricalgroup83@gmail.com



83 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.

Walk organiser: E W Sumnall and Sons Walks hillfarmpackington@hotmail.co.uk Contact: 01530 411984



84 Explorer Walk Activity at Maurice Lea Park

Start time 2pm **Easy Access**
0.6 miles, 2 hours, 0 stiles

STARTING POINT The Bandstand, Maurice Lea Park DE11 9NW Parking on the Common, York Road, opposite Maurice Lea Park

Family Nature Xplorer - A Walking activity exploring the whole of the park, finding nature themed plaques and answering multiple choice questions. No need to book.

Walk organiser: South Derbyshire District Council
parksandgreenspaces@southderbyshire.gov.uk



85 From Working to Walking

Start time 10am **Moderate**
10 miles, 5.5 hours, 5 stiles

STARTING POINT Moira Furnace, Furnace Lane, Moira DE12 6AT Car park on site

Taking in some of the sites in the heart of the National Forest that have been transformed from places of work and now provide varied paths and trails. Going along the Ashby Canal, visiting Maybury Wood, the cafe at Hicks Lodge, Willesley Woods and part of Donisthorpe Country Park.

Walk organiser: Coalville Ramblers
ramblers.org.uk/go-walking/ramblers-groups/
coalville-group
Contact: Valda Holmes 07982 655989



86 Sence Valley

Start time 1pm & 2.30pm **Easy**
2 miles, 1.5 hours, 0 stiles

STARTING POINT Sence Valley car park LE67 6NW £1.70 per day

Come along and find out about some of the health benefits of Nordic walking. Led by a qualified Nordic walking instructor you will receive beginners' instruction as well as being able to take part in a walk around this park in the National Forest. Booking essential as limited spaces. Poles provided. Refreshments available nearby. £4 per person.

Walk organiser: Ministry of Nordic Walks
Community Group **Booking: 07502 576764**
ministryofnordicwalks@gmail.com



Thursday 30th May

87 bRUNch Club Trail Therapy Run

Start time 9.30am **Leisurely**
5 miles, 1.75 hours, 5 stiles

STARTING POINT Various locations - see website www.peakrunning.co.uk

'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. Booking essential. £4 per person.

Walk organiser: Peak Running
Contact: info@peakrunning.co.uk

07700 177325
www.peakrunning.co.uk/guided-runs



88 Walking for Health East Staffordshire - Tutbury

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

STARTING POINT Monk Street car park DE13 9NA

On the walk, Tutbury Castle can be seen in the distance sitting on wooded slopes overlooking the clear and pretty River Dove. Due to Tutbury's location there may be some slight inclines on the route. The walks are led by our volunteer leaders and afterwards they go to the local café for a well-deserved cuppa.

Walk organiser: Everyone Active - Wellbeing Walks East Staffordshire | www.everyoneactive.com/eaststaffsactivecommunities/
joannesmith@everyoneactive.com & ESBC
01283 372970 Ext 20604



89 Supporting Your Cancer/Survivor Journey Nordic Walk

Start time 10am **Easy**

1.5 miles, 1 hour, 0 stiles

STARTING POINT Thornton Reservoir Car Park 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.

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com



90 Nordic Walking Taster Session

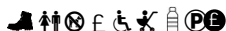
Start time 10am **Leisurely**

2.5 miles, 1 hour, 0 stiles

STARTING POINT Picnic area, Rosliston Forestry Centre DE12 8JX Car park on site

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. This session is perfect for both beginners and experienced Nordic walkers. £2.50 if using own poles, £4.50 including pole hire. Payment by cash or card on arrival.

Walk organiser: Get Active in the Forest
Contact: Get.Active@southderbyshire.gov.uk



91 Measham Walk and Talk

Start time 10am **Easy Access**

1 mile, 0.5 hours, 0 stiles

STARTING POINT Peggs Close Car Park, Measham DE12 7IJ

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

Walk organiser: Get Active in the Forest

Contact: Liz 07922 106446

Contact: Get.Active@southderbyshire.gov.uk



92 Bagworth Heath Woods

Start time 12noon **Leisurely**

3 miles, 1.5 hours, 0 stiles

STARTING POINT Bagworth Heath Car park LE67 1DL

Come along and find out about some of the health benefits of Nordic walking. Led by a qualified Nordic walking instructor you will receive beginners' instruction as well as being able to take part in a walk around this woodland in the National Forest. Booking essential as limited spaces. Poles provided. Refreshments available nearby. £4 per person.

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com





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93 Willington Walk

Start time 1.30pm

2.5 miles, 1.5 hours, 0 stiles

Leisurely

STARTING POINT Willington Canal Car Park DE65 6BP

Come and enjoy a led walk along the scenic canal at Willington and stop for a hot drink in a local cafe afterwards. This is a steady paced walk along decent footpaths. Although there are no stiles, there are a few steps on route.

Walk organiser: Get Active in the Forest
get.active@southderbyshire.gov.uk



94 Blackbrook Beauty

Start time 6.30pm

7 miles, 2.5 hours, 2 stiles

Moderate

STARTING POINT Vicarage Street car park, Whitwick LE67 5GZ

For the final walk of this year's walking festival, this sunset wander will take you to some hidden gems in the countryside around Whitwick. Walk with us as we discover ancient rocks, a Pugin-designed monastery, a wildlife-rich reservoir and some of the best views in the area. Booking Essential.

Walk organiser: National Forest Company
Contact: Tel: 07976 865451 / 07976 865451
zsewter@nationalforest.org



THE NATIONAL
FOREST

The Trent Valley Way Footpath

The TWV 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



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Local Walking Festivals 2024

Autumn Footprints Walking Festival

Saturday 14th to Sunday 29th

September 2024

www.autumnfootprints.co.uk

Chesterfield Walking Festival

Saturday 11th – Sunday 19th May 2024

www.visitchesterfield.info/walkingfestival

Erewash Walking Week

Monday 8th – Sunday 14th April 2024

For more information contact:

communityhealthwelbeing@erewash.gov.uk

Derbyshire Dales Walking Festival

End of September 2024

sportsdevelopment@derbyshiredales.gov.uk

01629 761194

Regularly Active Groups 2024

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

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

Loughborough Ramblers www.loughboroughramblers.org.uk

Coalville CAN www.coalvillecan.coop

Leicestershire Footpath Association (LFA) www.lfa.org.uk

Derwent Valley Orienteers www.dvo.org.uk

Coalville Ramblers www.ramblers.org.uk/go-walking/ramblers-groups/coalville-group

Everyone Active – Wellbeing Walks East Staffordshire www.everyoneactive.com/eaststaffsactivecommunities/

Activities 2024

SNOWSPORTS

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

www.jnlswadlincote.co.uk
01283 890 089



FISHING

Day fishing is available at well-stocked lakes and reservoirs in picturesque surroundings, including Beehive Woodland Lakes, Coopers Lake, Rosliston Beehive Woodland Lakes, Coopers Lake, Rosliston Forestry Centre and Springwood Fisheries.

www.visitsouthderbyshire.co.uk



GOLF

Swadlincote Family Golf Centre offers a 9 hole golf course, FootGolf, floodlit driving range and golf lessons with pay-as-you-play. Visitors are also welcome to play at Broughton Heath Golf Club and Burton-on-Trent Golf Club.

www.visitsouthderbyshire.co.uk



CLIMBING

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

www.visitsouthderbyshire.co.uk
01283 216 269



CANOE

Trent Adventure provides adventures on the River Trent and Trent & Mersey Canal, from short tasters to overnight expeditions, in Canadian style 'open' canoes or on stand-up paddleboards.

<https://trentadventure.wixsite.com/mysite>
07876 751 599



EQUESTRIAN

There are a number of stables in the area where you can learn to ride, improve your skills, learn a new discipline or simply enjoy riding out, including Barleyfields, Hargate, Holme Farm and Knowlehill Equestrian Centres.

www.bhs.org.uk
02476 840 500



ORIENTEERING

Rosliston Forestry Centre has a range of outdoor activities for all ages and abilities, including orienteering, cycle hire, play areas and wildlife watching.

www.roslistonforestrycentre.co.uk
01283 563 483



CYCLING

There are miles of on and off road cycle trails on which you can explore the Forest, including cycle hire facilities at Calke Abbey and Rosliston Forestry Centre. The new Cadley Park in Swadlincote features a cycle way, a pump track and an area for new cyclists to learn how to ride.

www.cycle.travel



FLYING

Derby Airfield at Egginton is home to Vintage Flying and Derby Aero Club & Flying School which offer flight experiences, trial lessons and training in vintage and modern light aircraft.

01283 585 803 www.vintageflying.co.uk
01283 733 803 www.derbyaeroclub.com



Cycling and Walking Holidays? www.ebikeholiday.co.uk 01530 417 482

NATIONAL FOREST WALKING FESTIVAL PARTNERS 2024

ASHBY DE LA ZOUCH MUSEUM

www.ashbymuseum.org.uk

BARTON FOOTPATH GROUP

BIRDWATCHING FOR BEGINNERS

BRANSTON FRIENDS

BURTON CONSERVATION VOLUNTEERS

www.bcv.org.uk

BURTON HISTORY TOURS

www.goldenbadger.co.uk/burton-history-tours/

CHARWOOD FOREST GEOPARK

charwoodforest.org

COALVILLE CAN

www.coalvillecan.coop

COALVILLE RAMBLERS

www.ramblers.org.uk/go-walking/ramblers-groups/coalville-group

CONNECT TO NATURE

E W SUMNALL AND SONS

www.hillfarmpackington.co.uk

EAST STAFFORDSHIRE BOROUGH COUNCIL

www.eaststaffsbc.gov.uk

ENVIRONMENTAL EDUCATION PROJECT

www.roslistonforestrycentre.co.uk

EVERYONE ACTIVE

www.everyoneactive.com/EastStaffsActiveCommunities/

FRIENDS OF THRINGSTONE

www.friends-of-thringstone.org.uk

GET ACTIVE IN THE FOREST

www.southderbyshire.gov.uk

HEARTWOOD MEDICAL PRACTICE

www.heartwoodmedicalpractice.co.uk

LEICESTERSHIRE COUNTY COUNCIL

www.leicestershire.gov.uk

MERCIA MILK

Facebook - Mercia MILK

MINISTRY OF NORDIC WALKS COMMUNITY GROUP

NATIONAL FOREST COMPANY

nationalforest.org

NATIONAL TRUST CALKE ABBEY

www.nationaltrust.org.uk/calke

NEWHALL COMMUNITY

NORTH WEST LEICESTERSHIRE DISTRICT COUNCIL

www.nwleics.gov.uk

PEAK RUNNING

www.peakrunning.co.uk

ROSLISTON PARKRUN

parkrun.org.uk/rosliston/

SOUTH DERBYSHIRE DISTRICT COUNCIL

www.southderbyshire.gov.uk

SWANNINGTON HERITAGE TRUST

www.swannington-heritage.co.uk

THE FRIENDS OF GRACE DIEU PRIORY

www.gracedieupriory.org.uk

THE MAGIC ATTIC

www.magicattic.org.uk

TRENT RIVERS TRUST

www.trentriverstrust.org

WHITWICK HISTORICAL GROUP

www.whitwickhistoricalgroup.co.uk

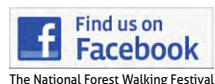
WOODLAND TRUST

www.woodlandtrust.org.uk

The National Forest Walking Festival
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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



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visitsouthderbyshire



01283 223333



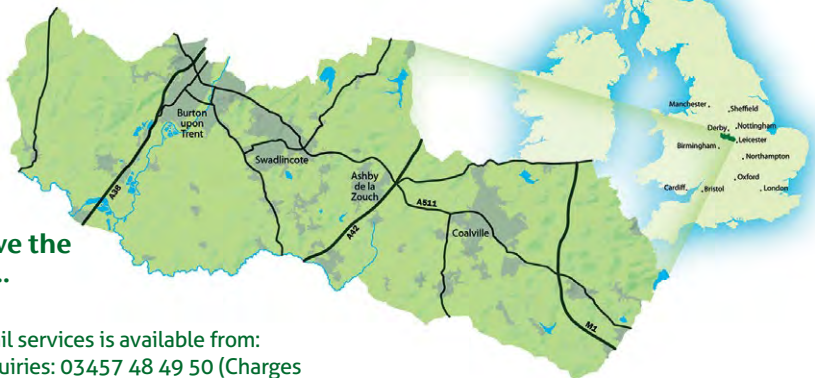
If you would to get involved in next year's National Forest Walking Festival, please email Get.Active@southderbyshire.gov.uk by September 2024

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