





Get Walking








LEICESTER-SHIRE
& RUTLAND SPORT
SPORT & PHYSICAL ACTIVITY
www.lrsport.org.uk

AREA	NAME OF WALKS	COORDINATOR DETAILS	WALK DETAILS FOR WINTER 2011
Blaby	Community Action Blaby District	Victoria Sanders vicki@vabd.org.uk	Wednesday: 1.00pm Huncote , at The Pavilion, Sportsfield Lane, LE9 3BN; 2 walks, short walk lasting 30mins & long walk lasting 1 hour.
	Active Together Blaby	Alex Brown Tel: 0116 2727704 ab2@blaby.gov.uk	1 st Wednesday in the month: 10.00am Kirby Muxloe Village Hall. Tel 0116 2727703 for more details.
Charnwood	Charnwood Healthy Walks 	Nita Pearson Tel: 01509 634594 nita.pearson@charnwood.gov.uk	A range of walks are organised in different locations around Charnwood on a variety of different days. For more information or a walks brochure please contact Nita Pearson.
Harborough	Healthy Harborough Walks 	Active Together Team Tel: 01858 828282 activetogether@harborough.gov.uk	Monday: 12 noon Market Harborough , Welland Park cafe; 1.30pm Lutterworth , Lutterworth Sports Centre.
			Tuesday: 2.00pm Kibworth/Fleckney – alternate weeks Tel 01858 828282 for more details.
			Wednesday: 10.00am Market Harborough , Welland Park cafe.
			Thursday: 10.00am (10.30 from 10 th Feb) Lutterworth Buggy walk, Lutterworth Sports Centre; 1.30pm Broughton Astley , Thomas Estley Community College.
			Weekend Wanders: A series of walks that take place on a Sat/Sun. They are longer distance walks for those that would like to see more of the countryside! The walks vary in distance between 3-6 miles and often involve crossing styles. Contact us for more details.
Hinckley & Bosworth	Let's Walk Bosworth 	Peter Wilson Tel: 01509 567731 peter.wilson@lcrchs.nhs.uk	Tuesday: 10.00am Market Bosworth – 2 walks, short and long, meet at Rectory Lane car park, CV13 0LJ.
	Let's Walk Earl Shilton 		Tuesday: 10.00am Earl Shilton , meet at Earl Shilton Methodist Church, Wood Street, LE9 7ND.

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Hinckley & Bosworth	Let's Walk Hinckley 	Peter Wilson Tel: 01509 567731 peter.wilson@lcrchs.nhs.uk	Wednesday: 10.30am Burbage Common , meet at the visitor centre. 4 different walks, slow, medium (2) and up to 4 miles.
	Let's Walk Groby 		Thursday: 10.00am Groby , meet at Groby Village Hall, LE6 0DJ.
	Let's Walk Barwell 		Friday: 11.00am Barwell , meet at Barwell Methodist Church, LE9 8DE.
Leicester City	Leicester City Parks Walks 	Bryony Govan Tel: 0300 060 4532 bryony.govan@naturalengland.org.uk	Monday: 10.00am, Victoria Park, Ladies Only , meet at the war memorial. Tel: Alison Winstone 0116 2920710.
	Let's Walk Braunstone		Wednesday: 9.15am Spinney Hill Park, Ladies Only , meet at St Saviours Road entrance near the notice board. Tel: Hasina Lambat 0116 2123242.
Melton	Melton Health Walks 	Liz Ashbridge Tel: 01664 502389 eashbridge@melton.gov.uk	Wednesday: 10.30am Cossington Recreation Ground , meet behind the library. Tel: Kishor Gohill 07870 415218.
	Bottesford Health Walks		Monday: 10.30am Braunstone Park , meet at the stable block. Thursday: 1.30pm Melton Country Park, Senior Walk . 2 types of walks which are indicated by heart levels. The one heart level walks, suitable for newcomers, last between thirty minutes and one hour and are always at Melton Country Park. The two heart level walks are up to 90 minutes covering a variety of paths, which may be uphill and over stiles. Paths may be uneven or muddy in places and appropriate footwear must be worn. 2nd Wednesday in the month: 12.45pm Bottesford , meet outside the Welby practice, Walford Close.

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North West Leicestershire	 North West Leicestershire District Council Active Together	Zara Barnes Tel: 01530 454606 zara.barnes@nwleicestershire.gov.uk	1 ST Friday in the month incl Bank Holidays: 10.30am Whitwick , meet at the Leisure Centre car park.
	Friends of Thringstone Walks	Nita Pearson Tel: 01530 223434 nita.pearson@ntlworld.com	Monthly walks from the village of Thringstone in north west Leicestershire to various local historical places and woodlands. For more information contact Nita Pearson.
Oadby & Wigston	Let's Walk South Wigston	Judith North Tel: 0116 2882625 j_north1@tiscali.co.uk	Saturday : 9.30am meet at South Wigston Methodist Church .
	Oadby & Wigston Active Together	Leanne Plummer Tel: 0116 2572672 leanne.plummer@oadby- wigston.gov.uk	Wednesday : 10.30am Wigston , monthly walk, meet at the library. 1st Saturday of every month: 10.00am Oadby , meet outside the Grange Pub.
	Houghton Health Walk		Monday : 5.30pm Thursday : 9.20am Houghton on the Hill . Both walks meet at the car park, end of Weir Lane. Tel: Liz Adams 0116 2414031.
Rutland	Oakham Health Walks	 Richard Kerr Tel: 01572 720936 rkerr@rutland.gov.uk	Tuesday : 10.15am Oakham , meet at the Common Room, Barlow Road. Tel: Debbie Marsh 07919 385314.
	Ketton Healthy Walking Group		Thursday : 1.45pm meet at Ketton Sports Association . Tel: Joyce 01780 721507 or Andy 01780 763421.
	Market Overton		Friday : 10.15am Market Overton , meet at the Country Cafe. Tel: Physical Activity Officer 01572 722577.
	Ryhall Walking Group		For more information Tel: Bob 01780 756917.
	Uppingham Healthy Walking Group		For more information Tel: Physical Activity Officer 01572 722577.
	Oakham Walking Group	Bernard Powell Tel: 01509 567717 bernard.powell@lcrchs.nhs.uk	Monday : 10.15am Oakham , meet at St Ann & St John's, South Street (next to the fire station). Tel Bob & Joyce 01572 755718 or Glenys 01572 724361.