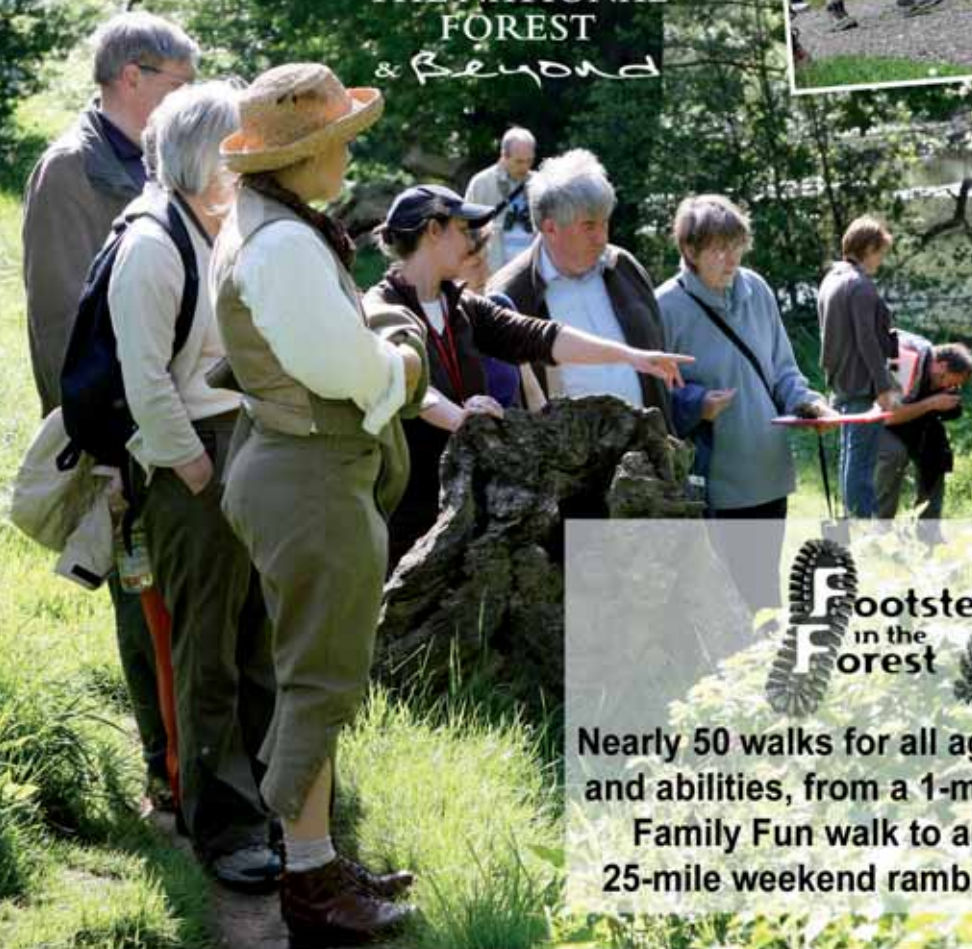


The National Forest Walking Festival 2010 May 22nd to June 2nd

Join us on
a variety of walks across



THE NATIONAL
FOREST
& Beyond



Nearly 50 walks for all ages
and abilities, from a 1-mile
Family Fun walk to a
25-mile weekend ramble

www.thenationalforestwalkingfestival.org.uk

WELCOME!

Join us for "Footsteps in the Forest" – The National Forest Walking Festival 2010

Now in its third year, this popular festival really does offer something for everyone. From a gentle stroll, walks for the whole family, and walks suitable for wheelchair users, to longer more strenuous rambles for keen walkers, our packed programme has something for you! Highlights this year include:

- **Pagans and Christians** – an all day walk exploring the ancient religious centres of Repton, Breedon-on-the-Hill, and other sites en route
- **Family Fun walks** – look for hidden letters or enjoy a treasure hunt – a great way to introduce children to walking!
- **Explore new paths** and newly planted woodland in The National Forest
- **Find out about** the smallest church in The National Forest and the oldest house in Coalville

WHAT YOU NEED TO KNOW

- Please wear suitable footwear and clothing and have a waterproof, as the weather is often unpredictable. Unfortunately, an inadequately equipped person could affect the safety and enjoyment of the whole group, so we reserve the right not to take a person who is not properly equipped
- Dogs are allowed on some of the walks. To avoid inconvenience to other walkers or disturbance to farm animals or wildlife, please keep your dog on a lead and under control throughout the walk. There are some walks on which dogs are not permitted due to travelling through fields of cattle - see Dog Welcome symbols against each walk
- Most walk leaders are volunteers
- All walks are circular unless stated

COUNTRYSIDE CODE

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people

Photography Competition Winner 2009 Wheatfield Crocodile by L. Hextall



- **Tutbury and the Fauld Crater** – explore an historic castle stronghold and the site of the largest explosion in Europe
- **Try a Pub walk**, or a tea-time stroll finishing at a local fish and chip shop
- **25 miles through South Derbyshire's Woodlands** – a strenuous walk over Saturday and Sunday providing over 6 hours walking each day, and the opportunity to wine, dine and stay overnight.



Photography Competition Winner 2008 by D Tidy

- Remember to bring along any medication you may need during the walk
- In poor weather the walk may be modified by the leader, or in extreme conditions it may be cancelled
- If a packed lunch is required, look for the symbol on each walk detail. It is always advisable to carry a drink
- Young walkers 16 and below must be accompanied by an adult
- All those taking part do so at their own risk
- Cars should be parked sensibly and locked with no valuables on show
- Whilst many walks are not suitable for wheelchair or pushchair users, there are a number of suitable walks. Look for the pushchair or wheelchair symbols at the end of the walk details
- **Walks will start promptly.**

KEY TO SYMBOLS

- P** Free parking
- P&D** Chargeable Parking
- 🍏** Please Bring a Packed Lunch & Drink
- ♿** Children Welcome (Age from)
- 🐕** Dogs Allowed
- ♿** Pushchair/Wheelchair Accessible

THE NATIONAL FOREST WALKING FESTIVAL - "FOOTSTEPS IN THE FOREST"



Our popular annual Festival has been extended to 12 days and there are now almost 50 walks, ranging from a one-mile family walk to a 25-mile ramble spread over two days – offering something for everyone, whatever their age, interests or abilities.

Walks will be taking place across the gentle landscape of The National Forest and surrounding area from May 22 to June 2. You can visit the highest point in Leicestershire, the historic capital of Mercia at Repton in Derbyshire, or the site of Europe's largest ever explosion at Fauld in Staffordshire.

There's a fine range of walks by local walking groups and the opportunity to try Nordic walking, plus themed routes such as a pub walk, a teatime walk, walks for older people, a pushchair walk, and even a sponsored walk for a good cause.

COMPETITIONS

- **FREE Prize Draw:** If you join one of our walks, you can enter a Prize Draw and have the chance to win £50. To enter make sure you complete the evaluation form with your name and contact details and give it to a walk leader (or send by Freepost).
- **Photographic Competition:** We would love you to send us your photographs of the 2010 National Forest Walking Festival – and we're offering a £50 prize for the best photograph.
- Please contact Swadlincote Tourist Information Centre for details of how to enter, or visit www.thenationalforestwalkingfestival.org.uk [Winning photographs may be printed in local newspapers and used in material to promote future Festivals, and will be published on www.thenationalforestwalkingfestival.org.uk. Please be advised walkers may be taking photographs on any of the festival walks. These may be entered for the photographic competition and used in future publicity].

And if you are working you need not miss out - there are evening walks, as well as two action-packed weekends.

We have a fantastic variety of walks taking in The National Forest's wonderful countryside and historic towns and villages. Many will give you the chance to learn more about the area's rich and varied history, wildlife, geology, myths and legends. It's a fantastic time of year to get out and enjoy the spring weather - so what are you waiting for?

FOR FURTHER INFORMATION PLEASE CONTACT:
Swadlincote Tourist Information Centre
Telephone: 01283 222848
www.thenationalforestwalkingfestival.org.uk

Why not take a short break and get the most out of the National Forest Walking Festival? Or make a return trip - there is so much to see and do!

The 2010 Visitor Guide can be obtained from Swadlincote Tourist Information Centre, Sharpe's Pottery Museum, West Street, Swadlincote, Derbyshire DE11 9DG Telephone: (01283) 222848

Email: tic@sharpespotterymuseum.org.uk

Or download a copy from www.visitnationalforest.co.uk



Saturday 22nd May

1 - Ulverscroft Circular

GUIDED WALK 5 miles Moderate.

Starting Point: St Michael & All Saints Church, Markfield LE67 9WD Grid Ref: SK487100 at 10am.

Explore a recently opened new footpath as part of The National Forest in Ulverscroft, a particularly attractive area of Leicestershire. (10 stiles, 2.75 hours).

FREE OF CHARGE.



2 - Bird Walk

WALK FOR HEALTH 2 miles Easy Access.

Starting Point: Rosliston Forestry Centre DE12 8JX Grid Ref: SK244175 at 10am.

Learn a little about Rosliston Forestry Centre's feathered friends as you walk with expert Brian George. (No stiles, 1.5 hours).

Adults £1.00 Children free.

P&D ♿



3 - Washlands to Walton Walk

GUIDED WALK 10 miles Moderate.

Starting Point: Watson Street car park, Burton on Trent DE14 3AL Grid Ref: SK250220 at 10am.

Join Burton Conservation Volunteers for a walk taking in the River Trent, Barton Marina (lunch), the Trent & Mersey Canal and Branston Water Park. (6-10 stiles, 6 hours).

FREE OF CHARGE.



4 - Ferrers, Shirleys and Crewe-Harpurs

GUIDED WALK 5 miles Moderate.

Starting Point: Staunton Harold Nursery car park LE65 1RU Grid Ref: SK378209 at 10am.

Nikolaus Pevsner said "For position Staunton Harold house, chapel and lakes are unsurpassed in the country, especially as far as Englishness is concerned" - will you agree?. (6-10 stiles, 3 hours).

FREE OF CHARGE.



5 - Walk to the Wall at the National Memorial Arboretum, Alrewas

SPONSORED WALK 6 miles linear walk Moderate.

Starting Point: Rosliston Forestry Centre - you MUST check in DE12 8JX Grid Ref: SK244175 11am-1pm.

Sponsored walk for National Memorial Arboretum. Not waymarked, map provided - basic map reading skills required. Certificate on completion, possible return courtesy bus - best to arrange to be picked up! (1-5 stiles). Part of a bigger event, see www.thenma.org.uk/events

Adults £10.00 Children £4.00.

P&D ♿



Sunday 23rd May

6 - Pagans and Christians

GUIDED WALK 8-9 miles Strenuous.

Booking Essential: Swadlincote Tourist Information Centre 01283 222848

www.visitpeakdistrict.com/nfwf

Starting Point: Priory Church, Breedon on the Hill - by the south porch DE73 8AJ Grid Ref: SK445235 at 9.30am.

All-day walk linking the ancient religious centres of Breedon and Repton, via other significant sites at Kings Newton, Melbourne, Stanton and Ingleby. Refreshment stops. (10+ stiles, 8.5 hours).

£5.00 per person.



7 - From Wastelands to Woodlands

GUIDED WALK 9 miles Strenuous.

Starting Point: Moira Furnace, Moira DE12 6AT Grid Ref: SK315155 at 10am.

Walk through Moira Furnace, Albert Village, Boothorpe, Blackfordby and Shellbrooke illustrating all aspects of regeneration in The National Forest, from "just planted" to mature woodlands. Includes pub stop. (10+ stiles, 6 hours).

FREE OF CHARGE.



8 - Foremark Reservoir and the Hermit's Caves

GUIDED WALK 9.5 miles Strenuous.

Starting Point: Foremark Reservoir car park DE65 6EG Grid Ref: SK336241 at 10.30am.

A walk from Foremark Reservoir taking in Ingleby, the Trent washlands, Anchor Church (Hermit's Cave), Foremark Hall, Milton and back via Carver's Rocks. (6-10 stiles, 5 hours).

FREE OF CHARGE.

P&D ♿



9 - Brackenhurst Wood

GUIDED WALK 8-9 miles Strenuous.

Starting Point: Jacksons Bank car park Grid Ref: SK140232 at 10.00am.

Countryside walk taking in some of the newer National Forest planting. Passes through pleasant woodlands with (if we're lucky) a blanket of bluebells, and meadows. (10+ stiles, 5 hours).

FREE OF CHARGE.



10 - Cademan to Swannymote Wood History Walk

GUIDED WALK 4 miles Moderate.

Starting Point: The Green, Thringstone LE67 8NR at 2pm.

Walk through the new National Forest Swannycote Woodland into the older Cademan Wood, learning about local landowners, Grace Dieu Manor, and monuments erected by the De Lisle family. Bring water. (No stiles, 2 hours).

£2.00 per person.



Monday 24th May

11 - Top of Leicestershire

GUIDED WALK 8 miles Strenuous.

Starting Point: Nanpantan Sports Ground car park LE11 3YE Grid Ref: SK517174 at 10am.

An excellent walk in old woodland with some of the best views in Leicestershire, including climbing Beacon Hill, the second highest point in the county. (5-10 stiles, 6 hours).

FREE OF CHARGE.



12 - Calke Abbey Health Walk

GUIDED WALK 2 miles Moderate.

Starting Point: Calke Abbey car park DE73 7LE Grid Ref: SK367226 at 2pm.

A short walk through the historic parkland surrounding Calke Abbey. Some oaks are almost a thousand years old, and the park is a National Nature Reserve. Bring water. (1-5 stiles, 1 hour).

FREE OF CHARGE.

P&D



13 - Coton Park Local Nature Reserve Walk

GUIDED WALK 1-2 miles Easy.

Starting Point: Coton Park (Badger Hollows) Recreation Ground Grid Ref: SK272177 at 7pm.

Learn about the wildlife to be found at this recently designated Local Nature Reserve in Coton Park, Linton. Bring water. (No stiles, 2 hours).

FREE OF CHARGE.



Tuesday 25th May

14 - Tutbury and the Fauld Crater

GUIDED WALK 6 miles Moderate.

Starting Point: Tutbury Mill car park DE13 9LZ Grid Ref: SK214294 at 10.30am.

Walk from Tutbury's historic castle stronghold along the Dove Valley and up Stone Pit Hills, with views of the Peak District and overlooking the site of the largest explosion in Europe. (6-10 stiles, 3.5 hours).

FREE OF CHARGE.



15 - Rosliston Pushchair Walk

GUIDED WALK 1-2 miles Easy Access.

Starting Point: Rosliston Forestry Centre DE12 8JX Grid Ref: SK244175 at 10.30am.

Calling all mums and dads!! Join us on a friendly pushchair walk around Rosliston Forestry Centre. Older children welcome too! Bring water. (No stiles, 1 hour).

FREE OF CHARGE.

P&D ♿



16 - Senior Stroll: Moira Furnace and The National Forest

GUIDED WALK 3.5 miles Moderate.

Booking Essential: Leicestershire County Council Countryside Service 01455 290429

www.visitpeakdistrict.com/nfwf

Starting Point: Moira Furnace, Moira DE12 6AT
Grid Ref: SK315155 at 1pm.

A gentler-pace walk looking at the history and natural history of Ashby Woulds Heritage Trail and newly restored Ashby Canal, concluding with a free look around Moira Furnace Museum. Bring water. (No stiles, 3 hours).

£4.50 per person.



17 - Bretby and Repton Shrubs

GUIDED WALK from 6.5 miles to 7 miles Moderate.
Starting Point: Bretby Garden Centre DE15 0QS
Grid Ref: SK291234 at 1.15pm.

A walk through ancient parkland, open countryside and woodland of all ages, giving fine views over the Trent Valley towards the Peak District. Bring water. (10+ stiles, 3 hours).

FREE OF CHARGE.



Derby & South Derbyshire 

Wednesday 26th May

18 - Abbey and Hill

GUIDED WALK 9 miles Strenuous.
Starting Point: Mount St Bernard's Abbey LE67 5UL
Grid Ref: SK458163 at 9.15am.

A popular walk from St Bernard's Abbey that includes Bardon Hill the highest point in Leicestershire - 278 metres. Lovely all round views, pub stop included. (10+ stiles, 6.75 hours).

FREE OF CHARGE.



19 - Boats & Lakes

GUIDED WALK 8 miles Moderate.
Starting Point: Barton Marina DE13 8DZ
Grid Ref: SK200183 at 10am.

Contrast the lakes and birds of Barton Marina with the Dunstall estate providing fine views from the Smith Hills. Includes some of the newer National Forest plantings. (6-10 stiles, 5 hours).

FREE OF CHARGE.



20 - Mount St Bernard's Abbey towards Whitwick Woods

GUIDED WALK 5 miles Easy.
Starting Point: Mount St Bernard's Abbey LE67 5UL Grid Ref: SK458163 at 10.30am.

A circular walk through the beautiful ancient woodland of the area. Afterwards, an opportunity to look round the monastery and visit The Calvery and gift shop. Bring water. (1-5 stiles, 2.5 hours).

FREE OF CHARGE.



21 - Tramway and Tunnels

GUIDED WALK 3 miles Moderate.
Starting Point: Middle Lodge near entrance to Calke Abbey DE73 7LE at 2pm.

Explore part of the old tramway system and learn more about work being done to preserve this important archaeological site on the Calke estate. Please bring a torch and bottle of water. (1-5 stiles, 2 hours).

FREE OF CHARGE.



22 - Beacon Hill to Jubilee Wood and Back

GUIDED WALK 7 miles Moderate.
Starting Point: Beacon Hill Country Park, lower car park LE12 8TA at 1pm.

Join the Beacon Hill Rangers to explore the eastern fringes of Charnwood Forest, including Beacon Hill Country Park up to the summit and Broombriggs Farm Country Park. Bring water. (1-5 stiles, 4 hours)

Adults £3.00 Concessions £2.00.



23 - A rarely visited corner of The National Forest

GUIDED WALK 4.5 miles Easy.
Starting Point: Groby Village Church LE6 0FL
Grid Ref: SK524076 at 7pm.

This walk takes in the attractive Martinshaw Wood and Groby Pool, home to a host of wildfowl. Easy walking. Bring water. (1-5 stiles, 2 hours).

FREE OF CHARGE.



Thursday 27th May

24 - Swarkestone Causeway and the Trent & Mersey Canal

GUIDED WALK 5.5 miles Moderate.
Starting Point: Crewe & Harpur pub, Swarkestone DE73 7JA Grid Ref: SK369286 at 10.30am.

Learn about the Trent valley as an important routeway, including Swarkestone's ancient causeway, the Cloud Trail and the Trent & Mersey Canal - Pub lunches can be purchased afterwards. Bring water. (6-10 stiles, 2.5 hours).

FREE OF CHARGE.



Derby & South Derbyshire 

25 - Strolling Strong

GUIDED WALK 2 miles Easy Access.
Starting Point: Rosliston Forestry Centre DE12 8JX
Grid Ref: SK244175 at 10.30am.

Fitness walking for parents and babies/toddlers. Enjoy a walk around the Centre stopping along the way to take part in a variety of exercises to improve body tone and condition. Suitable for all levels of fitness. (No stiles, 1 hour).

Adults £3.00 Children free.

P&D 



26 - Nordic Walking Taster Session

GUIDED WALK 2-3 miles Moderate.
Booking Essential: Rosliston Forestry Centre 01283 563483
www.visitpeakdistrict.com/nfwf
Starting Point: Rosliston Forestry Centre DE12 8JX
Grid Ref: SK244175 at 10am.

Originating in Finland, Nordic Walking uses poles to work the upper body and reduce stress on the lower limbs, burning up to 46% more calories. (No stiles, 1 hour).

£3.00 per person (own poles) £4.00 per person inc pole hire.

P&D



27 - The Crow Park Way, Findern

GUIDED WALK 2.5 miles Moderate.
Booking Essential: Derbyshire County Council 0845 058 058
www.visitpeakdistrict.com/nfwf
Starting Point: Village Hall car park DE65 6AD
Grid Ref: SK307304 at 7pm.

An early evening stroll around Findern taking in the Trent and Mersey Canal, Crow Park Way and the

wildlife sights with the Findern Footpaths Group. Bring water. (No stiles, 1.5 hours).

Adults £2.00 Children (5+) £1.00





Friday 28th May

28 - Jacksons Bank

GUIDED WALK 2.5 or 4.5 miles Easy.
Starting Point: Jacksons Bank car park
Grid Ref: SK140232 at 10am.

A circular walk including a stroll through the woods with, hopefully, a fine display of bluebells. Bring water. (6-10 stiles, 2.5 hours).

FREE OF CHARGE.



East Staffordshire 

29 - Health Walk

GUIDED WALK 2 miles Moderate.
Starting Point: Sence Valley Forest Park main car park LE67 6NW Grid Ref: SK404113 at 10am.

A leisurely stroll exploring the site of the picturesque Sence Valley Park, north of Ibstock on the A447. The walk will include moderate intensity hills. Bring water. (No stiles, 1 hour).

FREE OF CHARGE.



30 - Castle Gresley Pub walk

GUIDED WALK 2-3 miles Moderate.
Starting Point: Outside White Lion public house, Mount Road DE11 9ES at 6.30pm.

Explore Castle Gresley including part of Tunnel Wood. Begin and end at The White Lion (off A444 near Toons); free copies of walk beer mats will be given out on the night. Bring water. (1-5 stiles, 2 hours).

FREE OF CHARGE.



Saturday 29th May

31 - Family Fun Walk

GUIDED WALK 2 miles Easy.
Starting Point: Donisthorpe Woodland Centre car park DE12 7RH at 10am.

A leisurely family stroll exploring the sites of Donisthorpe and the Moira Canal. Can you find the hidden letters? Bring water. (No stiles, 2 hours).

FREE OF CHARGE.



32 - Abbey and Mill

GUIDED WALK 9 miles Strenuous.

Starting Point: Mount St Bernard's Abbey LE67 5UL Grid Ref: SK458163 at 10am.

Very different to the Abbey and Hill (26th May), this explores Blackbrook Reservoir, a pleasant disused railway track, Fenny Windmill and Cademan Wood. Includes a pub stop. (6-10 stiles, 6 hours).

FREE OF CHARGE.

Coalville

**33 - Family Treasure Hunt**

GUIDED WALK 2 miles Easy.

Starting Point: Calke Abbey car park DE73 7LE Grid Ref: SK367226 at 2pm.

Enjoy a guided family walk around Calke Park looking for clues that lead to the treasure, suitable for all-terrain buggies. Bring water. (1-5 stiles, 1.5 hours)

FREE OF CHARGE.

Saturday 29th - Sunday 30th May

34 - 25 Miles through South Derbyshire's Woodlands

TWO DAY WALK 12 miles Saturday, 13 miles Sunday Strenuous.

Starting Point: Rosliston Forestry Centre DE12 8JX Grid Ref: SK244175 at 10am both days.

Discover how South Derbyshire's landscape is changing on a 2-day walk through the Mease Lowlands and the original coalfield. Botanical interest dominates, with some industrial archaeology. (10+ stiles, 6.25 hours each day).

FREE OF CHARGE.

Derby & South Derbyshire



Sunday 30th May

35 - Branston Birdwalk

GUIDED WALK 1.5 miles Easy.

Starting Point: Branston Water Park visitor centre DE14 3HD Grid Ref: SK217211 at 10am.

An easy walk with full wheelchair access around Branston Water Park with local bird expert David Scattergood who will help you to identify and enjoy the sights and sounds. Bring water. (No stiles, 2 hours).

£2.00 per person.**36 - Ashby Canal and the old railway, Donisthorpe to Swainspark**

GUIDED WALK 4-5 miles Easy.

Starting Point: Donisthorpe Woodland Centre car park DE12 7PX Grid Ref: SK319142 at 10am.

A walk taking in Ashby Wouds Heritage Trail and the restored Ashby Canal from its southern tip to the original Wadlands' Wharf terminus, with a short refreshment stop half way round. (No stiles, 2.5 hours).

FREE OF CHARGE.**37 - The Mining Heritage Trail**

GUIDED WALK 10 miles Strenuous.

Starting Point: Snibston car park LE67 3LN Grid Ref: SK418144 at 10am.

Walk meadow land and small woods exploring the history of what is now a rural setting, including newly renovated Hough Mill, the pretty villages of Swannington and Coleorton, and a pub stop. (20+ stiles, 6.5 hours).

FREE OF CHARGE Yes (donations welcomed for Hough Mill).

Coalville

**38 - Grace Dieu Woods, Charnwood Forest Railway and Canal**

GUIDED WALK 4 miles Easy.

Starting Point: The Green, Thringstone LE67 8NR at 2pm.

A varied walk including recent National Forest planting, established woods, a viaduct on the Charnwood Forest railway line, Charnwood Canal, and the ruins of Grace Dieu Priory. Bring water. (No stiles, 2 hours).

£2.00 per person.

Monday 31st May

39 - Repton Village Church and School

GUIDED WALK 1.5 - 2 miles Easy.

Booking Essential: Swadlincote Tourist Information Centre 01283 222848

www.visitpeakdistrict.com/nfwf

Starting Point: Arch by the Church gates DE65 6FH at 2pm.

Repton was the ancient capital of Mercia and is home to Repton School founded 1557. A walk looking at places of interest in the village, church and school grounds. Bring water. (No stiles, 2 hours).

FREE OF CHARGE.**40 - Around Coalville Oldest House: Smallest Church**

GUIDED WALK 9 miles Strenuous.

Starting Point: North West Leicestershire DC offices LE67 3FJ Grid Ref: SK428142 at 10am.

Explore the surprisingly varied countryside and developing National Forest around Coalville. Lunch at Donington-le-Heath, giving time to visit the cafe and look around the house and gardens. (10+ stiles, 6 hours).

FREE OF CHARGE.

Coalville



Tuesday 1st June

41 - Swadlincote's Open Spaces

GUIDED WALK 4.5 miles Moderate.

Starting Point: Sharpe's Pottery Museum DE11 9DG Grid Ref: SK298195 at 10.30am.

Discover on a walk of botanical and industrial heritage interest, an area dramatically changed from common land, pitbanks and clay holes to woodland and Urban Parks. Bring water. (No stiles, 2 hours).

£2.00 per Person.**42 - Oaks in Charnwood Walk**

GUIDED WALK 4 miles Moderate.

Starting Point: St John the Baptist Church, Belton LE12 9XD Grid Ref: SK448208 at 10am.

Meet at Belton Church and take a circular walk to Grace Dieu and Thringstone ancient woodlands and the new National Forest plantations within these areas. Bring water. (1-5 stiles, 2.5 hours).

FREE OF CHARGE.**43 - Washlands Wildlife**

GUIDED WALK 1 mile Easy.

Starting Point: Watson Street car park, Burton on Trent DE14 3AL Grid Ref: SK250220 at 2pm.

Join the Park Ranger for a gentle stroll around Trent Washlands in the heart of Burton, looking at the wonderful wildlife. Children's activities are part of the walk. Bring water. (No stiles, 1 hour).

FREE OF CHARGE.**44 - Tea Time Trail**

GUIDED WALK 2 miles Easy Access.

Starting Point: North West Leicestershire DC offices LE67 3FJ Grid Ref: SK428142 at 6.30pm.

A Tea Time Trail meeting on the London Road car park and taking a steady evening stroll around the Coalville area finishing at a local fish and chip shop. Bring water. (No stiles, 1 hour).

FREE OF CHARGE.

Wednesday 2nd June

45 - Beacon Hill and Broombriggs Farm

GUIDED WALK 5 miles Moderate.

Starting Point: Beacon Hill Country Park, lower car park LE12 8TA at 10am.

Join the Rangers for walk around the boundaries of Beacon Hill, Broombriggs Farm and Windmill Hill Country Parks. Discover new views, find out about wildlife, learn how things have developed over 20 years. Bring water. (1-5 stiles, 3 hours).

FREE OF CHARGE.**46 - Hartshorne & Carvers Rocks**

GUIDED WALK 4.5 miles Moderate.

Starting Point: Dethick Hall car park DE11 7ET Grid Ref: SK327207 at 7pm.

A natural history walk with wide ranging views across South Derbyshire, passing Hartshorne Dams, the ancient landscape of Daniel Hayes, and Carvers Rocks. Return via recent woodland and field paths. Bring water. (6-10 stiles, 2 hours).

FREE OF CHARGE.

Derby & South Derbyshire





The National Forest area has a wealth of Walking the Way to Health groups that meet every week. South Derbyshire District Council's Get Active in The Forest is an outdoor activity programme and includes around 60 led walks per month. Health Walks are short walks suitable for beginners and last less than an hour.

Call 01283 563483 for more information, or visit www.south-derbys.gov.uk/events/getactive.

Please note there is a small charge for some of the walks.



Why walk?

- **For health:** walking strengthens your heart, bones and muscles and helps to control your weight.
- **For wealth:** walking is free and will enrich your life in many ways.
- **For happiness:** walking improves your mood and helps combat depression.
- **For comfort:** go for a walk in your local park or wood and discover how nature can reduce stress and calm your mind.
- **For joy:** walk with friends or join a walking group and discover just how much fun walking can be!

A big thank you to all Walk Leaders across the National Forest & Beyond: we are very lucky to have so many knowledgeable and enthusiastic volunteers as our guides, who are willing to contribute their time and effort to plan and lead our guided walks. The Festival would not be possible without them.



FESTIVAL PARTNERS

- Ashby Canal Trust www.ashbycanaltrust.co.uk
- Burton Conservation Volunteers www.bcv.org.uk
- Charnwood Borough Council www.charnwood.gov.uk
- Coaville Ramblers www.coalvilleramblers.org.uk
- Derbyshire County Council (Elvaston) www.derbyshire.gov.uk/leisure/countryside
- Derby & South Derbyshire Ramblers www.derbyramblers.org.uk
- East Staffordshire Borough Council www.eaststaffsbc.gov.uk
- Findern Footpaths Group www.findernfootpathsgroup.org
- Friends of Thringstone www.friends-of-thringstone.org.uk
- Get Active in The Forest www.south-derbys.gov.uk/events/getActive.htm
- Groundwork Derby & Derbyshire www.gdd.org.uk
- Leicestershire County Council www.leics.gov.uk/paths
- Leicestershire Footpath Association 0116 2711073
- Linton Parish Council 0771 9599132
- Loughborough Ramblers www.loughborougramblers.org.uk
- National Forest Company www.nationalforest.org
- National Memorial Arboretum www.thenma.org.uk
- National Trust Walking For Health - Calke Abbey www.nationaltrust.org.uk
- North West Leicestershire District Council www.nwleics.gov.uk
- Over the Hill Walking Club 0116 2856271/2884126
- Ramblers Association East Staffordshire jane@kingturtle.freeseerve.co.uk
- Repton Village History Group 01889 567522
- Rosliston Forestry Centre www.roslistonforestrycentre.co.uk
- South Derbyshire District Council www.south-derbys.gov.uk
- South Derbyshire Environmental Education Project www.roslistonforestrycentre.co.uk



WALKING FOR HEALTH IN SOUTH DERBYSHIRE

NAME OF WALK	TIME AND DAY	START POINT	LEVEL
Hilton	10.30 Monday	Outside the Hilton Brook Pub	Beginner & Intermediate
Calke Abbey	2pm Monday (except 5th in month)	Main car park near the building	Beginner & Intermediate
Swadlincote	2pm Monday	Heartwood Surgery, Health Centre, Civic Way	Beginner & Intermediate
Rosliston	10.30am Tuesday	Rosliston Forestry Centre	Pushchair walk
Overseal	1.30pm Tuesday	Outside Overseal Surgery	Intermediate
Swadlincote	10am Wednesday	Green Bank Leisure Centre	Beginner
Swadlincote	1pm Wednesday	Surgery, Darklands Road	Beginner
Church Gresley	1pm Wednesday	Gresley Dale Surgery, Glamorgan Way	Intermediate
Rosliston	10.30am Thursday	Rosliston Forestry Centre	Exercise pushchair walk
Willington	1.30pm Thursday	Canal car park next to Green Dragon	Beginner & Intermediate
Newhall	1.45pm Thursday (Starts April)	Old Post Centre, High Street	Beginner & Intermediate
Swadlincote	2pm Friday	Railway Inn, Midland Road	Beginner & Intermediate

Other schemes are run by:

- Hinckley & Bosworth Borough Council** – guide to walks and physical activities 01455 255913
- North West Leicestershire District Council** – organised walks and physical activity sessions listed in free booklet 01530 454830

East Staffordshire Borough Council – weekly Health Walks at a variety of venues 01283 505916

Charnwood Borough Council – free Physical Activity Booklet 01509 634587

NEED SOMEWHERE TO STAY?

Whether you are looking for a farmhouse B&B, a town centre hotel, a campsite or a country inn, a Youth Hostel or timber lodge, The National Forest has accommodation to suit every taste and budget.

For a list of accommodation providing facilities for walkers please visit

www.thenationalforestwalkingfestival.org.uk

Our Tourist Information Centres can help find and book the perfect accommodation for you.

Swadlincote Tourist Information Centre

Sharpe's Pottery Museum, West Street,
Swadlincote, Derbyshire, DE11 9DG

Tel: 01283 222848

Email: tic@sharpespottery.com



Ashby Tourist Information Centre

North Street, Ashby de la Zouch,
Leicestershire, LE65 1HU

Tel: 01530 411767

Email: ashby.tic@nwleicestershire.gov.uk

GETTING TO THE FESTIVAL



By road

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

By bus

Information on bus and coach timetables is available from:

Traveline Tel: 0871 200 2233 www.traveline.org.uk

National Express Tel: 08705 808 080

www.nationalexpress.com

By rail

There are 10 railway stations serving the area.

National Rail Enquiries Tel: 08457 48 49 50

www.nationalrail.co.uk

By air

East Midlands Airport is located within the National Forest & Beyond area. Tel: 0871 919 9000

www.eastmidlandsairport.com

Coventry and Birmingham airports can be reached within an hour's drive time.

www.coventryairport.co.uk and www.bhx.co.uk

An excellent website that provides times and details of trains, buses and other public transport along with driving instructions is www.transportdirect.info



The information is also available in
large print, Braille or

audio format upon request.

Telephone: 01283 595795



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