



GUIDED WALKS

JULY - DECEMBER 2019

YOUR **CHARNWOOD** LEISURE CENTRES...

LOUGHBOROUGH LEISURE CENTRE

Browns Lane, Loughborough, Leicester LE11 3HE

Tel: 01509 611 080

SOAR VALLEY LEISURE CENTRE

Off Kingfisher Road, Mountsorrel, Leicester LE12 7FG

Tel: 01162 375 267

SOUTH CHARNWOOD LEISURE CENTRE

Parkstone Road, Leicester LE7 1LY

Tel: 01162 640 057

To receive the next walks programme brochure, please send your enquiry to **walks@fusion-lifestyle.com** ensuring you include your name, a contact number and address. Alternatively you can call Loughborough LC on **01509 611080** to register your enquiry. Please leave a contact number and address so that we can send one out to you.

Tel: 01509 611080

Email: walks@fusion-lifestyle.com

www.charnwood-leisure.com



Fusion Lifestyle and Charnwood Borough Council's walks have been nationally accredited with the **Walking for Health** scheme, underlining the fact that our programme is of the **highest standard**.

Held at a variety of locations across the borough, our walks are set in **beautiful surroundings**. The Charnwood area comprises 108sq miles of lovely English countryside, embracing our bustling market town of Loughborough and over 35 rural villages. Our graded walks are **accessible** and **suitable for all**. Group walks are fun, social, and offer a chance to chat and catch up with friends, or to make new ones. By teaming up, even if it's just with one other person, you're more likely to maintain the walking habit and improve your health, it is also good for you mental health, walking can help **reduce depression** by 20-30%. Put simply, anyone can enjoy walking – it helps keep you fit, healthy and happy – and most of our walks are free.



1

We grade our walks in levels as follows:

Level 1 - Health walks: Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. These walks also offer the opportunity for people to increase their activity levels and are generally 30-90 minutes in duration. Most of these walks will be on flat ground and therefore maybe suitable for wheelchairs and buggy walkers, however, please check the description on each walk to confirm.

2

Level 2 - Progression walks: For people who have undertaken a number of Health Walks and are now looking to take their next step to something a little more challenging. These walks are more than 90 minutes in duration and are likely to include slopes, steps, stiles and uneven surfaces. Nordic walking is also included in this category.

3

Level 3 - Progression walks: Longer walks, intended for people who are used to walking. These walks will be about 2/3 hours in duration, possibly more in some instances, and may include some steep gradients, stiles and field walking.

REGULAR WEEKLY WALKS

Contact: Active Charnwood, 01509 63 2535, active.together@charnwood.gov.uk

SHEPshed - WALKING FOR HEALTH

When: Every Monday starting at 10.30am (Except bank holidays)
Meet: Hall Croft, Shepshed, opposite Shepshed Library LE12 9AN
Duration/distance: 1 hour/2-3miles
Cost: Free

These walks are run by the Forest House Surgery Patient's Participation Group. This friendly and sociable group welcome new walkers of all abilities. The walks follow a variety of routes around the village.

The Shepshed walks won the 'Best Sport and Physical Activity Project' in the 2017 Charnwood Sports Awards"

BARROW UPON SOAR - WALKING FOR HEALTH

When: Every Tuesday at 10.30am
Meet: The Three Crowns Inn Car Park, Cotes Road, Barrow upon Soar LE12 8JS
Duration/distance: Varies from 30 to 90 minutes
Cost: Free

These weekly walks around Barrow and the local countryside are led by a friendly team of volunteer walk leaders. The team offer several walks from 30 to 90 minutes. The 30 minute walk is accessible and suitable for wheelchairs and buggy walkers. All abilities are welcome to join in these popular and sociable walks.

The Barrow Health Walks were awarded the 'Outstanding Contribution to Sport & Physical Activity' at the 2016 Charnwood Sports Awards.



REGULAR WEEKLY WALKS

Contact: Active Charnwood, 01509 63 2535,
active.together@charnwood.gov.uk

GORSE COVERT - WALKING FOR HEALTH

When: Every Wednesday at 10.30am

Meet: Gorse Covert Community Centre, Maxwell Drive,
Loughborough LE11 4RZ

Duration/distance: Level 1: Approx. 1 to 1.5miles (shorter/slower)
Level 2: Approx. 3 miles (longer/faster walk)

Cost: Free

These walks organised by the Gorse Covert Walking for Health volunteer team are aimed at those who wish to return to walking or are taking up walking for exercise and the social side of life. All ages and abilities are welcome, and all are welcome to stop for a drink and chat at the Community Centre after each walk.

These walks were awarded runner up in the 'Outstanding Contribution to Sport & Physical Activity' category in the 2018 Charnwood Sports Awards, and won the 'Best Community Sport/Physical Activity Project' at the 2015 Charnwood Spots Awards.

The Gorse Covert team also run evening 'Twilight' walks over the summer meeting in the car park at Maxwell's Pub. These walks last around an hour and cover around 3 miles. They take place on Monday evenings in July, August and September. See the walks planner for dates and times.

LOUGHBOROUGH TOWN WALKING GROUP - WALKING FOR HEALTH

When: Every Thursday at 10.30am

Meet: In the café at John Storer House, Ward's End,
Loughborough LE11 3HA

Duration/distance: 1 hour 15 minutes/2-3 miles

Cost: Free

Led by friendly volunteer walk leaders, these walks take in a variety of routes around the paths and parks of central Loughborough. The group stop for a drink and chat in the café at John Storer after the walk.

MOUNTSORREL - WALKING FOR HEALTH

When: On the 1st and 3rd Thursday of the month at 10.30am

Meet: Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Variable

Cost: Free

These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack at chat in the café after the walk. The walk on the 1st Thursday is led by the local Neighbourhood Development Officer and is an opportunity to discuss local issues. The walk on the 3rd Thursday is led by the Gorse Covert Walking for Health team.

QUORN MEDICAL CENTRE PATIENT'S GROUP - WALKING FOR HEALTH

When: On the 3rd Thursday of the month at 10.30am

Meet: Quorn Village car park, Station Road, Quorn LE12 8BP - meet near the entrance opposite the Medical centre

Duration/distance: 2-3 miles

Cost: Free

These walks follow a variety of routes around the village and local countryside and cover around 2 to 3 miles. Some walks make use of local buses to enable routes to explore areas further afield. See the walks planner for more details of each walk.

WOODHOUSE EAVES - WALKING FOR HEALTH

When: Every Tuesday at 10.30am

Meet: The Village Community Hall Car Park, Main Street,
Woodhouse Eaves, LE12 8RZ

Duration/distance: Variable

Cost: Free

These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Weekly walks confirmed for July and August, contact gorsecovertwalkingforhealth@gmail.com team to confirm dates for September onwards.





WALKING GROUPS

QUEENS PARK NORDIC WALKING GROUP

When: Every Friday 10.30am (slower and shorter walk)

Every Sunday 13.30pm (longer and faster walks)

Meet: Outside the entrance to Charnwood Museum, Queens Park, Loughborough LE11 3DU

Duration/distance: Varies

Cost: Free, but booking required. Call Ciro on **07841 366 220** or email queensparknordicwalkinggroup@hotmail.com.

These weekly Nordic Walks take place on both Fridays and Sundays. The routes begin in Queens Park and then explore Loughborough and the surrounding area. Delivered by a trained British Nordic Walking Society Instructor, these sociable walks will provide basic instruction, exercise and fun. Nordic walking uses poles reducing impact on joints whilst also providing a full body workout. These walks are suitable for beginners, and poles are available to borrow during the walk. The walks are also suitable for people who have their own poles and would like to return to Nordic Walking, meet new people and discover some new routes.

COACH TRIP WALK

DERWENT VALLEY HERITAGE WAY

When: Thursday 10th October

Meet: 08.15am for 08.30am at Loughborough Leisure Centre, Browns Lane, Loughborough LE11 3HE

Duration/distance: Around 10.5 miles.

Cost: £12 per person, booking required.

On Thursday 10th October we've organised a coach trip walk to the Derwent Valley Heritage Way. This will be a linear walk of around 10.5 miles, mostly flat with a few short inclines. The walk will take us alongside the lovely Derwent River, and though some beautiful locations including the Chatsworth Estate. Book online at www.charnwoodsport.org.uk or contact the Active Charnwood Team on **01509 63 2535** or active.together@charnwood.gov.uk.

WALKS PLANNER, MONTH-BY-MONTH

July 2019

MONDAY 1ST OF JULY 7:30PM, GORSE COVERT TWILIGHT WALKS 1

Meet: Car park at Maxwell's pub, Maxwell Drive, Loughborough LE11 4RZ

Duration/distance: 1 hour/3 miles

Information: Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Gorse Covert Walking for Health team

TUESDAY 2ND JULY 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH GROUP 2

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

THURSDAY 4TH JULY 10:30AM, MOUNTSORREL HEALTH WALKS 1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Neighbourhood Development team

FRIDAY 5TH JULY, 10:05AM BUS PASS WALKS WITH DAVID 3

Meet: Catching the no.154 bus to Cropston. Baxter Gate, Loughborough LE11 1TG. Bus time 10:19.

Duration/distance: 5 miles

Information: The Bradgate walk is through fields, then taking a bus back to Loughborough. Please wear sensible shoes and bring a drink. Don't forget you bus pass!

Cost: Free

Leader: David Bentley

MONDAY 8TH JULY 10:00AM, NEWTOWN LINFORD CIRCULAR 2

Meet: At the junction of Markfield Lane and Main St Newtown Linford (street parking nearby).

Duration/distance: 5 miles

Information: A circular walk from Newtown Linford towards Ulverscroft and past Stoneywell before dropping back across the fields to return via the Leicestershire Round Walk. Wear sensible shoes and bring some water.

Cost: Free

Leader: John Mumford

TUESDAY 9TH JULY 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH GROUP 2

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

July 2019 continued

WEDNESDAY 10TH JULY 11:00AM, CHARNWOOD ACTION GROUP HEALTH WALKS 1

Meet: At Rothley Library LE7 7PS

Duration/distance: Less than 2 miles

Information: This walk is suitable for all, including wheelchair access and pushchairs.

Cost: Free

Leader: Emma and Mary

TUESDAY 9TH JULY 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH GROUP 1

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

THURSDAY 18TH JULY 10:30AM, QUORN MEDICAL CENTRE HEALTH WALKS 1

Meet: Quorn Village car park, Station Road, Quorn, LE12 8BP - meet near the entrance opposite the Medical centre

Duration/distance: 1 hour

Information: Starting at Buddon Lane, over fields, then back via the Station. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Judith Smithard

THURSDAY 18TH JULY 10:30AM, MOUNTSORREL HEALTH WALKS 1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Gorse Covert Walking for Health team

MONDAY 22ND JULY 7:30PM, GORSE COVERT TWILIGHT WALKS 1

Meet: Car park at Maxwell's pub, Maxwell Drive, Loughborough LE11 4RZ

Duration/distance: 1 hour/3 miles

Information: Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Gorse Covert Walking for Health team

TUESDAY 23RD JULY 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH GROUP 1

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

TUESDAY 30TH JULY 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH GROUP 1

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

August 2019

THURSDAY 1ST AUGUST 10:30AM, MOUNTSORREL HEALTH WALKS 1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Neighbourhood Development Officer

MONDAY 5TH AUGUST 7:30PM, GORSE COVERT TWILIGHT WALKS 1

Meet: Car park at Maxwell's pub, Maxwell Drive, Loughborough LE11 4RZ

Duration/distance: 1 hour/3 miles

Information: Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Gorse Covert Walking for Health team

TUESDAY 6TH AUGUST 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH 2

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

THURSDAY AUGUST 8TH 10:00AM, SYSTON TO REARSBY 2

Meet: Gate Hangs Well pub near Syston, Fosse Way LE7 1NH

Duration/distance: 5 miles

Information: A circular walk across mainly farmland and a golf course, to Ratcliffe on the Wreake and Rearsby and back to the Gate Hangs Well. Please wear sensible shoes and bring some water.

Cost: Free

Leader: John Mumford



August 2019 continued

FRIDAY 9TH AUGUST 10:00AM, BUS PASS WALKS WITH DAVID

3

Meet: Baxter Gate, Loughborough LE11 1TG

Duration/distance: 5 miles

Information: Catching the bus to Cossington, and then Taking a tow path route, from Cossington back to Loughborough. Please wear sensible shoes, and bring a bottle of water. Don't forget your bus pass!

Cost: Free

Leader: David Bentley

TUESDAY 13TH AUGUST 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH

2

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

WEDNESDAY 14TH AUGUST 11:00AM, CHARNWOOD ACTION GROUP HEALTH WALKS

1

Meet: Tesco Express, Sibson Road, Birstall LE4 4ND

Duration/distance: Less than 2 miles

Information: This walk is suitable for all, including wheelchair access and pushchairs.

Cost: Free

Leader: Paul and Sue

THURSDAY 15TH AUGUST 10:30AM, QUORN MEDICAL CENTRE HEALTH WALKS

1

Meet: Quorn Village car park, Station Road, Quorn, LE12 8BP - meet near the entrance opposite the Medical centre

Duration/distance: 1 hour

Information: Walk through Barrow Slabs, canal walk. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Judith Smithard

THURSDAY 15TH AUGUST 10:30AM, MOUNTSORREL HEALTH WALKS

1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Gorse Covert Walking for Health team

MONDAY 19TH AUGUST 7:30PM, GORSE COVERT TWILIGHT WALKS

1

Meet: Car park at Maxwell's pub, Maxwell Drive, Loughborough LE11 4RZ

Duration/distance: 1 hour/3 miles

Information: Please wear sensible shoes and bring a drink

Cost: Free

Leader: Gorse Covert Walking for Health team

TUESDAY 20TH AUGUST 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH

1

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

TUESDAY 27TH AUGUST 10:30AM, WOODHOUSE EAVES WALKING FOR HEALTH

1

Meet: Village Community Hall Car Park, Main Street, Woodhouse Eaves LE12 8RZ

Duration/distance: Varies

Information: These walks are led by Derek and other volunteer walk Leaders from the Gorse Covert Walking for Health volunteer team. The walks take in a variety of routes around the beautiful area of Beacon Hill, The Outwoods and the surrounding area. There are some inclines on these routes. The group stop for a drink and chat in the local coffee shop after the walk.

Cost: Free

Leader: Derek Adams

September 2019

MONDAY 2ND SEPTEMBER 6:30PM, GORSE COVERT TWILIGHT WALKS

1

Meet: Car park at Maxwell's pub, Maxwell Drive, Loughborough LE11 4RZ

Duration/distance: 1 hour/3 miles

Information: Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Gorse Covert Walking for Health team

THURSDAY 5TH SEPTEMBER 10:30AM, MOUNTSORREL HEALTH WALKS

1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Neighbourhood Development Officer

FRIDAY 6TH SEPTEMBER 9:40AM, BUS PASS WALKS WITH DAVID

2

Meet: Lemyngton Street Loughborough no.127 bus stop LE11 1UH

Duration/distance: 5 miles

Information: Catching the bus towards Mountsorrel, this walk follows a canal and lake-side route through Mountsorrel, Rothley, Wanlip and Birstall. Please bring a drink and wear sensible shoes. Don't forget your bus pass!

Cost: Free

Leader: David Bentley



September 2019 continued

WEDNESDAY 11TH SEPTEMBER 11:00AM, CHARNWOOD ACTION GROUP HEALTH WALKS 1

Meet: Mountsorrel Library LE12 7AS

Duration/distance: Less than 2 miles

Information: This walk is suitable for all, including wheelchair access and pushchairs.

Cost: Free

Leader: Emma and Mary

THURSDAY 12TH SEPTEMBER 10:00AM GRANITE CAFÉ MOUNTSORREL CIRCULAR 3

Meet: Granite Café, Mountsorrel, 240 Swithland Lane, Mountsorrel LE7 7UE

Duration/distance: 5.3 miles

Information: A mixture of lanes and field paths round Swithland Reservoir and then to Swithland before returning to Granite's Café on the Great Central line. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: John Mumford

MONDAY 16TH SEPTEMBER 6:30PM, GORSE COVERT TWILIGHT WALKS 1

Meet: Car park at Maxwell's pub, Maxwell Drive, Loughborough LE11 4RZ

Duration/distance: 1 hour/3 miles

Information: Please wear sensible shoes and bring a drink

Cost: Free

Leader: Gorse Covert Walking for Health team

THURSDAY 19TH SEPTEMBER 10:30AM, QUORN MEDICAL CENTRE HEALTH WALKS 1

Meet: Quorn Village car park, Station Road, Quorn, LE12 8BP - meet near the entrance opposite the Medical centre

Duration/distance: 1 hour

Information: Taking the bus to Mountsorrel cross, walking down Cufflins Pit Lane, returning by bus. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Judith Smithard

THURSDAY 19TH SEPTEMBER 10:30AM, MOUNTSORREL HEALTH WALKS 1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Gorse Covert Walking for Health team

October 2019

THURSDAY 3RD OCTOBER 10:30AM, MOUNTSORREL HEALTH WALKS 1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Neighbourhood Development Officer

TUESDAY 9TH OCTOBER 11:00AM, CHARNWOOD ACTION GROUP HEALTH WALKS 1

Meet: Quorndon Fox Car Park LE12 8DT

Duration/distance: Less than 2 miles

Information: This walk is suitable for all, including wheelchair access and pushchairs.

Cost: Free

Leader: Alix and Sue

THURSDAY 10TH OCTOBER 8:15AM, DERWENT VALLEY HERITAGE WAY COACH TRIP 3

Meet: Loughborough Leisure Centre, Browns Lane, Loughborough LE11 3HE

Duration/distance: 10.5 miles

Information: On Thursday 10th October we've organised a coach trip walk to the Derwent Valley Heritage Way. This will be a linear walk of around 10.5 miles, mostly flat with a few short inclines. The walk will take us alongside the lovely Derwent River, and though some beautiful locations including the Chatsworth Estate.

Book online at www.charnwoodsport.org.uk or contact the Active Charnwood Team on 01509 63 2535 or active.together@charnwood.gov.uk

Cost: £12.00 per person

Leader: John Mumford

TUESDAY 15TH OCTOBER 10:00AM, COTES, LOUGHBOROUGH 3

Meet: Junction of the A60 and Back Lane, Cotes. Parking on street especially in Back Lane.

Duration/distance: 6.5 miles

Information: From Cotes the walk heads towards Stanford on Soar then goes via a bridleway to Hoton. The path returns via Prestwold across the fields back to Cotes. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: John Mumford

THURSDAY 17TH OCTOBER 10:30AM, QUORN MEDICAL CENTRE HEALTH WALKS 1

Meet: Quorn Village car park, Station Road, Quorn, LE12 8BP - meet near the entrance opposite the Medical centre

Duration/distance: 1 hour

Information: Via Quorn station, through the fields and back via Buddon lane. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Judith Smithard

THURSDAY 17TH OCTOBER 10:30AM, MOUNTSORREL HEALTH WALKS 1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Gorse Covert Walking for Health team

FRIDAY 18TH OCTOBER, 9:45AM, BUS PASS WALKS WITH DAVID 3

Meet: Loughborough High Street, skylink bus stop LE11 2PY. Bus time 09:59.

Duration/distance: 2.5 hours

Information: East midlands Airport Trail, circular walk with close views of the Aeroplanes. Please bring a drink and wear sensible shoes. Don't forget your bus pass!

Cost: Free

Leader: David Bentley

November 2019

THURSDAY 7TH NOVEMBER 10:30AM, MOUNTSORREL HEALTH WALKS

1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Neighbourhood Development Officer

FRIDAY 8TH NOVEMBER, 9:15AM, BUS PASS WALKS WITH DAVID

3

Meet: Lemyngton Street Loughborough, LE11 1UH, catching the no.27 bus. Bus time 09:30.

Duration/distance: 2.5 hours/5 miles

Information: Taking the bus to the village hall in Seagrave, a downhill walk across Soar Valley. Please bring a drink and wear sensible shoes. Don't forget your bus pass!

Cost: Free

Leader: David Bentley

WEDNESDAY 13TH NOVEMBER 11:00AM, CHARNWOOD ACTION GROUP HEALTH WALKS

1

Meet: Shepshed Library LE12 9AN

Duration/distance: Less than 2 miles

Information: This walk is suitable for all, including wheelchair access and pushchairs.

Cost: Free

Leader: Paul and Sue

MONDAY 18TH NOVEMBER 10:00AM, BEACON HILL

2

Meet: Lower Beacon Hill car park, Breakback Road, Woodhouse Eaves LE12 8TA

Duration/distance: 3 miles but some steep climbs.

Information: A circular route around the Beacon on some of the lesser used paths, including the arboretum. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: John Mumford

THURSDAY 21ST NOVEMBER 10:30AM, MOUNTSORREL HEALTH WALKS

1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Gorse Covert Walking for Health team

THURSDAY 21ST NOVEMBER 10:30AM, QUORN MEDICAL CENTRE HEALTH WALKS

1

Meet: Quorn Village car park, Station Road, Quorn LE12 8BP - meet near the entrance opposite the Medical centre

Duration/distance: 1 hour

Information: Footpaths around Quorn. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: Judith Smithard

December 2019

THURSDAY 5TH DECEMBER 10:30AM, MOUNTSORREL HEALTH WALKS

1

Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Neighbourhood Development Officer

FRIDAY 6TH DECEMBER 9:30AM, BUS PASS WALKS WITH DAVID

3

Meet: Fennel Street, Loughborough LE11 1UQ, no. 16 bus to Whitwick

Duration/distance: 5 miles

Information: Hilly walk to Abbey, down to the Reservoir on to Shepshed, then taking the No. 127 bus back to Loughborough. Please bring a drink and wear sensible shoes. Don't forget your bus pass!

Cost: Free

Leader: David Bentley

WEDNESDAY 11TH DECEMBER 11:00AM, CHARNWOOD ACTION GROUP HEALTH WALKS

1

Meet: Loughborough Town Hall LE11 3EB

Duration/distance: Less than 2 miles

Information: This walk is suitable for all, including wheelchair access and pushchairs.

Cost: Free

Leader: Paul and Sue

TUESDAY DECEMBER 17TH 10:00AM, BRADGATE PARK PERIMETER

2

Meet: Lower Beacon Hill car park, Breakback Road, Woodhouse Eaves LE12 8TA

Duration/distance: 5 miles

Information: A circuit of the perimeter of Bradgate Park. Please wear sensible shoes and bring a drink.

Cost: Free

Leader: John Mumford

THURSDAY 19TH DECEMBER 10:30AM, MOUNTSORREL HEALTH WALKS

1

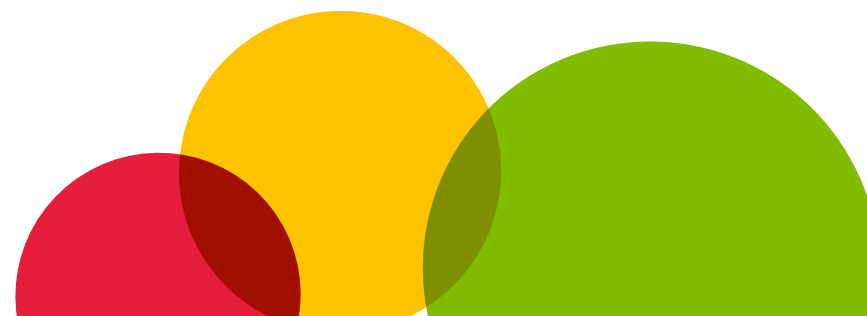
Meet: From Mountsorrel Youth Café, The Green, Mountsorrel LE12 7AF

Duration/distance: Varies

Information: These walks are wheelchair and Pushchair friendly. The walk leaders pick a route to suit the abilities of the group. Everyone is welcome to stop for a drink, snack and a chat in the café after the walk.

Cost: Free

Leader: Gorse Covert Walking for Health team





Become a walk leader!

Next course:

Monday 23rd September 2019

9.30am to 3.00pm

Charnwood Borough Council, Loughborough

The Volunteer Walk Leader course is a five hour course which is free to attend and is for anyone who wants to lead walks in the community, whether linked to your Patient's or Community group or as part of our Guided Walks programme.

Further courses will take place through the year.

For more information and to book a place contact the **Sport and Active Recreation team on 01509 632535 or active.together@charnwood.gov.uk**



Steady Steps

FREE OF CHARGE



A rejuvenating exercise programme helping to develop strength and balance

Are you over 65?

Do you feel unsteady on your feet?

Have you previously fallen or worry about falling?

Would you like to improve your balance?

SESSION LENGTH: 1 hour

For more information please contact:

DURATION: 24 weeks

NAME Will Blanche

New classes taking place throughout 2019

EMAIL active.together@charnwood.gov.uk

Call now to join the waiting list!

TELEPHONE 01509 63 4966

BOOKING IS ESSENTIAL

www.lrsport.org/steadysteps



To face the challenges we see in Leicester, Leicestershire and Rutland and to deliver our plans to meet them, health organisations have created Better Care Together - a Sustainability and Transformation Partnership (an STP). The partnership is working closely with local authorities too.

New Age Kurling

**@ Rosebery Community Centre,
Storer Road, Loughborough LE11 5EQ**

When?: Monday's (excluding Bank Holidays)

What time?: 1.30pm -3.00pm

How much?: £3 per session (incl. refreshments!)

Why not take this opportunity to come and try this popular and sociable activity for yourself? A fun, friendly pastime with no experience necessary. No need to book, just turn up and take part. Suitable for all mobilities.



For more info please contact Active Charnwood on: 01509 634673
email: active.together@charnwood.gov.uk or call
Rosebery Community Centre on - 01509 213144



An invitation from Active Charnwood

Do you want to get more active, meet new people and improve your health? Active Charnwood is the council team which delivers sport and physical activities around Charnwood Borough.

We deliver, manage, oversee and support a wide range of Sport and Active Recreation activities, available to people from all social, economic, gender, ethnic and disability backgrounds, aged from 0 to 65+.

Activities include:

- Mini Movers (0-4yrs)
- Forest schools (5-16yrs)
- Holiday Activity Programme (4-16yrs)
- Exercise Referral Scheme
- Heartsmart Cardiac Rehab
- Back Care classes
- Weight Management groups
- Guided walks
- Nordic Walking
- New Age Kurling
- Walking Football and Netball
- Steady Steps falls prevention classes
- Chair Based Exercise Groups
- Inclusive Sports Clubs
- Twilight Games care home activities
- Exercise for people with Parkinson's and Dementia
- Ladies only sessions

Our team also supports Sports Clubs and Community Groups to get people active, providing Sports Grants, access to the Active Charnwood Alliance and recognition of achievement at our annual Sports Awards.

To find out more about all the activities we offer and support, please visit our website at www.charnwoodsport.org.uk or contact a member of the team on **01509 634673** or email active.together@charnwood.gov.uk.

Keep up to date with Active Charnwood on social media by liking and following [@ActiveCharnwood](#) on Facebook and Twitter

Get more active in Charnwood



www.charnwoodsport.org.uk | [@ActiveCharnwood](#)
01509 634673 | active.together@charnwood.gov.uk

