THE NATIONAL FOREST WALKING FESTIVAL

14th-26th May, 2016

Guided and themed walks
Beautiful places to explore
Walks for all ages and abilities to enjoy
Places to stay from B&B’s to Forest Lodges

www.thenationalforestwalkingfestival.org.uk
It’s a great time to be here, as we celebrate the 25th anniversary of The National Forest.

The first trees were planted in 1991, marking the start of this, the biggest, boldest environmental project in the country.

The Forest area spans 200 square miles of Leicestershire, Derbyshire and Staffordshire, and had been chosen just a few months earlier to be the site of an ambitious new multi-purpose forest for the nation. It was to be near where people live and work, and would use the trees to bring about improvements to the economy, to the quality of life for people who live here and to the environment. Local communities and supporters nationwide were eager to get planting!

The area was chosen to link the ancient forests of Charnwood in the east and Needwood in the west and also to help repair the damage left to the environment and local communities by the closure of the Midlands coalfield. The landscape would be transformed by planting trees to create a mosaic of farmland, industry, transport corridors, towns and villages, open space – all framed by woodland.
Almost eight and a half million trees later, we have created hundreds of woodlands, using primarily native broadleaf species such as oak and birch, more than trebling the forest cover from a meagre 6 per cent in the early 1990s to 20 per cent in 2015.

In what was once one of the country’s least wooded regions, the National Forest Company and its partners are increasing forest cover with ambition and imagination, creating habitats for wildlife, a woodland economy and a beautiful landscape for people to enjoy.

Many of the routes in the National Forest Walking Festival include villages and locations that were once part of the mining landscape – a massive transformation that has seen the central part of the Forest turn from black to green!

If you fancy a longer walk, the 75-mile long National Forest Way is a great way to explore the varied landscapes throughout The National Forest:
www.nationalforestway.co.uk

The future’s looking bright, leafy and green for The National Forest, well beyond this its first quarter century. If you would like to get involved and support The National Forest, plant a tree with us, or help look after woodlands, find out more at www.nationalforest.org
Stay and Enjoy the National Forest

Why not turn your National Forest Walking Festival experience into a holiday or mini break and book somewhere to stay in the area. With a wide range of accommodation from the YHA National Forest to a homely farmhouse or a spacious forest lodge, there is something to cater for every taste and budget.

With so many pubs, restaurants, cafes and tearooms in the area, you’ll be spoilt for choice for where to go after you’ve enjoyed your walk.

“I just love the Festival with all its variety and opportunities to learn.”
For more information on special offers and details of the many things to see and do, visit:

Swadlincote Tourist Information Centre, Sharpe’s Pottery Museum, West St, Swadlincote, Derbyshire  DE11 9DG

Our friendly TIC staff will help you find and book the perfect accommodation for your visit and provide full details of attractions, events and transport and travel information.

Tel: 01283 222848   Email: tic@sharpespotterymuseum.org.uk or visit
www.thenationalforestwalkingfestival.org.uk to download the 2016 Destination Guide
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.

Please see below, information that you find useful before attending a walk.

- Please wear suitable footwear and clothing (a waterproof preferably)
- 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 age 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.

GUIDED WALK:
A walk led by an experienced leader with local knowledge, often relating to a specific topic. Walks will take place on varying terrain. Please see specific walks for more information.

HEALTH WALK:
A short walk on surfaced paths suitable for all ages and for people recovering from illness. A social walk led by a trained volunteer.

Walks are graded for difficulty:

- **EASY** Routes suitable for most levels of fitness. May be suitable for conventional wheelchairs and pushchairs (please see individual walk key for more information).
- **LEISURELY** Routes for reasonably fit people. May include some un-surfaced rural paths.
- **MODERATE** Walks for people with a good level of fitness. May include some steep paths and open country and may be at a brisk pace.
- **STRENUOUS** Walks for experienced country walkers with an above average level of fitness. May include hills, rough country and be at a brisk pace.

**KEY**

- Car park fee
- Entrance fee
- Wheelchair access
- Dogs not allowed
- Children welcome
- Bring a torch
- Pushchair access
- Bring packed lunch
- Walking boots
- Dogs allowed on a lead
- Toilets available en route

For more information please visit: www.thenationalforestwalkingfestival.org.uk or call Swadlincote Tourist Information Centre on 01283 222848
### The National Forest Walking Festival

#### Saturday 14th May

<table>
<thead>
<tr>
<th>Walk</th>
<th>Guided Walk</th>
<th>Start time 10am</th>
<th>Leisuresly/Moderate</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 Three Marina’s Charity Walk</strong></td>
<td></td>
<td>3.5 or 7 miles, 1.5-3.5 hours, 0 stiles (but lots of steps over two bridges)</td>
<td>£5 adult, £3 concessions, children free</td>
<td>Join the Chairman of South Derbyshire District Council on this sponsored charity walk of 3.5 or 7 miles in aid of Rainbows hospice for children and young people and SSAFA. Starting from Marina, along footpath to Findern, through village and down to Trent and Mersey Canal towpath. Follow towpath back to Marina for short walk and onto Willington for longer walk. Free quiz for children and families to do. All participants will receive a medal. Booking essential. <a href="http://www.threemarinascharitywalk.eventbrite.com">www.threemarinascharitywalk.eventbrite.com</a> or call 01283 595895</td>
</tr>
<tr>
<td><strong>2 Branston Leas - A New Nature Reserve</strong></td>
<td></td>
<td>3 miles, 2 hours, 0 stiles</td>
<td>Leisurely</td>
<td>Join us for a leisurely walk around Branston Leas, a new nature reserve. Take a closer look at the works to turn this ex agricultural site into a haven for local wildlife and the local community. The site includes the creation of a 20,000 native tree woodland with hay meadows. We are also creating a haven for ground nesting birds like lapwing and snipe by grazing areas of the site. Booking essential. Please call 01889 88100</td>
</tr>
<tr>
<td><strong>3 Achille Wood and Farm Walk</strong></td>
<td></td>
<td>2 miles, 2 hours, 1-5 stiles</td>
<td>Leisurely</td>
<td>Take a leisurely stroll around the farm and woodland taking in Canadian Bison, Red Deer, Alpacas and many more. Finish with a visit to the farm shop for refreshments.</td>
</tr>
<tr>
<td><strong>4 Coton and the Mease Valley</strong></td>
<td></td>
<td>9 miles, 5.5 hours, 11 stiles</td>
<td>Moderate</td>
<td>A fairly level circular walk exploring the southernmost part of Derbyshire and some attractive villages on both sides of the River Mease. Stop for lunch break along the route.</td>
</tr>
<tr>
<td><strong>5 Groby Pool and Newtown Linford</strong></td>
<td></td>
<td>8 miles, Approx 4 hours, a few stiles</td>
<td>Moderate</td>
<td>A circular walk from Groby, by the edge of the pool, through Newtown Linford and back via woods and fields giving stunning views throughout. Stop for lunch and refreshments.</td>
</tr>
</tbody>
</table>
6 Flowers and Fallows

Guided Walk  Leisurely
Start time 2.30pm
2.5 miles, 1.5 hours, 0 stiles, £3.40 adult, £1.70 child, £8.50 family (2+2)

STARTING POINT Ticket Office at Calke Abbey, Ticknall, DE73 7JF (Nearest car park near ticket office)

A stroll through the meadows at Calke to look at our colourful wildflower display followed by an opportunity to go into the deer park and get a closer look at the Fallow and Red deer.

Booking essential: Contact 01332 863822

9 Circuit of the Queen Elizabeth Diamond Jubilee Wood

Guided Walk  Leisurely
Start time 10.30am
4 miles, 2 hours, 2 stiles

STARTING POINT Woodland Trust Car Park on Heather Lane, Normanton Le Heath, Near to LE67 2TJ

A circuit of the main features of the newly planted Queen Elizabeth Diamond Jubilee Wood, which includes lake, bird hide and ancient woodland. Mainly on gravel and grass paths over rolling countryside.

10 Heart of The National Forest Circular

Guided Walk  Moderate
Start time 10.30am
11 miles, 5.5 hours, 10 stiles

STARTING POINT Donisthorpe Woodlands Centre, Church Street, Donisthorpe, DE12 7PX (Free Parking)

Leicestershire & Rutland Walking Group is a Ramblers Group for people in their 20s, 30s & 40s. Join us on a scenic stroll taking in highlights of the growing Heart of The National Forest, including four former colliery sites transformed beyond recognition into picturesque woodlands, lakes, walking and cycling trails. We will walk along the restored section of the Ashby Canal from the popular Conkers attraction and pass the impressive Moira Furnace on our way back to Donisthorpe Woodland Park.
### History Walk to Grace Dieu Priory

**Guided Walk**

**Easy**

**Start time 3pm**

2 miles, 2 hours, 0 stiles, £3 (children free)

**STARTING POINT** Bull’s Head Car Park, Thringstone, LE67 8LR (Car park Bull’s Head)

Walk through part of Grace Dieu Wood, under the Charnwood Forest Railway, along the Forest Line Canal and into the romantic ruins of Grace Dieu Priory, a 13th Century nunnery. Learn about the area’s long history along the way.

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### Meadowside Leisure Centre

**Health Walk**

**Easy**

**Start time 11.30am**

2-2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Meadowside Leisure Centre Reception, High St, Burton-on-Trent, Staffs, DE14 1TL (Leisure Centre car park £1 for 2 hours. Take the voucher to Meadowside Reception to be reimbursed before the walk)

The Meadowside Leisure Centre health walk takes in the local history of the town and the natural surroundings of the local open green spaces and the River Trent. (Children welcome, but must be accompanied by an adult)

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### Winshill To Bretby

**Guided Walk**

**Leisurely**

**Start time 2pm**

5 miles, 2.5 hours, 12 stiles

**STARTING POINT** Car Park, Top of Empire Road, Winshill, DE15 0PD

Gentle walk, with good views in all directions, to include Bretby Hall and Church.

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### Hilton Nature Reserve

**Health Walk**

**Easy**

**Start time 10.30am**

3 miles, 1.25 hours, 0 stiles

**STARTING POINT** Hilton Brook Public House, Egginton Road, Hilton, Derbyshire, DE65 5FG

On roads and footpaths leading to, through and returning from the Hilton Nature Reserve, where the worked out gravel pits provide refuge for a number of declining species. There is no wheelchair access. With the exception of the road rising to cross the A50 the route is on the level.

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### Calke Abbey Health Walk

**Health Walk**

**Easy**

**Start time 2pm**

2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Meet at the Round House, Calke Abbey Main Car Park, Ticknall, DE73 7JF (Car park fee £1.70)

This is a social Health Walk around the beautiful grounds of Calke Abbey. The walk is led by trained walk leaders who are volunteers at this National Trust Park and can show you the best it has to offer. After the walk stay on with the group to enjoy a well earned hot drink and biscuit in one of the old barns. (£1 donation requested)
17 Nordic Walking Taster Session

Guided Walk  Moderate
Start time 6pm
2.5 miles, 1 hour, 0 stiles, £1.50 if using own poles, £3 if hiring

STARTING POINT Meet at the Games Room, Rosliston Forestry Centre, Burton Road, Rosliston, DE12 8JX (Car park £3 all day, £1 per hour)

Nordic Walking is basically walking with the use of specialised poles. It burns up to 46% more calories than normal walking by getting the upper body involved and also reduces stress on the lower limbs. It is a great way to get active and have fun.

Booking essential. Please call 01283 563483

19 Stapenhill Gardens

Health Walk  Easy
Start time 10.30am
Walk 1: 1 mile, Walk 2: 2-2.5 miles, Walk 3: 2.5-3.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Gardens Bandstand, Stapenhill Road, DE15 9AP

Three enjoyable health walks that cater for all abilities. Take in the pretty sights and sounds of Stapenhill Gardens and the local wildlife on the River Trent. The surrounding green space offers a wide variety of different routes for the walkers to explore. (Children welcome, but must be accompanied by an adult)

20 Rosliston Pushchair Walk

Health Walk  Easy
Start time 10.30am
2.5 miles, 1 hour, 0 stiles

STARTING POINT Meet outside The Hub Café at Rosliston Forestry Centre, Burton Road, Rosliston, DE12 8JX (Car park £3 all day, £1 per hour)

This walk is perfect for mums and dads who want to be more active but struggle to get to the gym due to childcare difficulties. It is also a great way to meet other parents in the same position. This led walk is on well surfaced paths which are ideal for pushchairs. It lasts approximately 1 hour so is a great way to burn off some calories whilst enjoying good company in a traffic free location. Afterwards you may choose to join the group for drinks, and/or food in The Hub café.
**Stretton Health Walk**

**Health Walk**  
**Easy**

**Start time** 2pm  
2-2.5 miles, 1 hour, 0 stiles

**STARTING POINT** The Green, Stretton, DE13 0EQ (Nearest car park behind the Vets Surgery)

An enjoyable walk around the village of Stretton, which includes the delightful Tutbury Jinny Trail that was once part of the old railway line for Burton and Tutbury.

**Wednesday 18th May**

**Get Healthy, Get into Sport Health Walk**

**Health Walk**  
**Easy**

**Start time** 9.05am  
3-5 miles, 1.5 hours, 0 stiles

**STARTING POINT** St David’s Church, Broom Leys, LE67 4RL

Moderate paced walk to suit all attendees. Includes coffee and optional weigh in.

Booking essential. Please call 07896 031084 or email Mark.elliot@nwleicestershire.gov.uk

**Beacon Hill and Bradgate Park**

**Guided Walk**  
**Strenuous**

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

**STARTING POINT** Swithland Woods South Car Park, off Roeccliffe Road, LE12 8TN (Car park £1)

A walk over two of Leicestershire’s iconic and beautiful landscapes. Including a lovely walk through Swithland Woods, and into Woodhouse Eaves village, leading to the ascent of Beacon Hill (248m) with stunning 360º views. Returning by the ruins of Ulverscroft Priory and Mill and around the edge of the deer park at Bradgate.

**Buggycise**

**Guided Walk**  
**Moderate**

**Start time** 10am  
1-2 miles, 1 hour, 0 stiles, £3 per person

**STARTING POINT** Hermitage Leisure Centre, Silver St, Coalville, Leics, LE67 5EU

A fitness session aimed at mums wanting to get back into shape after their 6 week check involving a combination of strengthening and toning exercises. The session is led by a qualified pre and post natal fitness instructor.

Booking essential. Please call 01530 454606 or email Zara.barnes@nwleicestershire.gov.uk

**Four Parishes Walk**

**Guided Walk**  
**Moderate**

**Start time** 10am  
6 miles, 4 hours, 5 stiles

**STARTING POINT** Dallow Lock off Dallow Street, Burton upon Trent, DE14 2PQ

A chance to see some urban nature reserves (good and bad) and some stunning views over Burton and The National Forest, all close to the centre of town.

**A Walk on the Wild Side at the NMA**

**Guided Walk**  
**Easy**

**Start time** 10am  
3 miles, 2 hours, 0 stiles, £3 per person

**STARTING POINT** Outside the Chapel at The National Memorial Arboretum, Croxall Road, Alrewas, DE13 7AR (On site parking £3)

A walk showing the various aspects of flora and fauna at the Arboretum including an opportunity to do some pond dipping to bring out the child in you!

This walk needs to be booked. Please call the NMA on 01283 792333.
27 Historic Parks Walk and Talk
Health Walk  Easy
Start time 10am
2.5 miles, 1.5 hours, 0 stiles
STARTING POINT Greenhough Road Car Park, Beacon Park, Lichfield, WS13 7AW (Parking 40p for 4 hours)
Beginner/Health walk around some of the Lichfield Historic Parks. Circular route starting in beautiful Beacon Park, heading along Minster Pool with fantastic views of the Cathedral, then around peaceful Stowe Pool before heading back through Beacon Park. Parks staff and local volunteers will be on hand to informally chat about the history and current happenings in the areas as we go.

28 Rolleston on Dove
Health Walk  Easy
Start time 10.30am
2-2.5 miles, 1 hour, 0 stiles
STARTING POINT Car Park at Spread Eagle Pub, Rolleston on Dove, DE13 9BE
An enjoyable walk around Rolleston on Dove that takes in the local history of the village and the natural beauty of the open green space that surrounds the area. (Children welcome but must be accompanied by an adult)

29 A Walk around Whitwick
Guided Walk  Leisurely
Start time 1.30pm
2 miles, 1.5 hours, 0 stiles
STARTING POINT The Old Station, North Street, Whitwick, LE67 5HA (On street parking on Church Lane)
A guided village walk which links significant historical sites in Whitwick and reveals fascinating stories. The route follows footpaths around the village centre. Please note, some of the route is hilly. The walk ends back at the Old Station with light refreshments (donations welcomed).

30 Calke Abbey Long Walk
Health Walk  Leisurely
Start time 2pm
3-4 miles, 1.5 hours, 0 stiles
STARTING POINT Meet at the Round House, Calke Abbey Car Park, Ticknall DE73 7JF
Come and enjoy this pleasant walk through Calke Abbey grounds. Slightly longer and faster than the weekly Health Walk here, this walk is for those people who regularly enjoy a Health Walk but are looking to challenge themselves that little bit more.

31 World War 1 Story Walk
Guided Walk  Easy
Start time 2pm
2 miles, 2 hours, 0 stiles, £3 per person
STARTING POINT Outside the Chapel at The National Memorial Arboretum, Croxall Road, Alrewas, DE13 7AR (On site parking £3)
Come with us on a journey of music, poetry and stories that bring the World War 1 Memorials to life. An experience not to be missed.
This walk needs to be booked. Please call the NMA on 01283 792333.
**Hanbury - A Crater, a Saint and a Knight**

*Guided Walk*  
*Easy*  

**Start time 7pm**  
2 miles, 2 hours, 2 stiles  

**STARTING POINT** Cock Inn, Hanbury Hill, Hanbury, Staffs, DE13 8TD (Car park at Pub)  
This walk will visit the crater site of the largest explosion in WW2 other than the atom bomb. We will also have a look at the village including the lovely church with its interesting historic associations. You will also see what is considered to be one of the best views in The National Forest area. We can complete the evening with a drink in the pub, which had to be rebuilt after the explosion in 1944.  
This walk needs to be booked. Please call Swadlincote TIC to book on 01283 222848.

![Images]

**Thursday 19th May**

**New and Old around Thornton**

*Guided Walk*  
*Leisurely*  

**Start time 10am**  
5 miles, 3 hours, 15 stiles  

**STARTING POINT** Thornton Reservoir Car Park, Reservoir Road, Thornton, LE67 1AR  
Starting from Thornton with its reservoir and fishing lodge, on this walk we will head towards Stanton under Barton before returning via Bagworth Park. An interesting late Spring walk through areas of fields and The National Forest, which in the last Century were dominated by quarry waste and coalfields. Pub lunch optional at end of walk. (Children over 12 years welcome, but must be accompanied by an adult)

![Images]

**Strolling Strong**

*Guided Walk*  
*Moderate*  

**Start time 10.30am**  
1-2 miles, 1 hour, 0 stiles, £1.50 per person  

**STARTING POINT** Meet in Foyer at Rosliston Forestry Centre, Burton Road, Rosliston, DE12 8JX (Car park £3 all day, £1 per hour)  
This exercise walk is ideal for busy mums and dads who want to improve their fitness without the hassle of trying to find a babysitter. This specifically designed exercise walk combines heart raising sections with a toning workout, whilst in the company of people in similar circumstances.

![Images]

**Story Toddle Waddle**

*Guided Walk*  
*Easy*  

**Start time 11am**  
1-2 miles, 1.5 hours, 0 stiles  

**STARTING POINT** Meet in Foyer at Rosliston Forestry Centre, Burton Road, Rosliston, DE12 8JX (Car park £3 all day, £1 per hour)  
This walk will visit the crater site of the largest explosion in WW2 other than the atom bomb. We will also have a look at the village including the lovely church with its interesting historic associations. You will also see what is considered to be one of the best views in The National Forest area. We can complete the evening with a drink in the pub, which had to be rebuilt after the explosion in 1944.  
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![Images]
**36 Spot the Duck**

**Guided Walk**  
**Start time** 1pm  
2 miles, 1 hour, 0 stiles

**STARTING POINT** Car Park, Betty’s Farm Shop, The Castleway, Willington, DE65 6BW  
Suitable for families and buggies. A gentle walk through the chickens with a spot the duck competition. Also an opportunity to collect eggs and meet our smaller furry friends.

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**37 Willington Health Walk**

**Health Walk**  
**Start time** 1.30pm  
2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Meet at the Canal/Picnic Area Car Park, The Green, Willington, DE65 6BP  
Come and enjoy a led Health Walk along the scenic canal at Willington and stop for a hot drink in the local pub afterwards. This is a steady paced walk along decent footpaths. Although there are no stiles, there are a few steps on route. This almost traffic free walk allows you to walk and chat whilst looking out for wildlife along the canal.

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**38 Newhall Health Walk**

**Health Walk**  
**Start time** 2pm  
1 and 2.5 miles, 1 hour, 0 & 4 stiles

**STARTING POINT** Inside the Old Post Centre, High Street, Newhall, DE11 0HX (Car park at rear)  
This walk offers two options. A short walk on surfaced paths, or a 2.5 mile walk across the vast amounts of beautiful countryside that surrounds Newhall. This Health Walk is led by trained walk leaders and is suitable for those who are looking to get back into exercise after a break, or those who are already active and enjoy country walks.

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**39 Winshill History Walk**

**Guided Walk**  
**Start time** 2pm  
2 miles, 2 hours, 0 stiles

**STARTING POINT** Newton Park Recreation Ground, Newton Road, Winshill, DE15 0TU (Car park to recreation ground)  
A gentle amble to key landmarks in Winshill with commentary on historical significance.

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**40 Ancient Grace Dieu**

**Guided Walk**  
**Start time** 7pm  
5 miles, 2 hours, 0 stiles

**STARTING POINT** The Hare and Hounds Public House, Whitwick, LE67 5AH (On-street parking near to the pub)  
An evening walk through woodland, alongside a brook and under an imposing old railway viaduct to visit the ancient and haunted ruins of the C13th Grace Dieu Priory.

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**Friday 20th May**

**41 Queen Elizabeth Diamond Jubilee Wood and Sence Valley Circuit**

**Guided Walk**  
**Start time** 10am  
9 miles, 5 hours, 10 stiles

**STARTING POINT** Woodland Trust Car Park on Heather Lane, Normanton Le Heath, Near to LE67 2TJ  
Exploring lesser known parts of the newly planted Queen Elizabeth Diamond Jubilee Wood, then along The National Forest Way to nearby Sence Valley to compare a similar project that is 15 years older and picnic lunch before returning.
**42 Tatenhill & Dunstall Walk**

Guided Walk  Moderate  
Start time 10am  
5 miles, 3 hours, 8-10 stiles  
**STARTING POINT** Tatenhill Guides Centre, Yews Bridge, Branston Rd, Tatenhill, DE13 9SA (Parking off road at the centre)  
A moderate walk with superb views of Cannock Chase and the Trent Valley, with new woodlands, established parkland and interesting geology.

**43 Melbourne to Breedon Church Circular**

Guided Walk  Moderate  
Start time 11am  
6 miles, 3.5 hours, more than 10 stiles, £2 per head  
**STARTING POINT** Market Place, Melbourne, DE73 8DS (Nearest car park Assembly Rooms, High Street, Melbourne or behind the Lamb Public House)  
A lovely walk through parkland and over a golf course to Breedon Priory. Back via Wilson, the Sustrans trail and Jawbone Lane.

**44 Oaklands Village**

Health Walk  Easy  
Start time 2pm  
2 miles, 1.25 hours, 0 stiles  
**STARTING POINT** Oaklands Village, Hall Farm Road, Swadlincote, DE11 8ND  
A circular route with many opportunities to cut short, with frequent stops to say a few words about each point of interest en-route. Choose to stop for a drink afterwards at Oaklands Village restaurant.

**45 Nordic Walking**

Guided Walk  Moderate  
Start time 6pm  
3-4 miles, 1 hour, 0 stiles, £2.50 per person  
**STARTING POINT** Top Car Park near to toilets, Moira Furnace, Furnace Lane, Moira, DE12 6AT  
Nordic Walking is a full-body exercise that’s easy on the joints and suitable for all ages and fitness levels. Now it’s a recognised way to turn a walk into a whole body exercise that can be done by anybody anywhere. Classes range from gentle walks for people with health concerns, to workout walks, which are a great way to improve fitness, lose weight and tone the whole body. Booking essential. Please call 07891692390  
Age (14+ years only)

**46 Sunset Stroll and BBQ**

Guided Walk  Easy  
Start time 7.30pm  
4 miles, 2 hours, 0 stiles, £6 per person, includes BBQ  
**STARTING POINT** Car Park, Betty’s Farm Shop, The Castleway, Willington, DE65 6BW  
An evening walk around the farm to put the chickens to bed and see the farm out of hours. Ends with a BBQ. Booking essential. Please call 01283 703582
Saturday 21st May

Guided Walk
Ticknall, Hartshorne and Foremark Reservoir
Start time 10am
10 miles, 5 hours, 12 stiles
STARTING POINT Ticknall Village Hall Car Park, Ingleby Lane, Ticknall, DE73 7JW
An interesting circular walk using The National Forest Way. Heads South and West to Hartshorne Village for lunch and a drink. Then North along Foremark Reservoir, returning via Hangman’s Stone to Ticknall. (Children over 12 welcome but to be accompanied by an adult)

Guided Walk
Washlands to Walton
Start time 10am
12 miles, 6.5 hours, 2 stiles
STARTING POINT Watson Street Car Park (Washlands), Burton, DE14 3AH
A flat walk along the Trent to Walton Bridge, lunch at Barton Marina and return via T&M canal. Lots of Burton Conservation Volunteers projects to view along the way.

Guided Walk
Be Free Range with the Chickens
Start time 11am
4 miles, 2 hours, 0 stiles
STARTING POINT Car Park, Betty’s Farm Shop, The Castleway, Willington, DE65 6BW
A short walk around the farm and a visit inside the chicken sheds to see behind the scenes.

Guided Walk
A Country Walk from Horninglow to Anslow
Start time 2pm
6 miles, 3 hours, 6-10 stiles
STARTING POINT Car Park, Plough Inn, Horninglow Road North, Burton upon Trent, DE13 0SZ
The walk goes from the edge of town through pretty open countryside. On a clear day it is possible to see as far as the Weaver Hills and the Peak District. The walk continues gently passing local landmarks before going through the small village of Anslow and then back to Horninglow through areas of extensive National Forest tree planting. Why not join us in the Plough afterwards to sample the local brew?

Guided Walk
Achille Wood and Farm Walk
Start time 2pm
2 miles, 2 hours, 1-5 stiles
STARTING POINT Hill Farm, Spring Lane, Packington, LE65 1WU (Nearest car park Farm Yard)
Take a leisurely stroll around the farm and woodland taking in Canadian Bison, Red Deer, Alpacas and many more. Finish with a visit to the farm shop for refreshments.
**Sunday 22nd May**

**52 Limeyards and Wetlands**

**Guided Walk** Moderate

**Start time 2.30pm**
3 miles, 2 hours, 0 stiles, Adult £3.40, Child £1.70, Family (2+2) £8.50

**STARTING POINT** Ticket Office, Calke Abbey, Ticknall, DE73 7JF

A walk through parkland looking at the wetland habitats and then into the Ticknall limeyards to see the remains of this once thriving industry.

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**53 Riverside History Walk**

**Guided Walk** Leisurely

**Start time 10am**
2 miles, 2 hours, 0 stiles

**STARTING POINT** Meadowside Leisure Centre Reception, High Street, Burton-on-Trent, Staffs, DE14 1TL

Circular guided history walk of the Trent Washlands. The route will take us through the Washlands to Watson Street, then across the Ferry Bridge Viaduct to St Peter’s Bridge, and back through Stapenhill Gardens to old Burton Bridge and to our start point in the Meadowside car park.

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**54 Historic Parks Walk and Talk**

**Health Walk** Easy

**Start time 10am**
2.5 miles, 1.5 hours, 0 stiles

**STARTING POINT** Greenhough Road Car Park, Beacon Park, Lichfield, WS13 7AW
(Car park 40p for 4 hours)

Beginner/Health walk around some of the Lichfield Historic Parks. Circular route starting in beautiful Beacon Park, heading along Minster Pool with fantastic views of the Cathedral, then around peaceful Stowe Pool before heading back through Beacon Park. Parks staff and local volunteers will be on hand to informally chat about the history and current happenings in the areas as we go.

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**55 Blackbrook Reservoir**

**Guided Walk** Moderate

**Start time 10am**
10 miles, 5 hours, a few stiles

**STARTING POINT** Mount St Bernard Abbey, Oak Road, Coalville, LE67 5UL (Abbey car park - honesty box for parking charges)

From the Abbey, through woods to Blackbrook Reservoir for scenic views and on along a disused rail route with views of Fenny Windmill before returning over high ground to the Abbey. Stops for lunch breaks along the way.

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“The guide had an excellent knowledge and my wife and I learned such a lot about the early history and industrial heritage of this fascinating area of The National Forest. We had a most enjoyable afternoon’s walk.”
**56 Beating the Bounds - Overseal**

Guided Walk  | Leisurely
---|---
**Start time 10.30am**, 6.75 miles, 4.5 hours, 7 stiles, £2 (children up to 16 yrs free)

**STARTING POINT** National Forest Youth Hostel, 48 Bath Lane, Moira, DE12 6BD (Nearest car park National Forest Youth Hostel)

At the Heart of The National Forest, Overseal’s landscape has changed over the last twenty years. Walk along woodland rides, field paths and a re-instated towpath to discover stories of heritage and biodiversity developments.

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**57 Family Geocaching**

Guided Walk  | Leisurely
---|---
**Start time 10.30am**
1-2 miles, 1.5 hours, 1 stile, £2 per family

**STARTING POINT** Side Car Park at Field Entrance, Hermitage Leisure Centre, Silver St, Coalville, Leics, LE67 5EU

Geocaching is a modern day twist to the popular treasure hunt game - it is a fantastic way of enjoying the outdoors whilst having fun. It is an ideal activity for the whole family to enjoy, come along as an individual or as a team.

Booking essential. Please call 01530 454606 or Zara.barnes@nwleicestershire.gov.uk

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**58 Reap What You Sow**

Guided Walk  | Easy
---|---
**Start time 11am**
1.5 miles, 1.5 hours, 0 stiles

**STARTING POINT** Watson Street car park (Washlands), Burton, DE14 3AH

A flat walk around part of the Trent Washlands, to see the effects of an environmental project including cattle grazing.

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**59 Barton under Needwood**

Health Walk  | Easy
---|---
**Start time 10.15am**
1.5-2 or 2-2.5 miles, 1 hour, 0 stiles

**STARTING POINT** St James Church Hall, Church Lane, Barton under Needwood, DE13 8HY

We offer 2 enjoyable health walks that vary in length and pace taking in the local sights and open countryside of Barton. A walk around the Marina is a great way to see the different wildlife and the various narrow boats that are moored there. (Children welcome, but must be accompanied by an adult)

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**60 Horninglow and Eton**

Health Walk  | Easy
---|---
**Start time 10.30am**
2-2.5 miles, 1 hour, 0 stiles

**STARTING POINT** Horninglow Road Basin, Horninglow Road, DE14 2PT (Off street parking)

The Horninglow and Eton health walk offers various different routes including the open spaces at Shobnall and Eton and the Kingfisher Trail that runs alongside the canal. Whilst taking in the natural surroundings you can enjoy the sights of the narrow boats going through the locks. (Children welcome but must be accompanied by an adult)

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For up to date Public Transport Information, please contact Traveline

[Traveline](http://www.traveline.info)
THE NATIONAL FOREST WALKING FESTIVAL

**National Memorial Arboretum Health Walk**

**Guided Walk**

**Start time 2.30pm**

2 miles, 1 hour, 0 stiles

**STARTING POINT** National Memorial Arboretum, Croxall Road, Alrewas, DE13 7AR (On site car park £3 per day)

Come and enjoy this steady paced walk around the majestic National Memorial Arboretum. The walk takes place on level ground and firm footpaths and is ideal for those who may be new to exercise or returning to it after a break or illness. The group finish in the on site café for a hot drink and a chat (optional).

**Castle Knob & Foxley Wood**

**Guided Walk**

**Start time 7pm**

3 miles, 2 hours, 2 stiles, £2 per person, Child (5-16 yrs) Free

**STARTING POINT** Mount Pleasant Inn, Mount Pleasant Road, Castle Gresley, Derbyshire, DE11 9JJ

A circular walk with much of historical interest. Enjoy views from the motte of Castle Gresley’s ancient site. Discover Gresley tunnel and wander woodland paths.

**Newton Solney to Winshill Walk**

**Guided Walk**

**Start time 10am**

3.5 miles, 2.5 hours, 8 stiles

**STARTING POINT** Unicorn Inn, Repton Road, Newton Solney, DE15 0SG

Uphill out and downhill back, on well maintained paths giving stunning views over The National Forest and out to the Peak District.

**Tuesday 24th May**

**Nordic Walking Taster Session**

**Guided Walk**

**Start time 10am**

2.5 miles, 1 hour, 0 stiles, £1.50 if using own poles, £3 if hiring

**STARTING POINT** Meet inside main Foyer, Etwall Leisure Centre, Hilton Road, Etwall, DE65 6HZ

Nordic Walking is basically walking with the use of specialised poles. It burns up to 46% more calories than normal walking by getting the upper body involved and also reduces stress on the lower limbs. It is a great way to get active and have fun.

Booking essential. Please call 01283 563483
**An Ulverscroft Round**

**Guided Walk**  
Leisurely  
**Start time 10am**  
7 miles, 4 hours, 5 stiles  
**STARTING POINT** Near the Queens Head Inn, Ashby Road, Markfield, LE67 9UB (On street parking, please do not park in the pub car park)  
Through unspoiled old woods and meadows passing by Ulverscroft Mill and Priory and visiting Ulverscroft Grange, where there are tea rooms. (Children over 12 welcome but must be accompanied by an adult)

**Achille Wood and Farm Walk**

**Guided Walk**  
Leisurely  
**Start time 2pm**  
2 miles, 2 hours, 1-5 stiles  
**STARTING POINT** Hill Farm, Spring Lane, Packington, LE65 1WU (Nearest car park Farm Yard)  
Take a leisurely stroll around the farm and woodland taking in Canadian Bison, Red Deer, Alpacas and many more. Finish with a visit to the farm shop for refreshments.

**Stapenhill Hollows Evening Walk**

**Health Walk**  
Easy  
**Start time 6.45pm**  
2.5-3 miles, 1 hour, 0 stiles  
**STARTING POINT** Stapenhill Hollows, Stapenhill Road, Burton-on-Trent, DE15 9AF  
If you fancy a nice evening walk, why not come along and join this friendly group. There are various routes that we take, one being the Burton Mail Centenary Woodland, which is located next to the Washlands. (Children welcome, but must be accompanied by an adult)

**Wednesday 25th May**

**Get Healthy, Get into Sport Health Walk**

**Health Walk**  
Easy  
**Start time 9.05am**  
3-5 miles, 1.5 hours, 0 stiles  
**STARTING POINT** St David’s Church, Greenhill Road, Broom Leys, Leics, LE67 4RL  
Moderate paced walk to suit all attendees. Includes coffee and optional weigh in.  
Booking essential. Please call 07896 031084 or email Mark.elliot@nwleicestershire.gov.uk

**Nordic Walking Taster Session**

**Guided Walk**  
Moderate  
**Start time 10am**  
2.5 miles, 1 hour, 0 stiles, £1.50 if using own poles, £3 if hiring  
**STARTING POINT** Meet in courtyard by the shop at Elvaston Castle, Borrowash Road, Elvaston, DE72 3EP (Car park £1.30 for 2 hours)  
Nordic Walking is basically walking with the use of specialised poles. It burns up to 46% more calories than normal walking by getting the upper body involved and also reduces stress on the lower limbs. It is a great way to get active and have fun.  
Booking essential. Please call 01283 563483
The Granges

Guided Walk  Moderate
Start time 10am
8 miles, 4 hours, some stiles
STARTING POINT The Bull’s Head Inn, Nailstone, CV13 0QB
Ancient and historical agricultural estates, woodland regeneration areas and nature reserves.

Buggycise

Guided Walk  Moderate
Start time 10am 1-2 miles, 1 hour, 0 stiles, £3 per person
STARTING POINT Hermitage Leisure Centre, Silver St, Coalville, Leics, LE67 5EU
A fitness session aimed at mums wanting to get back into shape after their 6 week check involving a combination of strengthening and toning exercises. The session is led by a qualified pre and post natal fitness instructor. Booking essential. Please call 01530 454606 or email Zara.barnes@nwleicestershire.gov.uk

Swadlincote Buggy Walk

Health Walk  Easy
Start time 10.30am
2.5 miles, 1 hour, 0 stiles
STARTING POINT Meet at Sharpe’s Pottery Museum play area, West Street, Swadlincote, DE11 9DG (Nearest car park Rink Drive - long stay)
This walk is perfect for mums and dads who want to be more active but struggle to get to the gym due to childcare difficulties. This led walk is on well surfaced paths that take you in and around the parks and woodlands of Swadlincote. Afterwards, why not join the group for drinks and/or food in Sharpe’s Café.

Yoxall Health Walk

Health Walk  Easy
Start time 10.45am
2-2.5 miles, 1 hour, 0 stiles
STARTING POINT Health Centre, Savey Lane, Yoxall, DE13 8PD
Why not join our enjoyable health walk around the pretty village of Yoxall, taking in the local sights and surroundings.

Rolleston on Dove

Health Walk  Easy
Start time 10.30am
2-2.5 miles, 1 hour, 0 stiles
STARTING POINT Car Park at Spread Eagle Pub, Church Road, Rolleston on Dove, DE13 9BE
An enjoyable walk around Rolleston on Dove that takes in the local history of the village and the natural beauty of the open green space that surrounds the area. (Children welcome but must be accompanied by an adult)
75 Gresleydale Surgery Health Walk

Health Walk  Easy
Start time 1pm
3 miles, 1 hour, 0 stiles

STARTING POINT Gresleydale Healthcare Centre, Glamorgan Way, Church Gresley, DE11 9JT (Car park at Surgery)
Discover the vast stretches of countryside and many public footpaths surrounding Church Gresley. This walk is led by trained walk leaders and is ideal for anyone who enjoys walking through beautiful countryside in good company. The group walk at a decent pace for approximately 1 hour and stop for refreshments afterwards (£1.50 donation requested).

76 A Walk Around Whitwick

Guided Walk  Leisurely
Start time 1.30pm
2 miles, 1.5 hours, 0 stiles

STARTING POINT The Old Station, North Street, Whitwick, LE67 5HA (On street parking on Church Lane)
A guided village walk which links significant historical sites in Whitwick and reveals fascinating stories. The route follows footpaths around the village centre. Please note, some of the route is hilly. The walk ends back at the Old Station, with light refreshments (donations welcomed).

77 Woodlands and Washlands

Guided Walk  Moderate
Start time 2.30pm
3 miles, 2.5 hours, 0 stiles

STARTING POINT Watson Street Car Park (Washlands), Burton DE14 3AH
Exploring the hidden ‘countryside’ close to the centre of Burton, new and ancient woodlands and wonderful riverside walks.

78 Carver’s Rocks and Hartshorne’s Woodland

Guided Walk  Moderate
Start time 7pm
4.5 miles, 2.5 hours, 7 stiles, £2, children free

STARTING POINT Dethick Hall Car Park, Manchester Lane, Hartshorne, DE11 7ET
A pleasant circular walk with some ascent linking Hartshorne village with Carver’s Rocks via The Dams and Daniel Hayes. We return along The National Forest Way. Wide ranging views and much of natural history interest.

THURSDAY 26TH MAY

79 Tutbury Health Walk

Health Walk  Easy
Start time 10am
2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Car Park across the road from the Leopard Pub, Monk Street, Tutbury, DE13 9NA (Nearest car park Monk Street/Duke Street)
An enjoyable scenic health walk around the village of Tutbury, which hosts the Tutbury Castle ruins. Also take in the local open green spaces on offer that provides a variety of different routes to walk. After the walk why not join the group for a well deserved cuppa. (Children must be accompanied by an adult)
Old and New on the Eastern Edge

**Guided Walk**

**Moderate**

**Start time 10am**

6.5 miles, 3.5 hours, 5 stiles

**STARTING POINT**

Main Street, Woodhouse Eaves, LE12 8RZ (Village car park free)

Not to be missed, this walk on the Eastern edges of The National Forest. It will pass through areas of both mature and new woodland offering splendid views, interesting pathways and rocky outcrops. (Children over 12 welcome but must be accompanied by an adult)

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Hidden secrets in South Derbyshire

**Guided Walk**

**Moderate**

**Start time 10am**

9 miles, 5 hours, 10+ stiles

**STARTING POINT**

Ticknall Village Hall Car Park, Ingleby Lane, Ticknall, DE73 1JW

Field, waterside and woodland paths lead us north from Ticknall to visit Knowle Hill, Anchor Church, Foremark Church, Hangman’s Stone and finally by Foremark reservoir returning to Ticknall along the Tramway.

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When Swad had ‘an Empire’

**Guided Walk**

**Easy**

**Start time 10.30am**

1 mile, 1.5 hours, 0 stiles, £2.50 per person inc. hot drink

**STARTING POINT**

Sharpe’s Pottery Museum Courtyard, West Street, Swadlincote, DE11 9DG (Use Alexandra Road car park)

Join us for this fascinating walk, looking at the history of Swadlincote over the last 100 years. Enjoy anecdotes and stories of places and characters of Swadlincote. Taking in the Empire cinema, the Rink dance hall, Salts Brothers, the Tall Chimney, and many more. Meet at 10:15am for 10:30am start.

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Spot the Duck

**Guided Walk**

**Easy**

**Start time 1pm**

2 miles, 1 hour, 0 stiles

**STARTING POINT**

Car Park, Betty’s Farm Shop, The Castleway, Willington, DE65 6BW

Suitable for families and buggies. A gentle walk through the chickens with a spot the duck competition. Also an opportunity to collect eggs and meet our smaller fury friends.
The Swannington Incline

Guided Walk  Moderate
Start time 7pm
5 miles, 2 hours, 0 stiles

STARTING POINT Coalville Memorial Square, Coalville, LE67 3TU (Use town car parks)

A walk down the old route of George Stephenson’s coal-wagon haulage system, also leading to the restored Hough Windmill and the preserved sites of ‘bell pit’ coal workings.

Thursday 26th May
Swadlincote Farmers’ Market

Opening times 9am-2pm
The Delph Market Square, Swadlincote Town Centre, DE11 0AD

On the last Thursday of the month, come and join us for the finest food & drink from The National Forest and beyond. Produce grown, raised, made, brewed, pickled, bottled, baked or caught within 35 miles of The National Forest.

For up to date Public Transport Information, please contact Traveline

www.traveline.info
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Public transport info

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PARTNERS

BETTY’S FARM
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BURTON AND DISTRICT WILDLIFE GROUP

BURTON CONSERVATION VOLUNTEERS
www.bcv.org.uk

BURTON ON TRENT RAMBLING CLUB
www.burtonramblers.org.uk

BURTON UPON TRENT CIVIC SOCIETY
www.burtoncivicsociety.org

COALVILLE RAMBLERS
www.coalvilleramblers.org.uk

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EAST STAFFORDSHIRE BOROUGH COUNCIL
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www.findernfootpathsgroup.org/

FRIENDS OF THE QUEEN ELIZABETH DIAMOND JUBILEE WOODS
www.queenelizabethdiamondjubileewood.wordpress.com

GET ACTIVE IN THE FOREST
www.south-derbys.gov.uk

GRACE DIEU PRIORY
www.gracedieupriory.org.uk

HILL FARM, PACKINGTON
www.hillfarmpackington.co.uk

HORNINGLOW AND ETON PARISH COUNCIL
www.horninglowandenetonparishcouncil.co.uk

LEICESTERSHIRE AND RUTLAND WALKING GROUP
www.lrwg.org.uk

LOUGHBOROUGH AND DISTRICT RAMBLERS
www.loughboroughramblers.org.uk

MELBOURNE FOOTPATHS GROUP
www.melbournefootpathsgroup.org.uk

NATIONAL MEMORIAL ARBORETUM
www.thenma.org.uk

NATIONAL TRUST
www.nationaltrust.org.uk/calke-abbey

NORTH WEST LEICESTERSHIRE DISTRICT COUNCIL
www.nwleics.gov.uk

OPTIMUM PERFORMANCE
www.optimum-performance.co.uk

OVERSEAL FOOTPATHS GROUP

PARK TEAM, LICHFIELD DISTRICT COUNCIL
www.lichfieldhistoricparks.co.uk

SOUTH DERBYSHIRE ENVIRONMENTAL EDUCATION PROJECT
www.roslistonforestrycentre.co.uk
www.south-derbys.gov.uk/environmentaleducation

STAFFORDSHIRE WILDLIFE TRUST
www.staffs-wildlife.org.uk

TATENHILL PARISH COUNCIL
www.tatenhillparishcouncil.org.uk

THE MAGIC ATTIC
www.magicattic.org.uk

THE NATIONAL FOREST
www.nationalforest.org

THE WOMENS INSTITUTE

WHITWICK HISTORICAL GROUP
www.whitwickhistoricalgroup.org.uk

WINSHILL PARISH COUNCIL
www.winshill.info/information

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The National Forest Walking Festival gratefully acknowledges generous funding by

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A BIG THANK YOU to all our Walk Leaders, we are very lucky to have so many knowledgeable and enthusiastic rangers and volunteers as our guides, without whose time and effort to plan and lead walks the Festival would not be possible.

Walkers will be invited to complete an evaluation form at the end of each walk during the festival and one completed form will be drawn out to win:

A £50 shopping voucher to spend in Millets The Outdoor Store

Visit Swadlincote Tourist Information Centre to find the hidden gems within The National Forest

You will find us located within Sharpe’s Pottery Museum, West Street, Swadlincote, Derbyshire, DE11 9DG
Open Mon-Sat 10am-4.30pm

Tel: 01283 222848  tic@sharpespotterymuseum.org.uk  www.south-derbys.gov.uk/swadlincotetic

Swadlincote Tourist Information Centre  @swadlincoteTIC
The National Forest Walking Festival takes place in the very heart of England and is easily accessible by road, rail or bus.

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 the A38

By rail:
There are 10 railway stations serving the area. 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
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