

THE NATIONAL FOREST WALKING FESTIVAL

16th-26th May 2025

Walks for all ages and abilities, exploring
the beautiful National Forest



THE NATIONAL
FOREST

www.thenationalforestwalkingfestival.org.uk

WELCOME to the 2025 National Forest Walking Festival!

We extend a heartfelt thank you to our incredible volunteers, whose dedication and support make this event possible each year. Thanks to them, we are thrilled to celebrate the 16th year of our annual Walking Festival.

This year, our programme features a wide range of walks and activities designed to be accessible for people of all ages and abilities. With over 20 routes under three miles, including easy-access paths without stiles, as well as longer trails suited for trampers and mobility scooters, there's something for everyone. For those with sensory needs, we have thoughtfully curated experiences to enhance your time in nature.

Whether you're seeking a gentle one-mile stroll designed for individuals living with Parkinson's, a buggy-friendly three-mile walk through serene parkland, a beginner's nature-bumble around Beacon Hill to explore tree life, or a more energetic ten-mile trek around Calke Abbey and its reservoirs, our festival offers something for every interest and ability.

The National Forest is home to numerous woodlands and attractions with well-surfaced paths, perfect for buggies, wheelchairs, trampers, and individuals with limited mobility. We believe that everyone should have the opportunity to connect with nature and enjoy the beauty of the forest, and we are proud to showcase this inclusivity throughout the festival.



Where is the National Forest?

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



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

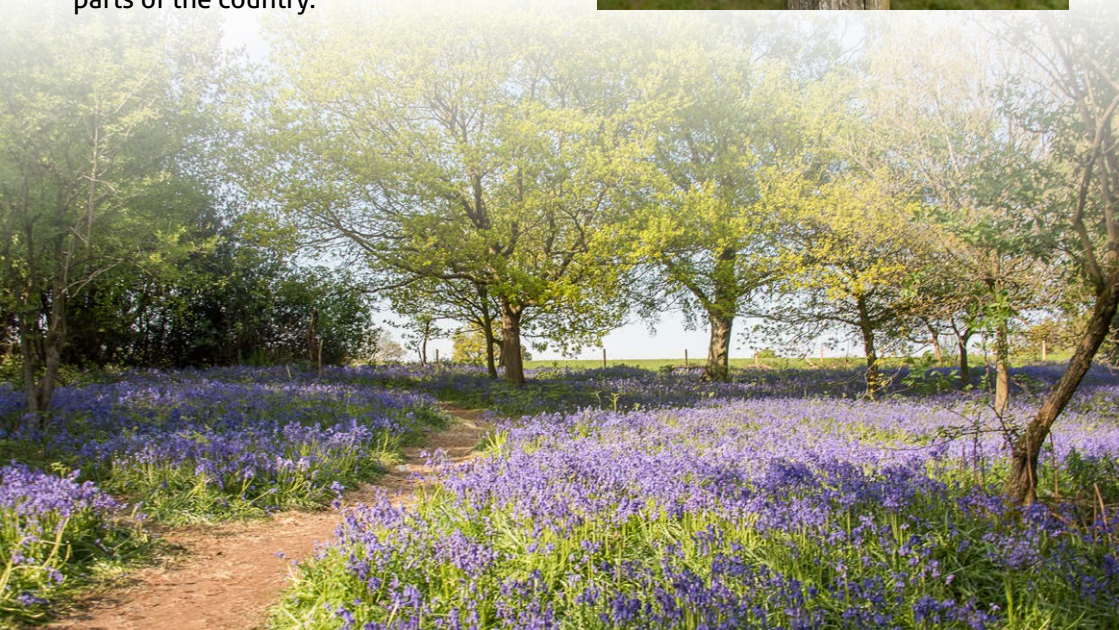


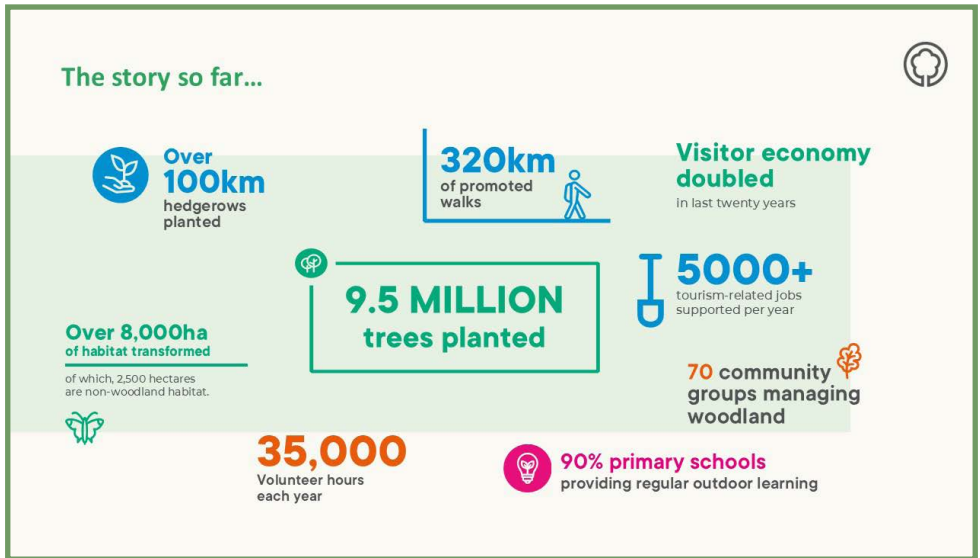
Staunton Harold Reservoir

What is the National Forest?

Beginning in 1991, the idea behind the Forest was radical: to create and manage the first forest at scale in England for 1,000 years. It is a 'forest' in the old sense of the word: not wall to wall trees but a distinctly wooded landscape that provides a setting within which people live, work and learn.

Recognised as one of the boldest environmentally-led regeneration initiatives in the country, it is transforming a post-industrial landscape. Three decades of forest creation in this ordinary part of the Midlands demonstrates how trees can transform landscapes, communities and the economy. Nearly 10 million trees have been now planted in an area that was previously one of the least wooded parts of the country.





Today, the National Forest Company, with the support of partners and communities, are continuing to plant trees, care for woodlands, create and manage habitats, and helping to grow a greener, healthier and more sustainable future together.

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

At a time when it seems everyone is calling for more trees to be planted, the National Forest shows that a positive future is possible. It is a beacon for sustainability – a living example of how people and nature can thrive together.

Find out more and help us continue to grow the future by visiting nationalforest.org

EAT, DRINK SHOP, STAY



Trent Adventure



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



Mercia Marina



Creative Melbourne Gallery



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



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

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

Make your walk in the Forest a stay to remember

STAY/EAT/DRINK/SHOP/STAY/EAT

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

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

www.visitsouthderbyshire.co.uk

www.discovereaststaffordshire.com

www.nwleics.gov.uk/tourism



A guide to the walks

Most walks are free and do not need to be booked. Where there is a charge or booking is required, details are listed under each walk.

You may find the following information useful before attending a walk:

- Please wear suitable footwear and clothing (weather related).
- Remember to bring any medication you may need
- It is advisable to always carry a drink
- You may need to bring a packed lunch (see individual walk key for more info)
- Walkers aged 16 and under must be accompanied by an adult
- If dogs are allowed on a walk (see individual walk key for more info), they must be kept on a lead at all times
- All those taking part in a walk do so at their own risk
- Most walk leaders are volunteers
- Walks will start promptly

Please be advised walkers may be taking photographs on any of the festival walks, which may be used in future publicity.

South Derbyshire District Council would like to thank the individual groups and volunteers who plan and organise these walks.

Walks are graded for difficulty:

EASY Routes suitable for most levels of fitness. May be suitable for conventional wheelchairs and pushchairs (please see individual walk key for more information).















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

LEISURELY Routes for reasonably fit people. May include some unsurfaced rural paths.

MODERATE Walks for people with a good level of fitness. May include some steep paths and open country and may be at a brisk pace.

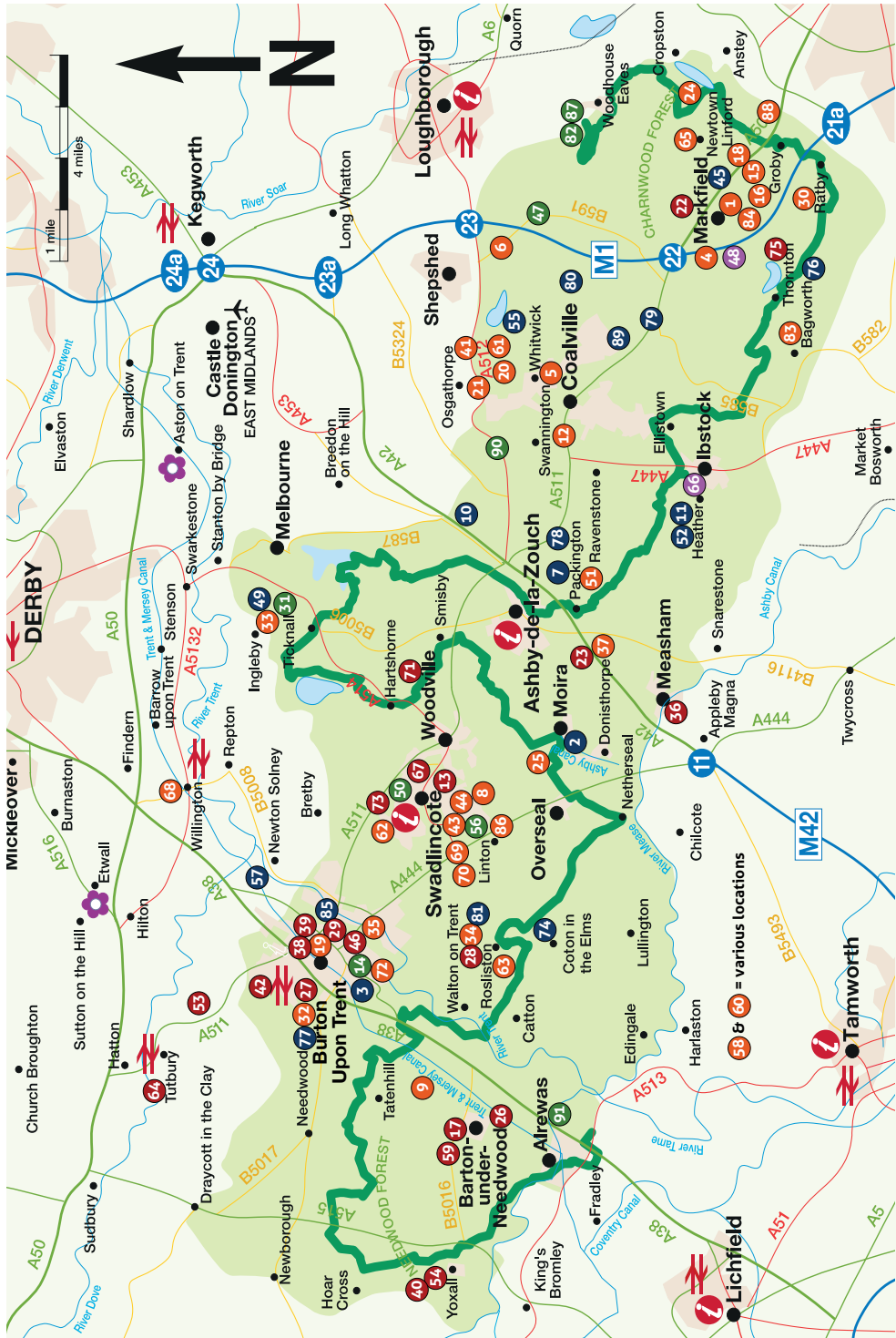
STRENUOUS Walks for experienced country walkers with an above average level of fitness. May include hills, rough country and be at a brisk pace.

KEY

- | | |
|---|--|
|  Car park fee |  Dogs not allowed |
|  Entrance fee |  Bring water |
|  Toilets available en route |  Bring packed lunch |
|  Wheelchair access |  Walking boots |
|  Pushchair access |  Running shoes |
|  Children welcome when accompanied by an adult |  Inclusive activities for all |
|  Dogs allowed on a lead |  Bring a torch |

For more information please visit: www.thenationalforestwalkingfestival.org.uk
or call South Derbyshire Visitor Information Centre on 01283 223333

Walks and Activities in the National Forest Walking Festival



The National Forest Way

Friday 16th May

1 Marvellous Markfield

Start time 10am **Moderate**
3 miles, 1.5 hours, 4 stiles

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

This is a 90 minute Learn to Nordic Walk session which includes the chance to discover some of the amazing history as well as panoramic views (on a clear day) around Markfield village. The Nordic walking poles we provide will be useful on the climbs and descents and instruction on how to use them will be given at the start of our walk by a qualified Nordic walking instructor. Booking is essential. You will receive certification after the lesson. Max. 12 places. £15 book online.

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



2 Black to Green

Start time 10am **Moderate**
9 miles, 4 hours, 0 stiles

STARTING POINT Moira Furnace DE12 6AT Car park on site

From Moira Furnace through to Conkers, Hicks Lodge and into Willesley Woods. We will have time to read the 7 information panels which give a brief history of the area. A chance to see how these areas have been transformed. Easy paths with a small section that could be muddy.

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



3 Rewilding the Washlands

Start time 12noon **Leisurely**
2 miles, 2 hours, 0 stiles

STARTING POINT Watson St Car park, by Burton Mail Centenary Wood DE14 3AH (What3words: runs.flag.cotton)

A gentle, circular walk on flat (some unsurfaced) paths, around very different areas of Burton Trent Washlands. We will be looking at some of the recent environmental enhancements carried out by the Transforming The Trent Valley project and also how grazing cattle are managing a large area of the Washlands in a more sustainable manner.

Walk organiser: Burton & District Wildlife Group
Lawrence Oates
www.bcv.org.uk
Contact: bcvflowerman@gmail.com
07432 608931



4 Altar Stones Looking at Lichens Nordic Walk

Start time 12noon **Leisurely**
3 miles, 1.25 hours, 2 stiles

STARTING POINT Hill Lane Car park LE67 9UB

Come and explore around the northern most part of Markfield and take in the Altar Stones nature reserve where we stop to have a closer look at some of the lichens we can discover on the rocks and trees around the site. Nordic walking poles can be provided and a brief guide on how to use them will be given at the start of our walk by a qualified Nordic walking instructor. Booking is essential. Max. 15 places. £4 book online.

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



5 Parkinson's Fitness in the Forest

Start time 2pm

Leisurely

1 mile, 0.75 hours, 0 stiles

STARTING POINT Hermitage Recreation Ground Car Park LE67 5FU

Nordic walking has been shown to be very beneficial to those living with Parkinson's. Why not come along and have a go with the special poles and see how they can help with posture, walking gait and increase walking speed and arm swing? Nordic walking poles will be provided for people to have a go at Nordic walking with a qualified Nordic walking instructor as well as use the poles for a series of fitness exercises. Booking is essential. Max. 10 places. £3 book online.

Walk organiser: Ministry of Nordic Walks Community Group

**Contact: ministryofnordicwalks@gmail.com
07502 576764**



6 Geological Treasures of Shepshed

Start time 2pm

Leisurely

4 miles, 3.5 hours, 2 stiles

STARTING POINT Morley Quarry Car Park LE12 9EU Car park on site.

Join the Charnwood Forest Geopark team for a guided hike through the amazing 600 million year old history of the Shepshed area. Discover some of the oldest rocks in England, and travel back in time to when Leicestershire lay at the centre of a giant sandy desert!

Walk organiser: Charnwood Forest Geopark charnwoodforest.org

Booking: www.charnwoodforest.org/event/guided-walk-geological-treasures-of-shepshed-2/



7 Achille Wood and Farm Walk

Start time 7pm

Moderate

2 miles, 2 hours, 0 stiles

STARTING POINT Hill Farm, Spring Lane, Packington LE65 1WU Car park on site

Take a leisurely stroll around the farm and woodland, taking in Canadian bison, red deer, alpacas and many more. See if you can spot one of the many owls on the farm alongside other night creatures. Finish with a visit to Antlers and Alpaca coffee and gift shop for a BBQ with bison or venison burgers.

Walk organiser: E W Sumnall and Sons hillfarmpackington@hotmail.co.uk



Saturday 17th May

8 History & Horticulture

Start time 9am

Leisurely

4 miles, 2.5 hours, 1-2 stiles

STARTING POINT Gorse Lane, Moira DE12 6DH What3words: myth.scratches.influencing. Car park at Conkers Discovery (free at top of car park)

Join us for a leisurely walk through history, with a look at how the natural environment inspired and supported people in the area. This walk will be taken at a gentle pace, with regular stops to look at interesting locations and hear some interesting stories about our local area. A great way to look after your mental health and connect with nature. Max. 15 places. £7 by bank transfer, details provided at time of booking

Walk organiser: Wild Minds Nature Connection CIC www.wildmindsnature.co.uk

07445 209 725 info@wilmindsnature.co.uk



9 Branston Leas and Tucklesholme Nature Reserves

Start time 10am

Leisurely

5 miles, 3 hours, 0 stiles

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

A circular walk on the floodplain of the River Trent with an opportunity to explore two developing nature reserves. Our route will take us from Branston Leas Nature Reserve to the wetland reserve at Tucklesholme, returning via a footpath alongside the river.

Walk organiser: Branston Friends



Active South Derbyshire is dedicated to promoting health and wellness and provide a wide range of activities across the district that are designed to suit people of all ages and abilities.

Whether its something to keep the kids occupied or you are looking to increase your activity levels and take some time for yourself, there's something for everyone to enjoy.

Find out more by following our Facebook page or visit the South Derbyshire District Council's website at www.southderbyshire.gov.uk/ASD for the latest updates on sessions and events.

Scan here to follow us



01283 595873



Active.SD@southderbyshire.gov.uk

10 Circular Guided Walk from Lount Local Nature Reserve

Start time 10am

Moderate

10 miles, 5 hours, some stiles

STARTING POINT Lount LNR Car Park LE67 8JH Free parking available in Lount local Nature Reserve and also nearby.

Circular walk from Lount local Nature Reserve, we will walk through this former coal site, before moving onto Rough Park and the village of Newbold Coleorton. We will explore the grounds of Staunton Harold before walking through Dimminsdale, a local nature reserve and site of special scientific interest. We will stop at a café for refreshments en route. Well behaved dogs welcome. Booking Essential.

Walk organiser: Leicestershire County Council

Booking: 07717 808980 / 07596 044023

david.luther@leics.gov.uk

Abigail.Crane@leics.gov.uk



11 Four Village Circular

Start time 10am

Moderate

8.5 miles, 4.5 hours, 4 stiles

STARTING POINT The Queens Head Heather LE67 2QP (What3words: hitters.outhouse. teamed). Car park on site.

A walk from Heather to the villages of Newton Burgoland, Snarestone and Swepestone over open countryside, farm and woodland. The walk is mainly over flat ground with no notable hills to climb.

Walk organiser: Coalville Ramblers

Contact: John Spinks



12 Coalville Forest Adventure Trail

Start time 10.30am **Leisurely**

under 2 miles, 1.5 hours, 0 stiles

STARTING POINT Coalville Forest Adventure Park LE67 3JY Car park on site
Come and explore one of Coalville's most hidden parks. Formerly a landfill site, the area has been transformed into an important habitat for wildlife, with over 8,400 trees planted in the last decade. Walk through the purpose built paths on your very own nature trail!

Walk organiser: North West Leicestershire District Council

www.nwleics.gov.uk

Booking: katie.hayes@nwleicestershire.gov.uk



13 From Tip to Trees

Start time 11am **Easy**

2.5 miles, 1.5 hours, 0 stiles

STARTING POINT Swadlincote Woodlands Nature Reserve Car Park DE11 8LP

A leisurely walk around the former clay hole, which was later used as a landfill site. All 33 hectares have been restored to woodland with a network of trails and a variety of habitats. Find out how some of the pathways gained their unusual names. On site toilets at car park. Within easy reach of town centre shops.

Walk organiser: Newhall Community

Contact: Alan Hillier 07763 465499



14 The Accessible Brief History of Burton

Start time 12noon **Easy Access**

1 mile, 1.5 hours, 0 stiles

STARTING POINT Burton Library DE14 1AH
Car park on site

Join Blue and Jim for an hour and a half guided walk learning about the history of Burton upon Trent. The walk is accessible for those with mobility difficulties. Booking Essential. Max. 10 places. £10 per person, pay via website.

Walk organiser: Burton History Tours

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

Booking: bht@goldenbadger.co.uk



Sunday 18th May

15 Learn to Nordic Walk

Start time 9am

Leisurely

1 miles, 1.5 hours, 0 stiles

STARTING POINT Groby Pool car park
LE6 0FR

This is a 90 minute Learn to Nordic Walk session, which includes the chance to discover some of the amazing history as well as lovely views (on a clear day) around Groby. The Nordic walking poles we provide will be useful on the climbs and descents and instruction on how to use them will be given at the start of our walk by a qualified Nordic walking instructor. Booking is essential. You will receive certification after the lesson. Max. 12 places. £15 book online via ministryofnordicwalks@gmail.com

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

Booking: 07502 576764

ministryofnordicwalks@gmail.com



16 Swadlincote Junior Parkrun

Start time 9am

Leisurely

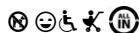
2 miles, 0.5 hours, 0 stiles

STARTING POINT Maurice Lea Memorial Park, York Road, Church Gresley, Swadlincote DE11 9NW

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds) every Sunday at 9am. The event takes place in Maurice Lea Memorial Park, York Road, Church Gresley, Swadlincote, Derbyshire, DE11 9QG. See event page for details: www.parkrun.org.uk/swadlincote-juniors

Walk organiser: Swadlincote Junior Parkrun

Contact: swadlincotejuniors@parkrun.com



17 Barton and Dunstall - Mozey Mere and Henhurst Ridge

Start time 9.30am

Easy

4.5 miles, 2.5 hours, 3 stiles

STARTING POINT Barton Under Needwood Village Car Park DE13 8AF

Beautiful walk around and across the Dunstall Estate with stunning views of the Parish Church and chance to view the site of our local bluebell woods returning across a small ridge and back to Barton via the wooded paths.

Walk organiser: Barton Footpath Group

Contact: Mick Broughton 07598 546380



18 Groby Pool Figure of Eight

Start time 11am

Leisurely

2.5 miles, 1.5 hours, 0 stiles

STARTING POINT Groby Pool car park
LE6 0FR

A chance to see the wildlife at Groby Pool as well as Nordic walk the meadows means this is the perfect way to experience Nordic walking at a gentle pace. Perfect for the beginner. Learn about the benefits of Nordic walking with our qualified Nordic walking instructor. Poles are provided. Booking is essential. Max. 15 places. £5 book online via ministryofnordicwalks@gmail.com

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

Booking: 07502 576764

ministryofnordicwalks@gmail.com



19 A Brief History of Burton

Start time 12noon

Leisurely

3.5 miles, 2.5 hours, 0 stiles

STARTING POINT Burton Bridge Inn DE14 1SY Car park at Meadowside Leisure Centre

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

Walk organiser: Burton History Tours
www.goldenbadger.co.uk/burton-history-tours
bht@goldenbadger.co.uk



20 A Walk Around Whitwick

Start time 2pm

Leisurely

2 miles, 1.5 hours, 0 stiles

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

A guided village walk that focuses on significant historical sites and fascinating stories linked to Whitwick. The route, some of which is hilly, follows footpaths around the village centre and ends back at the Old Station. Light refreshments will be available and an opportunity to look around this unique Victorian building, the only remaining building from the Charnwood Forest Railway. Donations welcomed.

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



21 History Walk to Grace Dieu Priory

Start time 3pm

Leisurely

2 miles, 2 hours, 0 stiles

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

Walk through part of Gracedieu Wood, under the Charnwood Forest Railway, along part of the Forest Line Canal and into the picturesque ruins of Gracedieu Priory, a 13th Century nunnery and later a Tudor Mansion. Learn about the area's history along the way.

Walk organiser: Friends of Gracedieu
gracedieupriory.org.uk
Contact: annpetty1948@yahoo.co.uk



22 Sunset Forest Bathing Walk

Start time 7pm

Easy

1 mile, 2 hours, 0 stiles

STARTING POINT Shuttlewood Clarke Foundation Activity Centre LE67 9PH Car park on site.

Immerse yourself in the spring woodland at sunset on this slow and de-stressing Forest Bathing walk. Connect with the natural world and finish with a taste of foraged tea. Max. 12 places. £5, payable online via website.

Walk organiser: Better Outdoors
Booking: www.betteroutdoors.org



Monday 19th May

23 Stretch & Stride at Hicks Lodge (part of Feel Good in the Forest)

Start time 9.30am **Easy**
1-2 miles, 1 hour, 0 stiles

STARTING POINT Hicks Lodge Forest Centre cafe LE65 2UP Car park on site

A free wellness walk for all, combining walking with stretches, strength and balance work to improve overall fitness. Max. 20 places. Booking essential.

Walk organiser: Forestry England & Wild Minds- Stretch & Stride
info_nationalforest@forestryengland.uk
Booking: info@wildmindsnature.co.uk



25 A Leisurely Walk Around Moira

Start time 10am **Leisurely**
3.5-4 miles, 2 hours, 0 stiles

STARTING POINT Moira Furnace DE12 6AT
Car park on site, donation requested for car parking.

Join us for our regular, leisurely walk and enjoy the countryside around Moira in the heart of the National Forest. The walk will be along the canal towpath, and on field and woodland paths.

Walk organiser: North Leicestershire - Active Together, Julie McCaffrey
Contact: walkingmoira@gmail.com



26 Wellbeing Walk - Barton under Needwood

Start time 10.15am **Easy**
2-2.5 miles, 1 hour, 0 stiles

STARTING POINT St James Church Hall DE13 8HY

Barton's wellbeing walks offer a variety of different routes, one being the Barton Marina complex on the Trent & Mersey Canal. An enjoyable walk around the marina, taking in the sights of the narrowboats, wildlife and the local countryside. Our walks are led by volunteer leaders and afterwards visit the Marina Cafe.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com eaststaffscommunities.co.uk
joannesmith@everyoneactive.com



24 Active Mums Club Buggy Walk

Start time 10am **Leisurely**
1.5-2 miles, 1 hour, 0 stiles

STARTING POINT Bradgate Park, Entrance gate at Newtown Linford Car Park

Join us on our Active Mums Club Buggy walk around Bradgate Park. Meet at the entrance gate to the park in the Newtown Linford car park. You will then go for a walk around the park and then back for the all important brew and chat after. The walk will be 30 – 45 mins. Please wear or bring appropriate clothing and footwear for the weather. Come with friends or on your own, everyone is welcome and it's a great way to meet other mums whilst being active.

Walk organiser: Active Mums Club
<https://linktre.ee/ActiveMumsClub>



27 Wellbeing Walk - Horninglow and Eton

Start time 10.30am **Easy**

2-2.5 miles, 1 hour, 0 stiles

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

Come and enjoy our walk that runs through Shobnall, Horninglow & Eton districts of Burton. Part of the walk includes the Kingfisher Trail that runs alongside the Trent & Mersey Canal. It is a perfect setting to see narrowboats going through the locks, various wildlife and the attractive views of the hills. Walk led by volunteer leaders.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com eaststaffscommunities@everyoneactive.com



28 Parkinson's Nordic Walking Session

Start time 10.30am **Easy**

1-2 miles, 1 hour, 0 stiles

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

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

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



29 Wellbeing Walk - Meadowside Leisure Centre

Start time 11.30am **Easy**

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Meadowside Leisure Centre Reception Car park on site. Pay for Parking - voucher part of ticket redeemable at Meadowside Leisure Centre Reception

The walk offers a variety of different routes that take in the sights of the Trent Washlands, Stapenhill Gardens and Hollows. Stapenhill Gardens is a local treasure from its abundance of trees to its floral planted areas it is a peaceful, pretty walk. Led by volunteer leaders, group have refreshments at Meadowside after the walk.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com eaststaffscommunities@everyoneactive.com



30 Martinshaw Woods Forest Bathing

Start time 11.30am **Leisurely**

1.5 miles, 1.5 hours, 1 stile

STARTING POINT Martinshaw Woods Car Park LE6 OLS

Take time to unwind and come and explore these ancient Leicestershire woodlands using some Forest Bathing techniques. Discover the restorative power of the forest as well as learn about the benefits of Nordic walking with our qualified Nordic walking instructor. Booking is essential. Max. 15 places. £4 book online via ministryofnordicwalks@gmail.com

Walk organiser: Ministry of Nordic Walks
Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com



31 The Tramway Trail by Scooter

Start time 2pm **Easy Access**

5-6 miles, 2 hours, 0 stiles

STARTING POINT Calke Explore DE73 7JF

Take a trip along the Tramway trail with a Calke Abbey Park Guide, who'll share with you some of the fabulous history of the Tramway along with the work that happens to protect this important park. Please bring your own mobility scooter. We do have 3 trampers available to book, however this is on a first come, first served basis. You can book a trumper once the event is live on the website by ringing or emailing Calke Abbey. 01332 863822

calkeabbey@nationaltrust.org.uk

Non National Trust members will need to pay for park and garden admission, refer to website for prices. Payment by either cash or card. Max 20 places (10 mobility scooters and 10 accompanying walkers).

Walk organiser: National Trust Calke Abbey

Booking: www.nationaltrust.org.uk/visit/peak-district-derbyshire/calke-abbey



32 How the Trent made Burton

Start time 6pm **Leisurely**

2 miles, 2 hours, 0 stiles

STARTING POINT Meadowside Leisure Centre DE14 1TL Car park on site

A guided, flat, circular walk, around Burton's Trent Washlands, past new meadows to Stapenhill viaduct, cross the Trent to Stapenhill Gardens, then along the Eastern bank to Burton bridge and return to the Meadowside. Lots of clues on the way, showing the effect of the Trent on Burtons history and development.

Walk organiser: Burton Conservation Volunteers

www.bcv.org.uk

Contact: bcvflowerman@gmail.com

07432 608931



33 Evening Walk along the Tramway

Start time 6pm **Leisurely**

5-6 miles, 4 hours, 0 stiles

STARTING POINT Calke Explore DE73 7JF

Join one of our park guides for an evening's walk along the tramway. Take in Calke Park from a new light and look out for wildlife, while learning the history of the tramway as you go. National Trust members – no extra charge. Non National Trust members will need to pay for park and garden admission, refer to website for prices. Payment by either cash or card. Max 20 places.

Walk organiser: National Trust Calke Abbey

Booking: www.nationaltrust.org.uk/visit/peak-district-derbyshire/calke-abbey



34 Nordic Walking Taster Session

Start time 6pm

Leisurely

2.5 miles, 1 hour, 0 stiles

STARTING POINT Picnic area, Rosliston Forestry Centre DE12 8JX Car park on site
 Nordic walking is walking with the use of specialised poles. It burns up to 46% more calories than normal walking by getting the upper body involved and also reduces stress on the lower limbs. It is a great way to get active and have fun. This session is perfect for both beginners and experienced Nordic walkers. £2.50 if using own poles, £4.50 including pole hire. Payment in cash only, on arrival. Please arrive 15 minutes prior to start time to register.

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



35 Discover Scalpcliffe Woods Nature Reserve

Start time 7pm

Leisurely

1 mile, 1.5 hours, 0 stiles

STARTING POINT Top of Elms Road: entrance gate is up the steps on the right DE15 9AQ (What3words: second.fancy.fend). Park at the top of Elms Road or at front of Stapenhill Cemetery, then walk up Elms Road.

This short walk has some steps & uneven ground. We will identify what can be found including trees, other plants, birds (using the Merlin App) and bats using a monitor. Sunset is at 8pm, so a torch is useful as it may be dark. Please email on the day, to check if the event is cancelled due to rain. Max 15-20 places.

Walk organiser: Friends of Scalpcliffe Woods
Contact: Marie/Sheila
foswde15@gmail.com



Walk, Stay, Learn & Play at Rosliston Forestry Centre



Explore our new routes, have fun at our softplay, play in our park. Perfect for picnics and spending time in nature.



Join us for events, educational visits & corporate away days too. For more information email enquiries@roslistonforestrycentre.co.uk

Tuesday 20th May

36 Measham Walk and Talk

Start time 10am

Easy

0.5-1 mile, 0.5 hours, 0 stiles

STARTING POINT Peggs Close Car Park, Measham DE12 7LF (What3words: endlessly.lyricist.riverbank)

A gentle walk around Measham with the route adapted to suit the weather and the walkers. Suitable for all abilities. Refreshments after for anyone who wants, at a cost of £1.

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



37 Mindful Meanders at Hicks Lodge

Start time 10am

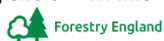
Easy

2.5 miles, 2 hours, 0 stiles

STARTING POINT Hicks Lodge Forest Centre LE65 2UP Car park on site. Free parking for walk participants as part of Feel Good in the Forest- register on day

Join Leicester, Leicestershire & Rutland Mind for a relaxed stroll along the trails at Hicks Lodge, followed by a complementary hot drink and a chat in the centre's cafe. Enjoy the natural surroundings, meet some new people, and take part in gentle physical activity to improve your mood.

Walk organiser: Forestry England & LLR Mind



38 Bench to Bench - Stapenhill Gardens

Start time 10.30am

Easy

0.25-1 mile, 1 hour, 0 stiles

STARTING POINT Stapenhill Gardens Bandstand DE15 9AP Car park on site.

The Bench to Bench walks cater for anyone who is coming back into exercise after an ongoing illness, operation or after treatment. Starting from the Bandstand and walking through the gardens and the hollows. Benches are on the route to take a rest. Led by volunteer leaders and afterwards meet at the Stapenhill Institute for refreshments.

Walk organiser: Everyone Active & East Staffordshire Borough Council

www.everyoneactive.com eaststaffscommunities

Contact: joannesmith@everyoneactive.com



39 Wellbeing Walks - Stapenhill Gardens

Start time 10.30am

Easy

2.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Gardens Bandstand DE15 9AP Car park on site.

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

Walk organiser: Everyone Active & East Staffordshire Borough Council

www.everyoneactive.com eaststaffscommunities

Contact: joannesmith@everyoneactive.com



40 Deer Park Woodland Wander**Start time 1.30pm****Easy**

3 miles, 1.5 hours, 0 stiles

STARTING POINT Deer Park, Maker Lane, Hoar Cross DE13 8QR Car park on site.

Enjoy the sights and sounds of beautiful oak woodland, as we take a mindful walk around the Deer Park on woodland trails and farmland paths. We welcome all ages and abilities, and there is a Trampler (off-road wheelchair) available for hire. Finish the walk with a well-earned cuppa and slice of cake at the café, and browse the farm shop.

Walk organiser: National Forest Company**Booking: 07976 865451****zsewter@nationalforest.org****41 Forest Place-names, Forest People****Start time 2pm****Leisurely**

5 miles, 3 hours, 2 stiles

STARTING POINT High Cademan, Swannymote Road LE67 5UT (What3words: dates.farms.degree) Car park on site.

Join the Charnwood Forest Geopark team for a fascinating heritage walk around Thringstone, Whitwick and Swannymote. Using only the evidence from local place-names, we'll take you back in time more than a thousand years to explore the British, Anglo-Saxon and Viking communities of Charnwood Forest. Places are limited and booking is essential.

Walk organiser: Charnwood Forest Geopark**charnwoodforest.org****Booking: 07890 067142****skilby@nationalforest.org****42 Wellbeing Walks - Stretton****Start time 2pm****Easy**

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT The Green DE13 0EQ Car park on site.

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

Walk organiser: Everyone Active & East**Staffordshire Borough Council****www.everyoneactive.com eaststaffscommunities****Contact: joannesmith@everyoneactive.com**

Albert Village Lake

43 Swad Joggers Walking Group

Start time 6.30pm **Leisurely**
3 miles, 1 hour, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park.

A free, fun, friendly walk around the trails and roads of Church Gresley and Swadlincote led by qualified walk leaders, all abilities welcome over the age of 18. Max. 24 places. Booking essential.

Walk organiser: Swad Joggers
Booking: 07508 805567
swadjoggers@gmail.com



44 Swad Joggers Run

Start time 6.30pm **Leisurely**
3,4,5 or 6 miles, 1 hour, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park.

A free, friendly and fun run around the roads and trails of church Gresley and Swadlincote led by qualified run leaders for anyone 18 or above. Various mileage options. Max. 48 places over 4 groups.

Walk organiser: Swad Joggers
Booking: 07508 805567
swadjoggers@gmail.com



45 Fieldhead Pub Evening walk

Start time 6.30pm **Moderate**
3 miles, 1.5 hours, 4 stiles

STARTING POINT Fieldhead Pub, Markfield LE67 9PS Car park on site.

Enjoy an evening Nordic walk from The Fieldhead pub taking in some of the woodland between Markfield and Bradgate Park. The walk will end back at the pub for something to eat and drink. Led by a qualified Nordic walking instructor. Booking essential. Poles will be provided. Max. 15 places. £5 book online via ministryofnordicwalks@gmail.com

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764
ministryofnordicwalks@gmail.com



46 Wellbeing Walks - Stapenhill Hollows

Start time 6.45pm **Easy**
2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Stapenhill Hollows car park DE15 9AE

Our enjoyable Stapenhill Hollows evening walk is a perfect way to relax after a busy and stressful day. We offer a wide range of walks which include Stapenhill Gardens, the Ferry Bridge, Trent Washlands, Leicester Line Bridge etc. Led by volunteer leaders.

Walk organiser: Everyone Active & East Staffordshire Borough Council

www.everyoneactive.com eaststaffscommunities
Contact: joannsmith@everyoneactive.com



Wednesday 21st May

47 Beacon Hill Nature Bumble for Beginners

Start time 10am

1.5 miles, 2 hours, 0 stiles

Easy Access

STARTING POINT Beacon Hill Upper Car Park LE12 8TA (What3words: doubt.certified.packet). 1-2 hours £3.50, 2-3 hours £4.50.

A gentle stroll around some younger woodland at Beacon Hill, pausing for conversation about the trees we see on the way. Max. 25 places. Booking essential.

Walk organiser: Charnwood Forest Geopark
charnwoodforest.org

Booking: www.ticketsource.co.uk/charnwood-forest-geopark Tel. 07890 067140



Heritage Fund



48 Forest Industry: Shaping People and Landscape

Start time 10am

8 miles, 5.5 hours, 10 stiles

Strenuous

STARTING POINT Markfield Church LE67 9WD On street parking near Markfield church or small car park in the village

This walk celebrates the physical and human geography of this industrial part of western Charnwood Forest, which has been extensively quarried for hundreds of years. As well as walking around Cliffe Hill and Hill Hole quarries, you'll learn about the people who worked there in the nineteenth century. Booking essential.

Walk organiser: Charnwood Forest Geopark
charnwoodforest.org

Booking: 07890 067142
skilby@nationalforest.org



Family Fun Day in the Forest

at Rosliston Forestry Centre

Friday 25th July & Thursday 28th August 2025

From 10am until 2pm

Pay one entry fee per child to try as many drop in activities as possible across the site!

Activities include Archery, Crafts, Laser Combat, Inflatables, Sumo Wrestling, Pond Dipping, Den Building, Birds of Prey, Orienteering and much more!



Scan here to see further events

£10 per child
Discounts offered for families

For more information email enquiries@roslistonforestrycentre.co.uk

49 Discover Calke Abbey, Staunton Harold and Foremark by Foot

Start time 10am **Moderate**

10.5 miles, 5 hours, 9 stiles

STARTING POINT Calke Explore DE73 7JF Car park on site. Non National Trust members will need to pay park and garden admission, refer to website for prices.

Explore somewhere new on a walk through three National Trust properties: Calke Abbey, Foremark and Staunton Harold reservoirs. Soak up scenic views, stretch your legs and learn more about each place from your volunteer guide. All three locations have a cafe, but we advise bringing a picnic in case the walk isn't near one at lunchtime, or they are closed. Max. 20 places. Non National Trust members will need to pay for park and garden admission, refer to website for prices. Payment by either cash or card. Booking essential.

Walk organiser: National Trust Calke Abbey
Booking: www.nationaltrust.org.uk/visit/peak-district-derbyshire/calke-abbey/events



50 Green Bank Leisure Centre Walk

Start time 10am **Easy Access**

2 miles, 1 hour, 0 stiles

STARTING POINT Green Bank Leisure Centre, Civic Way, Swadlincote DE11 0AD Car park on site.

Join us for this sociable weekly walk through the local parks around Swadlincote town centre. This walk splits into two groups and is ideal for those who are new to exercise or returning after a break. It finishes with a hot drink at Oakland's Village Restaurant (Optional).

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



51 Achille Wood and Farm Walk

Start time 10am **Leisurely**

2 miles, 2 hours, 0 stiles

STARTING POINT Hill Farm, Spring Lane, Packington LE65 1WU Car park on site

Take a leisurely stroll around the farm and woodland, taking in Canadian bison, red deer, alpacas and many more. Finish with a visit to Antlers and Alpaca coffee and gift shop for brunch or refreshments.

Walk organiser: E W Sumnall and Sons
hillfarmpackington@hotmail.co.uk



52 Heather Walk

Start time 10am **Moderate**

7 miles, 3 hours, some stiles

STARTING POINT St John the Baptist Church, Main Street, Heather, Coalville, LE67 2QP. Roadside parking in village.

Start from the St John the Baptist Church. Sence Valley Country Park, Queen Elizabeth Wood, Normanton-le-Heath, Swepstone and return to Heather. Approximately 7 miles.

Walk organiser: Leicestershire Footpath Association
www.lfa.org.uk/about



53 Wellbeing Walks - Rolleston on Dove

Start time 10.30am **Easy**

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Outside side entrance Spread Eagle Pub DE13 9BE On street parking.

Walk through the picturesque village of Rolleston on Dove and take in the various sights from the Alder Brook stream surrounded by a woodland. It is also the home of the Jinnie Trail, a rural walk through a man-made valley where you can see parts of the old railway tracks. Led by leaders and afterwards refreshments at the Rolleston Club.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com/eaststaffscommunities
Contact: joannsmith@everyoneactive.com



54 Wellbeing Walks - Yoxall**Start time 10.45am** **Easy**

2.5 miles, 1 hour, 0 stiles

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

With Yoxall being in the heart of the countryside, you will find the walks very peaceful and there is always plenty to see. With it being in such a rural setting you will find that most of the routes are on countryside lanes and there can be inclines. Led by volunteer leaders.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com eaststaffscommunities.com
 Contact: joannsmith@everyoneactive.com

**55 Ancient Rocks and Mount Saint Bernard Abbey****Start time 1.30pm** **Moderate**

2 miles, 1.5 hours, 4 stiles

STARTING POINT Mount Saint Bernard Abbey LE67 5UL

Discover a beautiful, quiet corner of Charnwood Forest with an intriguing heritage with Mt St Bernard Abbey, the first abbey to be built after the Reformation, and the nearby Reformatory. Walk amongst some of the oldest rocks in England, over 600 million years old; look into Peldar Tor Quarry, remnant of a Precambrian volcano. Some steep slopes and uneven terrain.

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

**56 Wildlife Watch at Albert Village Lake****Start time 2.30pm** **Easy Access**

1.8 miles, 1.5 hours, 0 stiles

STARTING POINT Albert Village Lake Car Park, 219 Occupation Road, Albert Village DE11 8HD (What3words: coffee.lots.slobs)

Join National Forest Community Rangers for a guided wildlife walk around this lovely lake, formerly an open cast mine. The paths are well surfaced and there is one incline, with options to shorten the route if needed. We will be taking frequent stops to observe wildlife and listen to snippets of history along the way. Suitable for all ages and abilities. Max. 30 places. Booking essential.

Walk organiser: National Forest Company

Booking: 07976 865451
zsewter@nationalforest.org

**57 Newton Solney & Winhill circular walk****Start time 6pm** **Moderate**

3.5 miles, 1.5 hours, 8 stiles

STARTING POINT Brickmakers Arms 9-11 Main Street, DE15 0SJ (What3words: jazz.chat.gravy)

A circular walk, uphill out and downhill back, on well maintained paths, taking in ancient hedgerows and expensive follies, giving stunning views over the National Forest and out to the Peak District. Booking essential.

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



58 Trail Therapy Jog

Start time 6.30pm

Leisurely

5 mile jog, 1.5 hours, 3 stiles

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

'Trail Therapy' runs are runs at a chatty pace, suitable for runners of all abilities. They are a great way to improve your fitness, de-stress and have fun in wonderful surroundings.

The runs take around an hour going at a pace that is comfortable for everyone in the group. There are likely to be some moderate hills on most runs and you may encounter some muddy sections. Max. 30 places. £4 per person.

Book via

www.peakrunning.co.uk/guided-runs

Walk organiser: Peak Running

Contact: info@peakrunning.co.uk



Peak Running 

Thursday 22nd May

59 Barton and Dunstall - Highlands Farm and Dunstall Hall

Start time 9.30am

Easy

4.5 miles, 2.5 hours, 1 stile

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

A quiet, pretty walk across the Dunstall Estate and across paths to Highlands Farm with views across the local area and a slow decent to Dunstall Church and Hall and wooded paths back to Barton.

Walk organiser: Barton Footpath Group

Contact: Mick Broughton 07598 546380



60 bRUNch Club Trail Therapy Run

Start time 9.30am

Leisurely

5 miles, 1.75 hours, 5 stiles

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

'Trail Therapy' runs are runs at a chatty pace, suitable for runners of all abilities. They are a great way to improve your fitness, de-stress and have fun in wonderful surroundings.

The runs take around an hour going at a pace that is comfortable for everyone in the group. There are likely to be some moderate hills on most runs and you may encounter some muddy sections. Max. 30 places. £4 per person.

Booking essential. Book via:

www.peakrunning.co.uk/guided-runs

Walk organiser: Peak Running

www.peakrunning.co.uk/guided-runs

Contact: info@peakrunning.co.uk



Peak Running 



The Deer Park, Hoar Cross

61 Nordic Walk with Feldenkrais Taster Session

Start time 9.30am **Leisurely**

2.5 miles, 1.5 hours, 0 stiles

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

This session begins with a free Feldenkrais taster session at 9:30am. You will explore a sequence of fun, novel and gentle movements, and this process of exploration will enhance your perception and awareness of your movement habits, which leads to an easier and more efficient way of moving yourself. Please visit www.feldenkrais.co.uk for more information. The Nordic walk will begin at 10am. Nordic walking is walking with the use of specialised poles, which engages more muscles than walking without poles and helps to reduce stress on the lower limbs. This session is ideal for both beginners and experienced Nordic walkers. £2.50 if using own poles, £4.50 including pole hire.

Walk organiser: Get Active in the Forest
get.active@southderbyshire.gov.uk
Contact: Feldenkrais Teacher: Doris Fok
Contact: foksufoon@hotmail.com or 07845884742



62 History Walk to Gracedieu Priory

Start time 10am **Leisurely**

2 miles, 2 hours, 0 stiles

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

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

Walk organiser: Friends of Gracedieu
gracedieupriory.org.uk
Contact: annpetty1948@yahoo.co.uk



63 Coronation Park Walk

Start time 10am **Leisurely**

2.5-3 miles, 1 hour, 0 stiles

STARTING POINT Coronation Park car park, William Nadin Way, Swadlincote DE11 0UH

Join us for this weekly walk in and around Cadley and Coronation Parks. The walk will be up to 3 miles long and is ideal for those who are already active but looking to increase their fitness. We will be using newly developed maps to highlight the paths and open spaces in the local area.

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



64 Wellbeing Walks - Tutbury

Start time 10am **Easy**

2-2.5 miles, 1 hour, 0 stiles

STARTING POINT Monk Street footpath next to car park DE13 9NA

On the walk, Tutbury castle can be seen in the distance sitting on the wooded slope over looking the River Dove. Due to Tutbury's location there is some slight inclines on the routes so we offer 2 walks one slightly shorter than the other. Led by volunteer leaders and afterwards they go for refreshments at a local cafe.

Walk organiser: Everyone Active & East Staffordshire Borough Council
www.everyoneactive.com eaststaffscommunities.com
Contact: joannesmith@everyoneactive.com



65 Swithland Wood and Bradgate Park

Start time 10am **Leisurely**

5.5 miles, 3 hours, some stiles

STARTING POINT The Bradgate, Newton Linford, LE6 OAE Car park on site.

Starts from The Bradgate, with optional pub lunch to follow. The walk goes through Swithland Wood and back through Bradgate Park on a tarmac path. Pub lunch can be pre-ordered from 9:45am.

Walk organiser: Leicestershire Footpath Association

www.lfa.org.uk/about



66 Birthday Walk

Start time 10am **Strenuous**

11 miles, 6 hours, 6 stiles

STARTING POINT Sence Valley Forest Park - lower car park LE67 6NW (What3words: behind.goose.spouse). £1.95 all day parking.

Join us on this lovely rural circular walk, which links 10 woodlands created during the first 10 years of the National Forest. The route passes through villages, native woodlands, farmland and wildlife reserves. We will take a lunch stop (bring a picnic or use the café) at the 1620's Manor House in Donington Le Heath, before returning to Sence Valley Forest Park. Max. 20 places. Booking essential.

Walk organiser: National Forest Company

Booking: 07976 865451

zsewter@nationalforest.org



67 All Abilities Sensory Walk

Start time 11am **Easy**

1.5 miles, 1 hour, 0 stiles

STARTING POINT Swadlincote Woodlands Car Park DE11 8LP

A gentle guided walk that will take you around the tranquil Swadlincote Woodlands which is a nature haven for multitude of creatures such as dragonflies, butterflies, bats and birds. Awaken your senses as we walk around together. During the walk there will be several stops to take in the natural environment and wildlife. As an all abilities walk, we are looking to go at a pace that everyone is comfortable with. The route has limited gradients with two gentle ascents and one short descent and wide pathways for wheelchair access. A great way to start to get active and to access the woodlands.

Walk organiser: Parksandgreenspaces@

southderbyshire.gov.uk

www.southderbyshire.gov.uk



68 Willington Walk

Start time 1.30pm **Leisurely**

2.5 miles, 1.5 hours, 0 stiles

STARTING POINT Willington Canal Car Park, DE65 6BP

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

Walk organiser: Get Active in the Forest

get.active@southderbyshire.gov.uk



69 Swad Joggers Run

Start time 6.30pm **Leisurely**
3,4,5 or 6 miles, 1 hour, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park.

A free, friendly and fun run around the roads and trails of church Gresley and Swadlincote led by qualified run leaders for anyone 18 or above. Various mileage options. Max. 48 places over 4 groups. Booking essential.

Walk organiser: Swad Joggers
Booking: 07508 805567
swadjoggers@gmail.com



Swad
Joggers

70 Swad Joggers Walking Group

Start time 6.30pm **Leisurely**
3 miles, 1 hour, 0 stiles

STARTING POINT The Bandstand at Maurice Lea Memorial Park, Church Gresley DE11 9NW Free roadside parking all around the park.

A free, fun, friendly walk around the trails and roads of Church Gresley and Swadlincote led by qualified walk leaders, all abilities welcome over the age of 18. Max. 24 places.

Walk organiser: Swad Joggers
Booking: 07508 805567
swadjoggers@gmail.com



WALK
Derbyshire
Swad
Joggers

71 Evening Walk in St Peter's Wood, Biodiversity and Productive Woodland Working Together

Start time 6pm **Easy**
1-2 miles, 2 hours, 0 stiles

STARTING POINT St Peters Wood parking area (What3words: impose.reward.glare) Car park on site or Hartshorne Village Hall

A guided leisurely evening walk through St Peters Wood. Planted in 2021 this 50 acre woodland includes a wonderful range of woodland types and structures, from parkland to mixed conifers. With a network of high quality surfaced paths and on site parking the walk will be open to all with some options for the more able to see different parts of the woodland and experience the views. The guides will be able to show you a diverse range of habitats and wildlife, possibly even bats and Barn owls. Max. 40 places. Booking essential.

Walk organiser: Mountpark
Booking:
marion.farrell@groundworknottingham.org.uk
07801 122494
www.mountpark.com



Friday 23rd May

72 Trails and Tales Walk

Start time 9.30am **Leisurely**
5.5 miles, 2 hours, 0 stiles

STARTING POINT Shobnall canal bridge opposite Shobnall fields, behind Saw Mill Way DE14 2JP (What3words: jokes.pencil.soil). Roadside parking available nearby.

Join us for this specially extended version of our regular weekly walk. This walk is for ladies who live locally and would like to get more active whilst making new friends. We will walk along the canal to Branston Water Park and back.

Walk organiser: Get Active in the Forest
Contact: get.active@southderbyshire.gov.uk
07977 439309



73 Walk and Talk

Start time 10am **Easy**
2-3 miles, 0.75 hours, 0 stiles

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

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

Walk organiser: Heartwood Medical Practice



74 Best Kept Villages

Start time 10am **Moderate**
8 miles, 4 hours, some stiles

STARTING POINT Coton Wood, Coton in the Elms, DE12 8EP

This 8-mile walk takes you through some of the prettiest villages in the Mease Lowlands. It links both ancient woodlands and those that have been planted as part of the developing National Forest. Village greens, historic houses and distinctive church spires are all features of this route. Taking in some of the rolling countryside in the Mease valley, this walk is a lovely route for exploring the quiet villages of South Derbyshire and uncovering some of the history of the area.

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



75 Supporting Your Cancer/Survivor Journey Nordic Walk

Start time 11am **Easy**
1.5 miles, 1 hour, 0 stiles

STARTING POINT Thornton Reservoir Car Park LE67 1AR

Come along and find out about some of the benefits of Nordic walking for those living with cancer. Led by a qualified Nordic walking instructor you will receive beginners' instruction as well as being able to talk with others who have found Nordic walking has helped them. Booking essential as limited spaces. Poles provided. Refreshments available nearby. Max. 12 places.

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764
ministryofnordicwalks@gmail.com



76 Thornton to Bagworth Circular**Start time 1pm****Moderate**

3.5 miles, 2 hours, 2 stiles

STARTING POINT Thornton Reservoir Car Park LE67 1AR

A great walk for those both new and experienced Nordic walkers to get those poles working up hill! Led by a qualified Nordic walking instructor we will explore this circular route that has both steps and stiles on route. We will stop for a short break midway round so feel free to bring a sandwich and drink along. Booking essential. Poles can be provided. Max. 15 places. £4 book online via ministryofnordicwalks@gmail.com

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com

**77** 5 Parishes**Start time 1.30pm****Moderate**

6.5 miles, approx. 4 hours, 3 stiles

STARTING POINT Shobnall Leisure Complex, car park alongside the skate park DE14 2BB

A circular walk with a chance to see some urban Nature Reserves (good and bad) peaceful stretches of canal, recent plantations and some stunning views over Burton and the National Forest.

Walk organiser: Burton Conservation Volunteers

www.bcv.org.uk

Contact: bcvflowerman@gmail.com

07432 608931



78 Achille Wood and Farm Walk

Start time 7pm **Moderate**

2 miles, 2 hours, 0 stiles

STARTING POINT Hill Farm, Spring Lane, Packington LE65 1WU Car park on site

Take a leisurely stroll around the farm and woodland, taking in Canadian bison, red deer, alpacas and many more. See if you can spot one of the many owls on the farm alongside other night creatures. Finish with a visit to Antlers and Alpaca coffee and gift shop for a BBQ with bison or venison burgers.

Walk organiser: E W Sumnall and Sons
hillfarmpackington@hotmail.co.uk



Saturday 24th May

79 Up with the Lark at Billa Barra

Start time 7am **Moderate**

2 miles, 1 hour, 0 stiles

STARTING POINT Billa Barra Hill Car Park LE67 9TA

An early start to enjoy this little known ecologically significant site with some amazing history too! A great walk for those new to Nordic walking where the poles will help climbing the hill for the spectacular views. Led by a qualified Nordic walking instructor. Poles will be provided. Booking essential. Max 12 places. £5 book online via ministryofnordicwalks@gmail.com.

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764
ministryofnordicwalks@gmail.com



80 Nordic Walk a Volcano!

Start time 9am **Moderate**

4 miles, 1.5 hours, 2 stiles

STARTING POINT Agar Nook Community Centre LE67 4TN

Perfect walk for the more experienced Nordic walker. Led by a qualified Nordic walking instructor. Booking essential. Poles will be provided. Experience this amazing walk up an extinct volcano to the highest point in Leicestershire. Wonderful panoramic views to be seen throughout this woodland walk on a clear day. Max. 12 places. £5 book online via ministryofnordicwalks@gmail.com

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764
ministryofnordicwalks@gmail.com



81 Rosliston Parkrun

Start time 9am **Moderate**

3.1 miles, 1.5 hours, 0 stiles

STARTING POINT Rosliston Forestry Centre DE12 8JX (What3words: metro.trout.frost) £1.50 for an hour or £4.00 all day.

Rosliston parkrun is a free, fun and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! The event takes place at 9am every Saturday at Rosliston Forestry Centre. Parkrun is free but we would ask you to register and get a barcode first so we can scan your barcode and include you in the results. You can register on the parkrun website www.parkrun.org.uk/register.

Walk organiser: Rosliston parkrun
www.parkrun.org.uk/rosliston/



82 Bird Inspired Walk at Beacon Hill - Neurodiverse Adults and Friends Getting Close to Nature

Start time 12noon **Easy Access**
under 1 mile, 40 mins, 0 stiles

STARTING POINT Green man carving in Lower Beacon Hill car park LE12 8TA
Check Leicestershire County Council website for parking charges.

Join artist Lucy Stevens and a birding expert for a guided walk through Lower Beacon Hill following the accessible trail created by Safe Well Happy, an adult social group with learning disabilities. The group worked with Lucy and Charnwood Arts to develop painted trail markers through a series of nature and art inspired workshops. For age 14+. Max. 15 places.

Walk organiser: Charnwood Forest Geopark
charnwoodforest.org
Booking: info@lucystevens.co.uk



83 Bagworth Heath Woods

Start time 12noon **Leisurely**
3 miles, 1.5 hours, 0 stiles

STARTING POINT Bagworth Heath Car park
LE67 1DL

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

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

Booking: 07502 576764
ministryofnordicwalks@gmail.com



88 Groby Pool to Sheet Hedges Wood**Start time 1.30pm****Leisurely**

3 miles, 1.5 hours, 0 stiles

STARTING POINT Groby Pool car park LE6 OFR

A great walk for those new to Nordic walking. Led by a qualified Nordic walking instructor there is plenty to see and discover in this figure of eight nature walk taking in both woodland and the largest natural water site in Leicestershire. Booking essential. Nordic walking poles can be provided. Max. 15 places. £4 book online via ministryofnordicwalks@gmail.com

Walk organiser: Ministry of Nordic Walks Community Group

Booking: 07502 576764

ministryofnordicwalks@gmail.com

**Monday 26th May****89 Trail Therapy Sunrise Special****Start time 4.45am****Moderate**

4 miles, 1.75 hours, 2 stiles

STARTING POINT Bardon Hill Sports Club, Bardon Close, Coalville, LE67 4BS

Join us on a mini adventure, jogging or walking to the highest point in the National Forest as the sun rises. It's a very early start and a challenging climb, but it will be worth it for the expansive views across the area. Our 'Trail Therapy' activities are suitable for a wide range of abilities and a great way to improve your fitness, de-stress and have fun in wonderful surroundings.

Walk organiser: Peak Running

Contact: info@peakrunning.co.uk



Peak Running

90 A Walk Around Swannington**Start time 1.30pm****Leisurely**

3.5 miles, 1.75 hours, 5 stiles

STARTING POINT Hough Mill, St. George's Hill, Swannington LE67 8QW

Starting from the late 18th century Hough Mill, this walk around Swannington is over varied terrain comprising unsurfaced tracks, including ancient green lanes, country lanes, woodland and fields. The Swannington Incline, part of the Leicester and Swannington Railway, takes us down through an impressive cutting dug by hand in 1832/3. There may be some mud if it has been raining beforehand. The Mill will be open for viewing on our return. Max. 20 places. Booking essential.

Walk organiser: Swannington Heritage Trust

07474 610112

Booking: swanningtonwalks@gmail.com

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

2 miles, 1 hour, 0 stiles

STARTING POINT National Memorial Arboretum, in courtyard outside the cafe. DE23 7AR Car park on site.

Join us for our weekly walk around the Arboretum. The walk lasts between 45 minutes and 1 hour, and is aimed at getting people more active whilst at the same time enjoying their local environment. People of any level of fitness can take part in these walks, as the trained walk leaders can adapt the walk to suit any pace. These walks may take you off our hard standing pathways, please ensure you are wearing suitable footwear and are dressed appropriately for the weather.

Walk organiser: Get Active in the Forest

get.active@southderbyshire.gov.uk



Local Walking Festivals 2025

Autumn Footprint Walking Festival

Saturday 13th to Sunday 28th September 2025

www.autumnfootprints.co.uk marion.farrell@groundworknottingham.org.uk

Erewash Walking Month

To Celebrate National Walking Month of May including planned walks and walk challenges

Thursday 1st – Saturday 31st May 2025

For more information contact rachel.scott@erewash.gov.uk

www.erewash.gov.uk/community-health-and-wellbeing-development/walking

Derbyshire Dales Walking Festival

End of September 2025

sportsdevelopment@derbyshiredales.gov.uk 01629 761194

Regularly Active Groups 2025

There are lots of friendly walking groups you can join, who meet regularly and cater for a variety of fitness levels and abilities.

Derby and South Derbyshire Ramblers www.ramblers.org.uk/derby-south-derbyshire

Ministry of Nordic Walks ministryofnordicwalks@gmail.com
Community Group in Leicester/Leicestershire 07502 576764

Get Active in the Forest Wellbeing walks and Walk Derbyshire walks Get.Active@southderbyshire.gov.uk

The Ashby Would Litterheroes [Twitter: @AWLitterheroes](https://twitter.com/AWLitterheroes)
[Instagram: @awlitterheroes](https://www.instagram.com/awlitterheroes)

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

Loughborough Ramblers www.loughboroughramblers.org.uk

Coalville CAN www.coalvillecan.coop

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

Derwent Valley Orienteers www.dvo.org.uk

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

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

Activities 2025

SNOWSPORTS

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

www.jnlswadlincote.co.uk
01283 890 089



FISHING

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

www.visitsouthderbyshire.co.uk



GOLF

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

www.visitsouthderbyshire.co.uk



CLIMBING

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

www.everyoneactive.com/centre/green-bank-leisure-centre
01283 216 269



EQUESTRIAN

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

www.bhs.org.uk
02476 840 500



ORIENTEERING

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

www.roslistonforestrycentre.co.uk
01283 563 483



CYCLING

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

www.cycle.travel



FLYING

Derby Airfield at Egginton is home to Derby Aero Club & Flying School, which offers trial lessons and training in light aircraft.

01283 733 803 www.derbyaeroclub.com



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

NATIONAL FOREST WALKING FESTIVAL PARTNERS 2025

ACTIVE TOGETHER

www.activemumsclub.org

BARTON FOOTPATH GROUP

BETTER OUTDOORS

www.betteroutdoors.org.uk

BIRDWATCHING FOR BEGINNERS

BRANSTON FRIENDS

BURTON + DISTRICT WILDLIFE GROUP

www.bcv.org.uk

BURTON CONSERVATION VOLUNTEERS

www.bcv.org.uk

BURTON HISTORY TOURS

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

CHARWOOD FOREST GEOPARK

charwoodforest.org

CONNECT TO NATURE

E W SUMNALL AND SONS

www.hillfarmpackington.co.uk

EVERYONE ACTIVE

www.everyoneactive.com/EastStaffsActiveCommunities/

FORESTRY ENGLAND

www.forestryengland.uk/feel-good-in-the-forest

GET ACTIVE IN THE FOREST

www.southderbyshire.gov.uk

HEARTWOOD MEDICAL PRACTICE

www.heartwoodmedicalpractice.co.uk

LEICESTERSHIRE COUNTY COUNCIL

www.leicestershire.gov.uk

LEICESTERSHIRE FOOTPATH ASSOCIATION

www.lfa.org.uk/about

MINISTRY OF NORDIC WALKS COMMUNITY GROUP

MOUNTPARK

www.mountpark.com

NATIONAL FOREST COMPANY

nationalforest.org

NATIONAL TRUST CALKE ABBEY

www.nationaltrust.org.uk/calke

NEWHALL COMMUNITY

NORTH WEST LEICESTERSHIRE DISTRICT COUNCIL

www.nwleics.gov.uk

PEAK RUNNING

www.peakrunning.co.uk

ROSLISTON PARKRUN

parkrun.org.uk/rosliston/

SOUTH DERBYSHIRE DISTRICT COUNCIL

www.southderbyshire.gov.uk

SWAD JOGGERS RUNNING GROUPS

SWANNINGTON HERITAGE TRUST

www.swannington-heritage.co.uk

THE FRIENDS OF GRACE DIEU PRIORY

www.gracedieupriory.org.uk

THE FRIENDS OF SCALPCLIFFE WOODS

WHITWICK HISTORICAL GROUP

www.whitwickhistoricalgroup.co.uk

WILD MINDS NATURE CONNECTION CIC

www.wildmindsnature.co.uk

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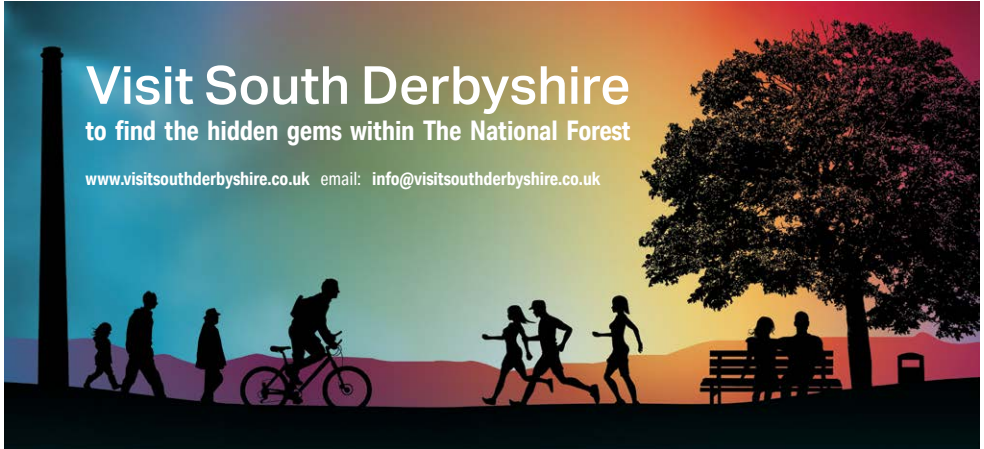


DISCOVEREASTSTAFFORDSHIRE

Visit South Derbyshire

to find the hidden gems within The National Forest

www.visitsouthderbyshire.co.uk email: info@visitsouthderbyshire.co.uk



South Derbyshire
VISITOR INFORMATION
Centre

South Derbyshire Visitor Information Centre, 1 High Street, Swadlincote, Derbyshire, DE11 8JG



Visit South Derbyshire



visitsouthderbyshire



01283 223333



If you would to get involved in next year's National Forest Walking Festival, please email Get.Active@southderbyshire.gov.uk by September 2025

All details correct at time of publication.



Knowle Hill

GETTING HERE IS EASY

The National Forest Walking Festival takes place in the very heart of England and is easily accessible by rail, bus or road



Why not leave the car at home...

By rail:

Information on rail services is available from:
National Rail Enquiries: 03457 48 49 50 (Charges apply) www.nationalrail.co.uk

By bus:

Information on bus and coach timetables is available from:
Traveline: 0871 200 22 33 (Charges apply) www.traveline.info
National Express: 08717 818181 (Charges apply) www.nationalexpress.com

By road:

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