

## Guided Walks w/c 21<sup>st</sup> and 28<sup>th</sup> September 2020

Date	Time/s	Walk name & Leader/s	Meeting place	Duration/ distance	Description	Cost and how to book
22 <sup>nd</sup> Sept	Multiple groups from 10.00am	Barrow health walks  Barrow health walks team	The Three Crowns Inn car park, Cotes Road, Barrow upon Soar, LE12 8JS	30 mins to 1.5hrs	Friendly free weekly volunteer led health walks around the local area. 10.00am - 1/2hr walk. 10.20am – 1.5hrs walk 10.40 and 11am – 1hr walks.  <i>Free parking and toilets available at the Three Crowns.</i>	Free. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
23 <sup>rd</sup> Sept	Multiple groups from 09.40am	Gorse Covert health walks  Gorse Covert health walks team	Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ.	30 mins to 1.25hrs	Friendly free weekly volunteer led health walks around the local area. Up to an hour in duration. Options of short 1.5mile and longer walk 3 mile (distances approx.) Multiple groups each week.	Free. Booking required. 1. Email: gorsecovertwalkingforhealth@gmail.com 2. Phone: (01509) 828424 3. Text (only): 07793 056780 If your call to the landline isn't answered, please leave a voicemail. Please provide name, phone and address details, and the whether you wish to join the short or long walk.
24 <sup>th</sup> Sept	Two groups. 10.10am and 10.30am	Loughborough Town health walks  Loughborough Town health walk team.	Outside Charnwood Museum, Queen's Park, Loughborough, LE11 3BJ	1.25hrs	Led by friendly volunteer walk leaders, these weekly health walks take in a variety of routes along the paths and through the parks of central Loughborough.  Both groups are around 3miles/1.25hrs  <i>Public toilets available in Queen's Park</i>	Free. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
24 <sup>th</sup> Sept	10.00am	'Hoton Hills and Cotes'  Martin Luck	Canal bridge (behind Loughborough Central Station), by The Climbing Station, junction of Great Central Road and Empress Road, LE11 1RH.	9 miles / 3.5hrs	Circular walk on footpaths, towpaths and quiet roads. Some lengthy but gentle slopes and a couple of short, steeper ones. Mostly on footpaths and rough tracks, round field edges and woodland. Uneven terrain. Likely to be wet and muddy in places.	Free. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>

					<p><i>Please wear stout footwear and be prepared for rain. A walking stick or pole could be helpful as there may be slippery sections. Please bring a snack and drink.</i></p> <p><i>Parking available with care on-street on Empress Road.</i></p>	
29 <sup>th</sup> Sept	Multiple groups from 10.00am	Barrow health walks  Barrow health walks team	The Three Crowns Inn car park, Cotes Road, Barrow upon Soar, LE12 8JS	30 mins to 1.5hrs	<p>Friendly free volunteer led group walks around the local area. 10.00am - 1/2hr walk. 10.20am – 1.5hrs walk 10.40 and 11am – 1hr walks.</p> <p><i>Free parking and toilets available at the Three Crowns.</i></p>	<p>Free. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a></p>
30 <sup>th</sup> Sept	Multiple groups from 10.10am	Gorse Covert health walks  Gorse Covert health walks team	Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ.	30 mins to 1.25hrs	<p>Friendly free volunteer led group walks around the local area. Up to an hour in duration. Options of short 1.5mile and longer walk 3 mile (distances approx.) Multiple groups each week.</p>	<p>Free. Booking required. 1. Email: <a href="mailto:gorsecovertwalkingforhealth@gmail.com">gorsecovertwalkingforhealth@gmail.com</a> 2. Phone: (01509) 828424 3. Text (only): 07793 056780 If your call to the landline isn't answered, please leave a voicemail. Please provide name, phone and address details, and the whether you wish to join the short or long walk.</p>
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2 <sup>nd</sup> Oct	10.00am	'Loughborough waterside walk'  David's Bus Pass walks with David Bentley	Near to Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ.	5 miles / 2.5hrs	<p>This linear bus pass walk begins with the walk with the option to return by bus at the end of the walk.</p> <p>A linear waterside walk alongside Black Brook and the Grand Union Canal to finish in Shelthorpe. Bus services 11 and 12 can be used to return to Gorse Covert.</p> <p><i>Please wear stout footwear and be prepared for rain. A walking stick or pole could be helpful as there may be slippery sections.</i></p>	<p>Free. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a></p>
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