

## Guided Walks w/c 19<sup>th</sup> and 26<sup>th</sup> October 2020

Date	Time/s	Walk name & Leader/s	Meeting place	Duration/ distance	Description	Cost and how to book
Tues 20th Oct	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. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Weds 21st Oct	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.  <i>Free parking, toilets available nearby</i>	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.
Thurs 22nd Oct	Two groups. 10.10am and 10.30am	Loughborough Town health walks  Loughborough Town health walk team.	Carillon Tower, 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. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>

Thurs 22 <sup>nd</sup> Oct	<b>12.00pm (noon)</b>  One group	'Soar feet'  Martin Luck	Village car park (behind the playground), Sutton Bonnington, Main Street LE12 5PE	9 miles / 3.5hrs	<p>Across the fields to the canal at Zouch, then northwards along the river Soar to Kegworth, footpath towards Ratcliffe, and back across fields to Sutton Bonington.</p> <p>This walk is essentially flat, except for bridges, and follows footpaths, towpaths and quiet lanes.</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. Please bring a snack and drink.</i></p> <p><i>Parking behind the playground at the walk start. Car park entrance on the west side of Main St 100m of King's Head pub.</i></p>	Free. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Fri 23 <sup>rd</sup> Oct	10.30am  One group	Queen's Park Nordic Walking Group	Meet outside Charnwood Museum, Queen's Park, Loughborough, LE11 3DU	1.25hrs	<p>Weekly Nordic Walk exploring Loughborough and beyond. Led by a trained British Nordic Walking Society Instructor these sociable walks will provide basic instruction, exercise and fun. Poles are available to borrow during the walk without charge.</p> <p><i>Public car parks nearby at Granby St and Brown's Lane - <a href="https://www.charnwood.gov.uk/pages/carparklocations">https://www.charnwood.gov.uk/pages/carparklocations</a></i></p> <p><i>Public toilets available in Queen's Park</i></p>	Free. Booking required. Book online at <a href="https://bit.ly/34MJhaU">https://bit.ly/34MJhaU</a>

Tues 27th Oct	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 volunteer led group 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. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Weds 28 <sup>th</sup> Oct	<b>10.00am</b>  One group	'Hunts Hill circular'  John Mumford	Meet at Hunts Hill (Old John) car park, Bradgate Park, off Sharpley Hill/Warren Hill, LE6 0AH	5 miles / 2.5hrs	A undulating walk through Bradgate Park, Swithland Woods, Swithland and Woodhouse Eaves.  <i>Water and walking boots recommended. Toilets available at start. Parking £3/day at a time of writing. Check latest charges - <a href="https://www.bradgatepark.org/find-us">https://www.bradgatepark.org/find-us</a></i>	Free. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Weds 28th Oct	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	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.  <i>Free parking, toilets available nearby</i>	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.
Thurs 29 <sup>th</sup> Oct	Two groups. 10.10am and 10.30am	Loughborough Town health walks  Loughborough Town health walk team.	Carillon Tower, 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. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>

<p>Fri 30<sup>th</sup> Oct</p>	<p>09.33am no.1 bus  One group</p>	<p>'Stanford on Soar to Loughborough'  David Bentley – bus pass walks</p>	<p>Baxter Gate bus stop, Loughborough, LE11 1TG</p>	<p>5miles/ 2.5hrs</p>	<p>A walk from Stanford Church to Loughborough via Normanton and Zouch.  Take the no.1 bus at 09.33am from Baxter Gate, Loughborough for a 6min bus ride to the start of the walk at Stanford Church.  Nottingham City Transport no1 timetable <a href="https://www.nctx.co.uk/services/NCT/1">https://www.nctx.co.uk/services/NCT/1</a></p>	<p>Free. Booking required. Online booking at <a href="http://www.charnwoodsport.org.uk/guided-walks">www.charnwoodsport.org.uk/guided-walks</a></p>
<p>Fri 30<sup>th</sup> Oct</p>	<p>10.30am  One group</p>	<p>Queen's Park Nordic Walking Group</p>	<p>Meet outside Charnwood Museum, Queen's Park, Loughborough, LE11 3DU</p>	<p>1.25hrs</p>	<p>Weekly Nordic Walk exploring Loughborough and beyond. Led by a trained British Nordic Walking Society Instructor these sociable walks will provide basic instruction, exercise and fun. Poles are available to borrow during the walk without charge.  <i>Public car parks nearby at Granby St and Brown's Lane -</i> <a href="https://www.charnwood.gov.uk/pages/carparklocations">https://www.charnwood.gov.uk/pages/carparklocations</a>  <i>Public toilets available in Queen's Park</i></p>	<p>Free. Booking required. Book online at <a href="https://bit.ly/34MJhaU">https://bit.ly/34MJhaU</a></p>