

Guided Walks w/c 26th April and 03rd May 2021

Date	Time/s	Walk name & Leader/s	Meeting place	Duration/ distance	Description	Cost and how to book
Tues 27th April	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. 10.00am – 1.5hrs walk 10.20am – 1.5hrs walk 10.40am - 1hr walk. <i>Free parking and toilets available at the Three Crowns.</i>	Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks
Weds 28th April	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 29 th April	One group at 10.00am	Hoton Hills & 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	Over the hills and far away, past Stanford Hall to a secret culvert; great views if the weather is kind. Includes a few miles of the Macmillan Cross Britain Way l.d.p. 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 https://charnwoodcouncil.bookinglive.com/guided-walks

					<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>	
Thurs 29th April	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	<p>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.</p> <p>Both groups are around 3miles/1.25hrs</p> <p><i>Public toilets available in Queen's Park</i></p>	<p>Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks</p>
Fri 30 th April	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.</p> <p>New walkers welcome. Please contact us on 07753 309 559 prior to booking to arrange an induction and to loan poles if required.</p> <p><i>Public car parks nearby at Granby St and Brown's Lane -</i> https://www.charnwood.gov.uk/pages/carparklocations</p> <p><i>Public toilets available in Queen's Park</i></p>	<p>Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks</p>

Tues 4th May	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. 10.00am – 1.5hrs walk 10.20am – 1.5hrs walk 10.40am - 1hr walk. <i>Free parking and toilets available at the Three Crowns.</i>	Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks
Weds 5 th May	One group at 08.30am	Walkie Talkie networking walk	Newtown Linford Car Park, Bradgate Park, Newtown Linford.	1hrs	Monthly networking walk. 1hr walk around beautiful Bradgate Park.	Free Booking required. For booking link contact the Active Charnwood Team on active.together@charnwood.gov.uk or call 07753 309 559
Weds 5th May	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 6 th May	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 https://charnwoodcouncil.bookinglive.com/guided-walks

<p>Fri 7th May</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.</p> <p>New walkers welcome. Please contact us on 07753 309 559 prior to booking to arrange an induction and to loan poles if required.</p> <p><i>Public car parks nearby at Granby St and Brown's Lane - https://www.charnwood.gov.uk/pages/ carparklocations</i></p> <p><i>Public toilets available in Queen's Park</i></p>	<p>Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.co m/guided-walks</p>
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