

## Guided Walks w/c 10<sup>th</sup> and 17<sup>th</sup> May 2021

Date	Time/s	Walk name & Leader/s	Meeting place	Duration/ distance	Description	Cost and how to book
Tues 11th 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 <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Weds 12th May	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 13 <sup>th</sup> May	One group at 10.00am	Hathern & Soar  Martin Luck	Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ  <i>Congregate on the grassed area alongside Black Brook little way from the entrance.</i>	9 miles / 3.5hrs	Circular walk on footpaths, towpaths and quiet roads. Mostly level terrain with some moderate hills. Multiple stiles and gates. Some uneven ground, and possibly muddy in places  <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>	Free. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>

Thurs 13th 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 <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Fri 14 <sup>th</sup> May	10.30am  One group	Queen's Park Nordic Walking Group	Meet outside Charnwood Museum, Queen's Park, Loughborough, LE11 3DU	1.25hrs	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.  New walkers welcome. Please contact us on 07753 309 559 prior to booking to arrange an induction and to loan poles if required.  <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>	Free. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Mon 17 <sup>th</sup> May	10.00am  One group	Cotes  John Mumford	Junction of the A60 and Back Lane, Cotes. Parking on road side, especially in Back Lane.	6.5 miles/ 2.5hrs	A 6.5 mile walk from Cotes towards Stanford on Soar then via a bridleway to Hoton. The walk returns via Prestwold across the fields back to Cotes.  A moderately hilly walk with some uneven surfaces. Walking boots required. Please bring water and a snack.  Parking on the roadside with care.	Free. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>

Tues 18th 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 <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Wed 19th 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 20 <sup>th</sup> 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 <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Fri 21 <sup>st</sup> May	10.30am  One group	Queen's Park Nordic Walking Group	Meet outside Charnwood Museum, Queen's Park, Loughborough, LE11 3DU	1.25hrs	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.  New walkers welcome. Please contact us on 07753 309 559 prior to booking to arrange an induction and to loan poles if required.	Free. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>

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