

## Guided Walks w/c 19<sup>th</sup> & 26<sup>th</sup> July 2021.

Date	Time/s	Walk name & Leader/s	Meeting place	Duration/distance	Description	Cost and how to book
Tues 20 <sup>th</sup> July	10.00am  One group	Mountsorrel Riverside Circular.  John Mumford	Soar Valley Leisure Centre car park, Soar Valley Leisure Centre, Kingfisher Way, Mountsorrel, LE12 7FG.	5 miles/ 2.5hrs	A lovely 5 mile walk circular walk along the Soar Valley. Out along one side of the River Soar to Cossington and back on the other side as far as Waterside Inn before returning to the meeting point.  A flat walk on riverside paths. Potential to be muddy after rain. Some uneven surfaces and stiles. Walking boots/shoes required. Please bring water and a snack.	Free. Booking required. Book online at <a href="https://charnwoodcouncil.bookinglive.com/guided-walks">https://charnwoodcouncil.bookinglive.com/guided-walks</a>
Tues 20th July	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 – 1.5hrs walk 10.20am – 1hr walk 10.40am - 1/2hr 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 21st July	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 July	10.30am  One group.	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.  Walks 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 23 <sup>rd</sup> July	10.00am	Ministry of Nordic Walks	Watermead Park, Birstall	1hr	Led Nordic walk around Watermead Park. Beginners are welcome.  Pre-booking essential.	£3/person. £4/person with pole hire. Booking required. For all details and to book a place contact Penny on 07502 576764 or email <a href="mailto:ministryofnordicwalks@gmail.com">ministryofnordicwalks@gmail.com</a>
Fri 23rd July	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. Poles are available to borrow during the walk without charge.  <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>  <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 26 <sup>th</sup> July	10.00am	Ministry of Nordic Walks	Mountsorrel	1hr+	Led Nordic walk from Mountsorrel. This is a longer walk likely to take in rural footpaths with stiles.  Pre-booking essential. All walk details will be provided on request.	£3/person. £4/person with pole hire. Booking required. For all details and to book a place contact Penny on 07502 576764 or email <a href="mailto:ministryofnordicwalks@gmail.com">ministryofnordicwalks@gmail.com</a>
Tues 27th July	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 – 1.5hrs walk 10.20am – 1hr walk 10.40am - 1/2hr 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 28th July	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: <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.

Thurs 29 <sup>th</sup> July	10.00am	'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>
Thurs 29 <sup>th</sup> July	10.00am  One group.	Safe, Well, Happy Group walk  Safe, Well, Happy Volunteers	Old School House School Lane, Quorn, LE12 8BL	1hr sensory walk. 1hr outdoor chat	<p>The Safe, Well, Happy group organises activities to support people with learning disabilities.</p> <p>These outdoor walks and chats are the re-introduction of in-person activities for the group.</p> <p>The walks are short in distance and designed to be accessible for all.</p> <p>For more information visit <a href="https://www.charnwoodsport.org.uk/safe-well-happy">https://www.charnwoodsport.org.uk/safe-well-happy</a> and search on Facebook for SafeWellHappy</p>	Free. Booking required. Contact Jane Parr on 07956 604 842 or email <a href="mailto:jane.parr@me.com">jane.parr@me.com</a>

Thurs 29th July	10.30am  One group.	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.  Walks 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 30th July	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. Poles are available to borrow during the walk without charge.  <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>  <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>