

Guided Walks w/c 04th, 11th and 18th October 2021.

Date	Time/s	Walk name & Leader/s	Meeting place	Duration/ distance	Description	Cost and how to book
Mon 04 th Oct	10.30am	Shepshed health walks	Hall Croft (opposite the Library), Shepshed, LE12 9AN.	1hr	Weekly health walk led by the friendly Shepshed health walk volunteers Will follow a variety of routes around the village. All abilities welcome.	Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks
Tues 05th Oct	Multiple groups from 10.20am	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. 10.20am – 1.5hrs walk 10.40am – 1hr walk 10.40am - 1/2hr 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 06th 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.
Weds 6 th Oct	08.30am One group	Walkie Talkie Wednesday networking walks.	Newtown Linford Car Park, Bradgate Park, Newtown Linford, LE6 0HB.	1hrs	'Free networking with a healthy twist' Monthly networking walk around beautiful Bradgate Park. A chance to make new contacts and develop working relationships. Newcomers	Free Booking required. Book online on Eventbrite - https://bit.ly/3cPgiOW For more information contact Leslie Singleton 07974 407988.

					welcome. Opportunity to continue conversations in local cafes post walk (observing current Covid guidance).	
Thurs 07 th Sept	Meet for 10am. Walk to begin at 10.30am One group.	Safe, Well, Happy Group walk Safe, Well, Happy Volunteers	Meet outside Breward's Coffee Shop, 2, The Green, Mountsorrel, LE12 7AF	1hr walk.	The Safe, Well, Happy group organises activities to support people with learning disabilities. These outdoor walks are short in distance and designed to be accessible for all. You are welcome to pop in to the café before and after the walk. For more information visit https://www.charnwoodsport.org.uk/safe-well-happy and search on Facebook for SafeWellHappy	Free. Booking required. Contact Jane Parr on 07956 604 842 or email jane.parr@me.com
Thurs 07th Oct	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 https://charnwoodcouncil.bookinglive.com/guided-walks
Fri 08th Oct	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.	Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks

					<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>	
Sat 09 th Oct	11am and 1pm	Loughborough Nordic Walking	The Outwoods, Woodhouse Lane, Woodhouse Eaves, LE11 3YG	1hr to 1.5hrs	<p>Weekly Nordic walking led by a British Nordic Walking instructor.</p> <p>Suitable for beginners and more experienced walkers. Instruction given and poles available to borrow.</p> <p><i>Parking at the The Outwoods for £1 per day -</i> https://www.charnwood.gov.uk/pages/the_outwoods_car_park</p> <p><i>Public toilets available. Café due to open autumn 2021.</i></p>	<p>£5.20 per session. Block booking 'Class Pass' discounts available.</p> <p>Booking required. Book online at https://bookwhen.com/loughboroughnordicwalking</p>
Mon 11 th Oct	10.30am	Shepshed health walks	Hall Croft (opposite the Library), Shepshed, LE12 9AN	1hr	<p>Weekly health walk led by the friendly Shepshed health walk volunteers</p> <p>Will follow a variety of routes around the village. All abilities welcome.</p>	<p>Free.</p> <p>Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks</p>
Tues 12 th Oct	Multiple groups from 10.20am	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 weekly volunteer led health walks around the local area.</p> <p>10.20am – 1.5hrs walk 10.40am – 1hr walk 10.40am - 1/2hr walk.</p> <p><i>Free parking and toilets available at the Three Crowns.</i></p>	<p>Free.</p> <p>Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks</p>

Weds 13th 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.
Weds 13 th Oct	11am One group.	Charnwood Action Group walks	Loughborough Town Hall, Market Street, Loughborough, LE11 3EB	1hr	Inclusive walks aimed to support people with learning disabilities and their carers. Newcomers welcome. Accessible routes.	Free. Booking required. Book by email at charnwoodactiongroup@gmail.com or by calling 07503 733 691
Thurs 14th Oct	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 https://charnwoodcouncil.bookinglive.com/guided-walks
Mon 18 th Oct	10.30am	Shepshed health walks	Hall Croft (opposite the Library), Shepshed, LE12 9AN	1hr	Weekly health walk led by the friendly Shepshed health walk volunteers Will follow a variety of routes around the village. All abilities welcome.	Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks

Tues 19th Oct	Multiple groups from 10.20am	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. 10.20am – 1.5hrs walk 10.40am – 1hr walk 10.40am - 1/2hr 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 20th 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 21st Oct	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 https://charnwoodcouncil.bookinglive.com/guided-walks
Fri 22nd Oct	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</i>	Free. Booking required. Book online at https://charnwoodcouncil.bookinglive.com/guided-walks

					<p><i>and Brown's Lane -</i> https://www.charnwood.gov.uk/pages/carparklocations</p> <p><i>Public toilets available in Queen's Park</i></p>	
Sat 23 rd Oct	11am and 1pm	Loughborough Nordic Walking	The Outwoods, Woodhouse Lane, Woodhouse Eaves, LE11 3YG	1hr to 1.5hrs	<p>Weekly Nordic walking led by a British Nordic Walking instructor.</p> <p>Suitable for beginners and more experienced walkers. Instruction given and poles available to borrow.</p> <p><i>Parking at the The Outwoods for £1 per day -</i> https://www.charnwood.gov.uk/pages/the_outwoods_car_park</p> <p><i>Public toilets available. Café due to open autumn 2021.</i></p>	<p>£5.20 per session. Block booking 'Class Pass' discounts available.</p> <p>Booking required. Book online at https://bookwhen.com/loughboroughnordicwalking</p>