

Frog & Cuckoo – 19 miles

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The Good Cycling Code

- *Be courteous! Give way to pedestrians*
- *Remember that some people are hard of hearing or visually impaired. Don't assume they can see or hear you.*
- *Carry a bell and use it.*
- *Where there are wheelchair users and horse-riders please give way.*
- *Follow the country code. Respect other land management activities, such as farming or forestry and take litter home.*
- *Keep erosion to a minimum if off road.*
- *Be self sufficient – in remote areas carry food, repair kit and waterproofs*
- *Be safe, wear a helmet and cycle within your capabilities*

Happy Cycling!

Route: Hermitage Leisure Centre, Thringstone, Belton, Worthington, Newbold, Rough Park, Coleorton, Limby Hall, Swannington, Hermitage Leisure Centre

Distance: 19 miles

Start/Finish: Hermitage Leisure Centre, Whitwick

Hermitage Leisure Centre: Indoors sports, swimming, café, toilets. 9 hole golf course, fishing lake, outdoor sports area and miniature steam engine club.

- 1 Start at the leisure centre reception entrance and follow the track to the site of the leisure centre, pass the play equipment on your left and where the path forks bear right and continue ahead and turn left onto the main road, Market Place. Continue ahead along North Street/Talbot Street, passing Whitwick Station on your right and Whitwick Park on your left.
- 2 Just before you arrive at Thringstone Community Centre turn right into Gracedieu Road and third left up Turolough Road and when the road forks again, bear left along Warren Lane (view of Grace Dieu Manor School on your left). When you reach a T-junction/Give Way, turn left and cycle down Swannymote Road (take care – fast traffic) and turn left just before you reach the A512.
- 3 Take care crossing over the A512 and cycle down Forest Lane (signposted Belton) into Belton. Cross over the B5324 and cycle along Sadlers Wells and Presidents lane, turning left down Church Lane. Cycle past the church and The George Hotel on your left and turn right down Mill Lane (signposted Breedon). Grace Dieu Prioress is buried in the churchyard and traditional Maypole dancing takes place at the George Hotel in May.
- 4 When you reach a bend (signposted Tonge/Breedon, keep left) cycle ahead with Top Merrill Grange Farm on your left. At the next T-junction turn left and left again at the roundabout (signposted Griffydam/Peggs Green).

Continue along this road (take care – fast traffic) until you reach a signpost left to Osgathorpe (Garendon Trail). Now turn right down a track to join the Cloud Trail, passing the Rock Drills and follow the road (ignore next right turning to Clough Trail) turning right into Worthington, down the hill and turning left at the T-junction towards Newbold.

Stop off: Worthington Lock up. Can be viewed by turning right at the Malt Shovel and follow the main road towards the church. To rejoin the route turn left at the crossroads by the church and continue to Newbold.

- 5 Cycle into Newbold and pass the Cross keys on your right. Take the next right into Ashby Road and turn right again at the T-junction (signposted Melbourne). Take care around the blind right hand bend before turning into Rough Park. Enter Rough Park on your left and follow the 'Beaumont Way' (blue arrows) which is a permissive bridleway used by cyclists and walkers. Follow the trail through Rising Woods until you go under a bridge (A512) and exit the track 50 metres on the right (red gate). Turn right on the A512 and cycle towards Coleorton.
- 6 Cycle past Coleorton Hall on your left and turn next right to Farm Town and next left at the crossroads to Churchtown, Coleorton. At the bottom of the hill turn right at the Memorial (signposted Loughborough) and pass Viscount Beaumont's Primary School on your right (beware frogs crossing!) and take the next right at Coleorton's Village feature (signposted Sinope) and next immediate left down Preston's Lane (signposted Limby Hall). At the next junction, follow the signpost to Limby Hall and keep bearing left (twice) when you come to a fork in the road. At the end of Limby Hall Lane, turn right into Swannington and cycle through the village, past The Fountain Inn on the right.
Stop off: At the end of Limby Hall Lane, turn left for Hough Mill, a windmill recently restored, but with no sails or fantails. Open Sundays 2-5.30pm April to September).
- 7 Ignore the left turn into Church Lane and continue ahead towards the Robin Hood pub. Cycle up New Close by the Robin Hood pub and join the new Swannington Link (Cuckoo Gap woodland) Cycle Way. Cuckoo Gap Woodland is a traffic free cycleway constructed along an old byway passing through tree lines lanes and includes Mountain Bike Obstacle Course, Picnic Areas and Water Features. Continue along Cuckoo Gap for approx 1200 metres until you reach McDonalds roundabout.
- 8 At the roundabout, turn left up Thornborough Road and just after passing the entrance to Stephenson's College and The Jolly Colliers, turn right down a bridleway. Turn ext left (by the golf course) to join the Hermitage Cycle Way, another traffic free cycle path which passes a lake and brings you back to Hermitage Leisure Centre.

