

Outdoor Physical Activities

for North West Leicestershire



September 2017



Welcome

- Local walks
- Running
- Cycling
- Green gyms
- Open spaces
- Campaigns and local events






Contact the Physical Activity Team 01530 454606 if you would like any more information.



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Key

-  Car park free
-  Dogs welcome on leads
-  Children welcome
-  Wheelchair / pushchair access
-  Toilets on route



Programmes to get you active

Regular physical activity is one of the most important things you can do for your health. To stay healthy, it is recommended that we participate in physical activity for at least 150 minutes per week. The benefits of increasing your levels of physical activity are endless but it can help to:

- Control your weight
- Reduce the risk of long term health conditions such as cardiovascular disease, cancers and type two diabetes
- Strengthen your bones and muscles
- Improve mental health and mood
- Increase chances of living longer.



Active Together Leicestershire is a county-wide programme, which provides opportunities for individuals and communities to become more physically active by participating in a variety of different physical activities leading to improved health and wellbeing.

Physical Activity Development Officers in each district across Leicestershire have created a programme of regular activities to help you become more active. Active Together Leicestershire offers a wide range of activities from walking, running, cycling, dance to pilates, buggifyfit and bowls. Activities are suitable for all ages and abilities and there is an activity for everyone to enjoy!

Across Leicestershire, Leicester and Rutland, there are a variety of other Physical Activity Programmes designed to support individuals of all ages and abilities to become more physically active.

Programmes to get you active



Choose how you move

The Choose how you Move campaign helps to increase their physical activity, save money and help the environment by leaving your cars at home.

This campaign is a joint project between Leicester City and Leicestershire County Councils and gives travel advice for the city and county. Please visit www.choosehowyoumove.co.uk for more information.

'One you' Campaign

This campaign helps to support adults (40+) to make simple changes towards a longer, healthier and happier life. One You will provide tools, motivational support and encouragement every step of the way.

This includes a quick and easy online quiz for people to complete and recognise the things they can do to improve their health in the long term. Health Quiz www.nhs.uk/oneyou

walking together

Walking 10,000 steps a day (about five miles) can help to give you a healthy heart and reduce your body fat.

Can walking help me to get fit?

Yes it can. Experts currently recommend that at least 30 minutes of moderate exercise five times a week can provide considerable physical and mental benefits. Walking is good for your heart and lungs by improving cardiovascular fitness. Most of the work is done by the muscles of the lower body, and as it's a weight-bearing activity, will also help improve bone density. At the same time, it's low impact, so it won't strain your joints. The beauty of walking is that it can be fitted into your daily routine. It's free, saves on petrol or bus fares and is better for the planet.

What are the health benefits?

Regular walking can reduce the risk of coronary heart disease, diabetes, stroke, high blood pressure, some cancers, osteoporosis and arthritis. It can help you to deal with anxiety and stress, and may reduce the risk of Alzheimer's disease. New research from British studies shows that anyone can turn back the clock three years by getting some exercise, like taking the stairs instead of the lift or getting off the bus a couple of stops earlier and walking.

Popular places for walking in the Coalville area

- Coalville Forest Adventure Park
- Nature Alive – Local Wildlife Site
- Disused Railway line and Hermitage Recreation Ground
- Cademan Wood
- Meadow Lane to Holly Hayes
- Mount St. Bernard Abbey
- Bardon Hill
- Coalville Park
- Coalville Arts Trail

walking together

1 | Snibston Country Park | 1.8 miles | 1 hour

Where **Jackson Street** becomes **Wentworth Road**, opposite the link to **James Street**, take the path to the allotment gardens. Turn left on to the bridleway (right leads to **Owen Street**), and then go right through a gateway into the Country Park. At the main tarmac driveway turn left and follow the road downhill all the way to the fishing lakes. At the National Forest noticeboard turn left, taking the path by the Carp Lake on your right. Turn right again as the second lake comes in to view, go between the two lakes and through the kissing gate. Follow the stony path gently uphill to a signposted cycleway junction, turn right towards the museum. Keep going straight on all the way to the Country Park Information Board, where you turn right. Follow the tarmac drive climbing uphill you come to a wooden gate on the left, by a five-way signpost. Here you can either stay on the main drive until the bend in the road where you entered the park, or squeeze through a gap beside the gate, then walk to the edge of the embankment where you get striking views over **Coalville** and to **Bardon Hill**. Go right, following the top of the embankment, and then drop down very steeply (no steps) back to the track. Turn left back to the bridleway and then right to **Jackson Street** (or straight on to **Owen Street**).



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walking together

2 | Forest Adventure Park 0.5 miles | 20 / 30 minutes

From **Linden Way** a well surfaced path leads all the way around the edge of the **Urban Forest Park**. The park was created by one of the earliest regeneration projects in the National Forest. An information board tells you about the mining history of the area and the North West Leicestershire's Mining Heritage Trail. There are benches all the way around the park and plenty of opportunities for the children to play. This park can be reached from the **Stephenson Industrial Estate** by following a sign-posted footpath from **Brunel Way**, ignoring the footbridge, then next to the railway taking the path to the right which comes out in the corner of the park.



3 | Nature Alive Local Wildlife Site | 0.6 miles 30 / 40 minutes



Start on **Brunel Way** taking the sign posted footpath and climbing the wooden footbridge over the railway line. Follow the path until you reach a yellow topped way marker post and from there, take the path to the left for a clockwise circuit. Follow the footpath in the same direction until you go under a brick arched railway bridge. Here the path takes you gradually down past old railway tracks and the buffers of what was once a busy siding for the local coal mines. The path comes out by **Thornborough Road** where you can pop in to the shops. Retrace your steps under the arched bridge and take the path going left. Go past a pond and benches and across a board walk (caution: rail on one side only) where you may see ducks, until you reach the waymark post once more. Keep going straight on over the stepped wooden bridge, back to **Brunel Way**.

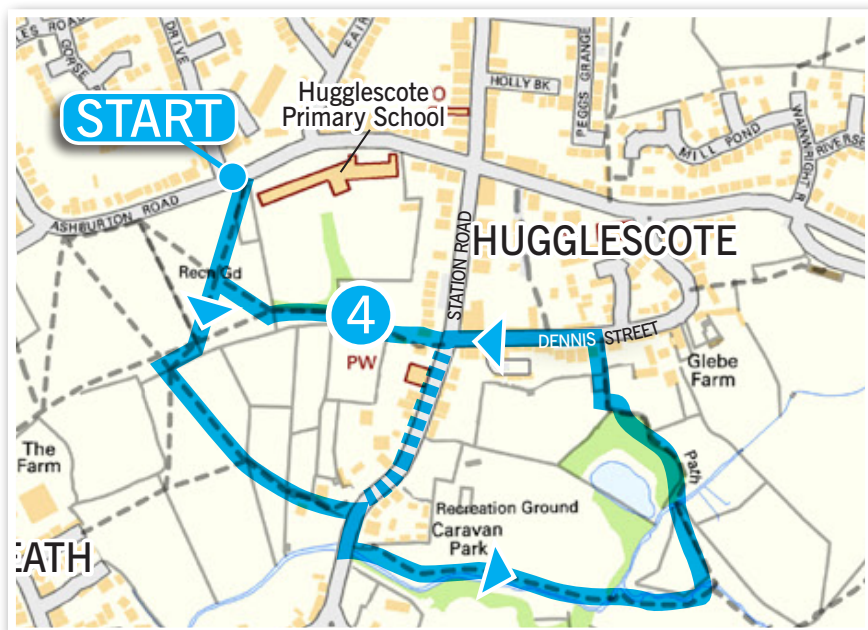


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walking together

4 | Hugglescote Circuit | 1.25 miles | 45 / 50 minutes

Start at the children's play area on **Ashburton Road** and go across the field following the tarmac path. Where the tarmac paths split, take the left fork with the railings and the white house in the distance (as shown in the picture on the left). This path takes you through to **Station Road**. (From here you can shorten the walk by turning left and following **Station Road** until you reach the footpath opposite **Dennis Street**). To continue, turn right and walk for a short way before carefully crossing the road into the recreation ground. Follow a stony path as far as the way marker post, and then take the path to the right alongside a brook. Cross a black wrought iron bridge and squeeze through the gap in the fence into a meadow where cattle may be grazing. Bear left beside the stream, over a footbridge, through a kissing gate and over another black wrought iron bridge. The path is now enclosed at the field edge until you reach another kissing gate followed by four steps, taking you past a small graveyard and out on to **Dennis Street**. Turn left. When you reach **Station Road** carefully cross and follow the tarmac path straight ahead. Cross the recreation ground back to **Ashburton Road**.  

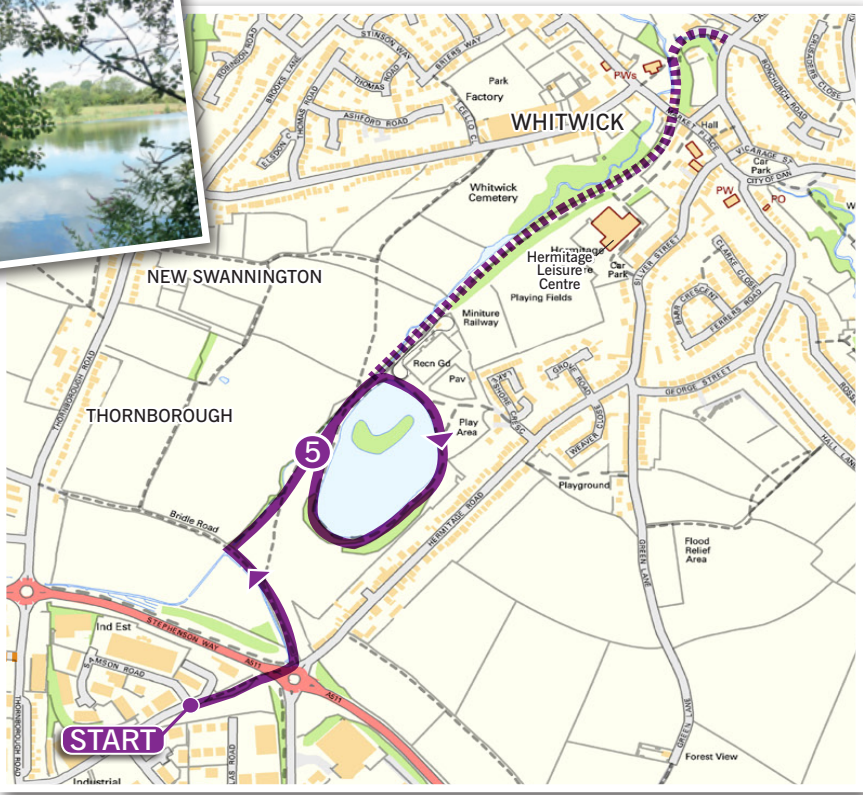


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walking together

5 | Disused railway line and Hermitage Recreation Ground, Whitwick 1.25 miles | 30 minutes





On **Comet Way**, starting at the junction with **Samson Road**, take the path ahead towards Stephenson Way. At the roundabout cross the road and, on your left, take the signposted **Bosworth Trail Cycle Route 52**. Follow the track until you reach a wooden marker post. Turn right, keeping to Route 52 now on an old railway line path. You will soon see the lake on your right. Follow the narrow path clockwise around the lake, along the wooded shoreline (keep a close eye on children by the waterside). Complete your circuit of the lake until, near the lifebelt, you cut across the grass to reach the railway line path again and retrace your route to the start. This walk can be extended to **Whitwick** along the disused railway line, finishing near St John the Baptist's Church and Castle Hill.

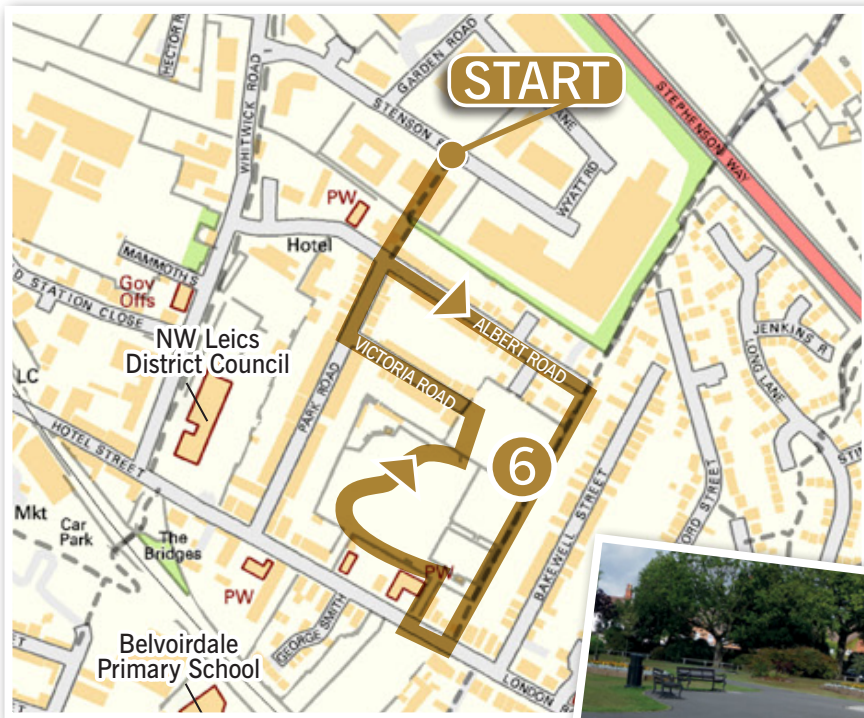


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walking together

6 | Coalville Park | 0.85 miles | 20 / 30 minutes

From midway along **Stenson Road** take the signed public footpath to **Albert Road** and turn left following the road all the way to the end. Turn right and follow the path all the way to **London Road** where you turn right and then it is a short distance to the entrance to the park. Once in the park, follow the path in a clockwise direction enjoying the wide variety of trees and themed flower beds. Pass the memorial (dedicated in 1899) and continue to your left to reach a path taking you out of the park across the recreation ground and on to **Victoria Road**. At the end of **Victoria Road** turn right on to **Park Road**, at the next junction you will find the path back to **Stenson Road** is immediately opposite.    

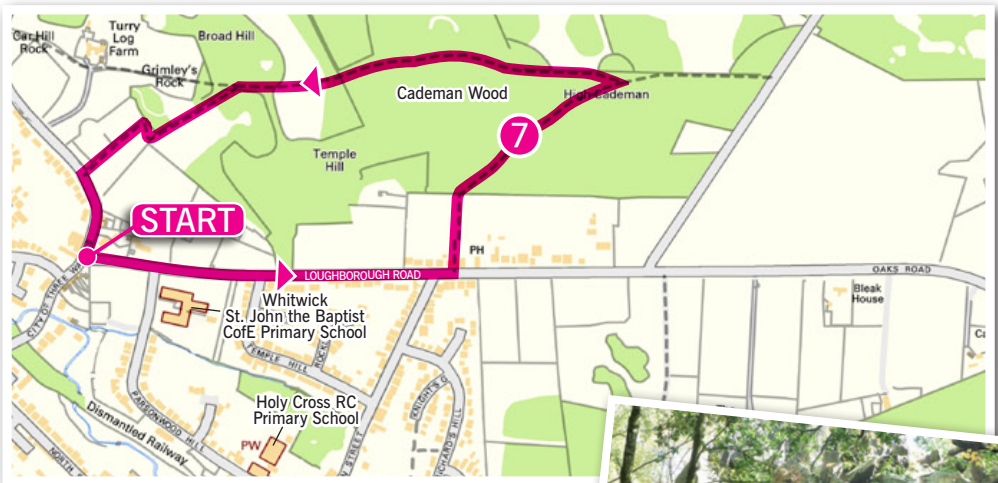


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walking together

7 | Cademan Wood | 1.3 miles | 1 hour

Start by walking along **Loughborough Road** from its junction with the road named **City of Three Waters**. Take the narrow sign-posted footpath on your left between houses numbered 121 and 127, just before you reach the Man with Compass pub. Cross over the wall into the wood and bear right. Continue steeply up the hill and then straight ahead following the yellow way markers until you reach the foot of a tall rocky outcrop (illustrated left). Skirt the rocks, keeping them to your right. Beyond the rocks turn sharp left along the main path keeping the dry stone wall on your right. This is a section of the **Ivanhoe Way** walking route, through mixed woodland and rocky outcrops typical of Charnwood Forest. Pause to take in the view of **Breedon Hill** over to your right. Cross over another wall and start to make your way down through the trees. At the junction of paths, shortly after a way marker post, take the footpath on the left. Follow the edge of the wood back down hill and, at the road, turn left to return to the **City of Three Waters**.



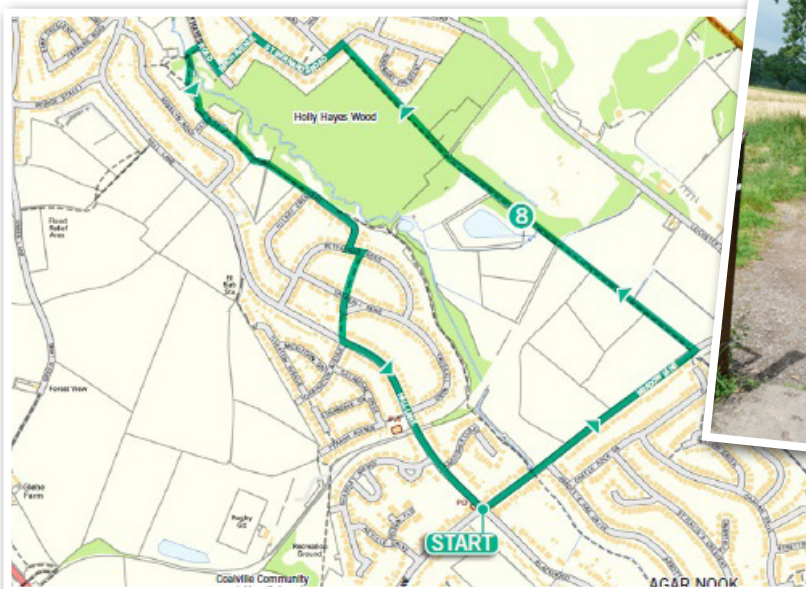
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walking together

8 | Meadow Lane to Holly Hayes | 2.5miles | 1 hour

Start at the crossroads of the streets **Blackwood, Meadow Lane** and **Hall Lane** where there are a number of local shops. Walk up **Meadow Lane** all the way to the campus of **King Edward VII** and **Castle Rock** schools. Look out on your left for the signpost for Ivanhoe Way, a bridleway leading to **Whitwick**. Turn left on to the bridleway and follow this all the way to **St Bernard's Road** in **Whitwick**. This path takes you through part of **Holly Hayes Wood**, where there are numerous paths worth exploring. Turn left at **St Bernard's Road**, follow the road and turn left again into **Birch Avenue**. Then, at the next junction, turn right onto **Holly Hayes Road** where you will see a footpath sign on the left ahead. Take this path, going over a small bridge and take the grassy path on your left up hill. The path takes you to a stile and out onto **Hayes Close**. Go straight ahead to house number 9, where the footpath re-starts and continues behind the houses. Keep straight ahead, skirting a play area and continue in the same direction along **Hilary Crescent** which then bears right. Turn left onto **Peterfield Road**, cross the road, then between houses 17 and 19 take the path through to **Tressall Road**. Cross the road and continue ahead and, between houses 20b and 22, take the footpath to **Hall Lane** where you come out by The Lady Jane pub. Turn left along **Hall Lane** to make your way back to the starting point. 🐾 😊

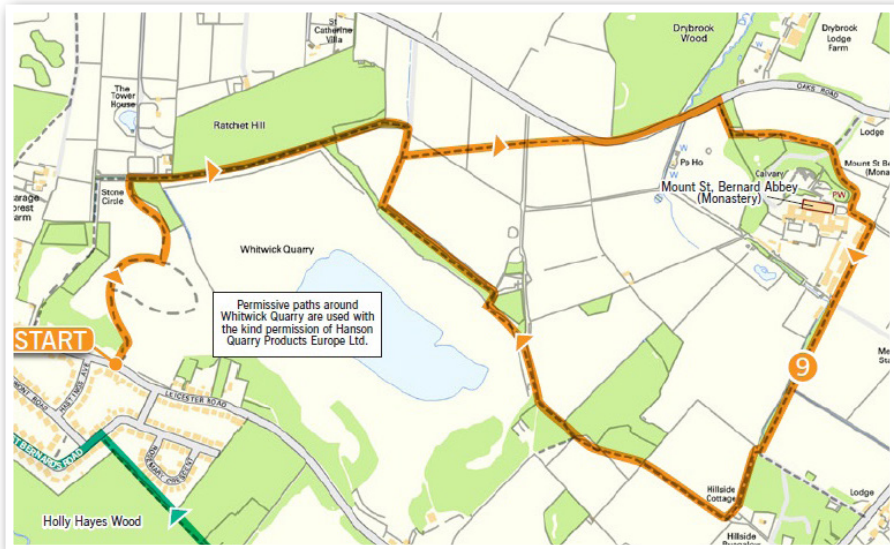


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walking together

9 | Mount St. Bernard Abbey | 3.4 miles | 2 hours

Start at the kissing gate on **Leicester Road** by the ARC Information Board. Follow a stoned path uphill through the woodland until you reach a stone circle. From where you first enter the stone circle, count three stones clockwise and take the path on your left downhill. Cross straight over another small stone circle to a kissing gate, go through and turn right. Follow the dry stone wall to its end and then turn sharp right. Take the next path on your left, sign-posted from a gap in the wall where you have a good view of the **Abbey** ahead. A clear path takes you to the road where you turn right. Take care on the narrow verge until you reach a sign marking a public footpath on your right. Go through a gap in the wall and up through some trees. Turn left up a step and skirt the field to the **Abbey** driveway. Follow the drive sign-posted towards the Church, Car Park and Shop. To continue, the path leaves the car park in the corner by the toilets and follows the farm track past the cattle sheds. Keep going straight ahead until you reach a junction where you bear slightly right and continue to **Hillside Cottage**, then, squeeze through a gap in the wall where you can look back at the **Abbey** now below you. Follow the fenced path, admiring views on either side until you reach the wood. Take the right-hand path through a gap in the wall and begin to climb up again by the side of the quarry, keeping to the sign-posted path. The path takes a sharp turn right, back down to the path you will recognise from your outward journey. Retrace your steps back to **Leicester Road**.



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Guided walks

Age UK Health Walk

Date every Monday

Starting time 10am

Starting point Clock Tower Memorial Square, Coalville LE67 3TU

Cost Free

Generally about 45 minutes to an hour in duration. We will walk to the Snibston Country Park and around the paths, enjoying the trees and bird life and finish back at a cafe for a cup of coffee. All abilities welcome. Stacey Sadler 07738 820948



Health Walk

Date every Tuesday and Thursday

Starting time 10am

Starting point Alleyway next to Gilly's pantry in Measham, DE12 7HR.

Cost Free

30 minute in duration. Come along and join me for some fresh air and exercise and meet new people for a chat.

All abilities welcome

Stacey Sadler and Janet Joyce
07547 901513

Broom Ley's Health Walk

Date every Wednesday

Starting time 9am

Starting point St David's Church Broom Leys LE67 4RL

Cost Free

3 to 5 mile moderate paced walk to suit all attendees

Rachel Hudson

rachel.hidson@ageukleics.org.uk



Walking for Health

Date every Wednesday

Starting time 10am

Starting point Hood Park Leisure Centre, North Street, Ashby de la Zouch Le65 1HS

Cost Free

3 to 4 mile moderate paced walk to suit all attendees

Janet Joyce 07547 901513



Guided walks

Measham Walk

Date every Thursday

Starting time 10.30am

Starting point Measham Library, High Street, DE12 7HR

Cost Free

3 to 4 mile moderate paced walk to suit all attendees

Janet Joyce 07547 901513



Nordic Walking

Date Saturday 9am

Starting point Moira Furnace Top Car Park near to toilets DE12 6AT

Cost £2.50

Nordic walking is a full-body exercise that's easy on the joints and suitable for all ages and fitness levels.

Nordic walking is suitable for people of all ages and fitness levels. Classes range from gentle walks to workout walks.

Chris Mawbey 07891692390
info@optimum-performance.co.uk



Running together

Zero to Hero Running Group

Date every Monday
Starting time 6pm
Starting point Bear Statue Central Road,
Hugglescote, Coalville LE67 2FN
Cost Free
Teresa Bradshaw
t.bradshaw5@icloud.com

Running for it

Date every Thursday
Starting time 7pm
Starting point Newbridge High School,
Forest Road, Coalville, LE67 3SJ
Cost Free
Paddy Tyres
runningforit@live.co.uk

Hermitage Harriers

Date every Tuesday and Thursday
Starting time 7pm
Starting point Hermitage Leisure Centre,
Silver Street, Whitwick LE67 5EU
Cost Free
www.hermitageharriers.co.uk

Conkers Park Run

Date every Saturday
Starting time 9am
Cost Free
It is a 5km run - it's you against the clock
www.parkrun.org.uk

Ivanhoe RC Beginners Running Group

Date every Wednesday
Starting time 6pm
Starting point Hood Park Leisure Centre
North Street, Ashby-de-la-Zouch LE65 1HU
Cost Free
Kevin Sanders
kevin.sanders@ivanhoerunners.uk

For more info try looking at
[www.lrsport.org/directory/
leicester-shire-rutland-run-england](http://www.lrsport.org/directory/leicester-shire-rutland-run-england)



Cycling together / Sky Ride

North West Leicestershire is a great place to get out and about on your bike.

Coalville's many cycle paths link to National Cycle Route 52 - part of a cycling network which connects the town centre with Stephenson College, the Community Hospital and outlying villages. Check out the map visit www.choosehowyoumove.co.uk/explore-by-bike or for hard copy contact Leisure Services on 01530 454606.

The forest is also home to the Hicks Lodge National Forest Cycling Centre, close to Conkers in Moira - check out the Hicks Lodge trail.

www.forestry.gov.uk/hickslodge

'The Cloud Trail' is a pleasant cycle route which runs from the village of Worthington and passes into Derbyshire, winding along the bank of the River Derwent into Derby City Centre.

Close by is East Midlands Airport and Donington Park Race Circuit, served by National Route 15 as well as local cycle links.

For information and to book on to any of the rides below visit www.goskyride.com

Also Available at Hicks Lodge:

- Cycle maintenance courses
- Introduction to off road cycling

Please contact Martin for more information.



Green gyms

Come down to the park and try out the 'outdoor gym'.

The latest in outdoor fitness equipment has been installed in the park located near to the children's play area.

The equipment includes cycling, sit ups, step ups and pull ups to name just a few of the activities the equipment can offer you for a 'workout' with a difference in a green gym.

- Coalville Park
- Whitwick Park
- Ibstock Recreation Ground
- Millfield Recreation Ground, Hugglescote
- Melrose Road Park, Thringstone



Jogging circuit At Coalville Park

Our 400 metre jogging circuit means you can devise your own fitness programme - combining jogging and use of the fitness equipment to burn off those calories.



Parks and open spaces

Ashby Bath Grounds

The Bath Grounds is a historic recreational ground and cricket ground based in the town of Ashby-de-la-Zouch.

Coalville Park

Coalville Park on London Road is just a few minutes walk away from the town centre. There is plenty for you to enjoy, suiting all age groups including tennis courts, a children's play area and skateboard park.

We've signed up for the national 'Tennis for Free' campaign. No need to book - just turn up and play

Take a seat, relax and enjoy the pleasant surroundings of open space, mature trees and attractive floral displays.

Greenhill Recreation Ground, Coalville

The recreation ground is located on Cropston Drive and provides football pitches with changing facilities.

Hermitage Recreation Ground

Located on Hermitage Road, just a couple of minutes drive from Coalville Town Centre, Hermitage Recreation Ground has lots of activities for all ages to get involved with. These include an all weather pitch area, nine hole short course golf course, mini golf course, putting green; play area, picnic area and fishing lake.

Millfield Recreation Ground, Hugglescote

This site is on Station Road and provides a football pitch with changing facilities, a play area and MUGA (Multi Use Games Area).

Scotland's Playing Fields, Coalville

This site is located off Forest Road and provides football pitches with changing facilities and access to the bowling green at the far end of the site home to Scotland's Bowls Club.

There is plenty of free parking on site for visitors.



Parks and open spaces

Spital Park and Pavilion

Sports Training Facilities - With both male and female changing facilities which are fully accessible to disabled people Spital Park has some fantastic amenities for teams to train and compete at. Offering five football pitches, two rugby pitches and a floodlit training area.

Skate Park- If your children are looking for something to do and are always riding their bikes or on their skateboards, with half pipes, rails and ramps, our skate park will keep them entertained for hours with their friends in a safe environment.

Facilities for children's play and community groups - a large play area outside and the pavilion can be hired out for functions.

Forest Adventure Park, Coalville

Urban Forest Park is approximately 10 minutes on foot from Coalville Town Centre and access is found off Linden Way. Formerly a landfill site, the area has been transformed into an important habitat for wildlife with over 8,400 trees planted in the last decade.

The site provides a circular walk with a public footpath that then leads across the railway line to the neighbouring wildlife site Nature Alive. The park provides a small piece of the countryside within an industrial area with seating, woodland planting, spring bulbs and wildflowers. Located around the site you will find six separate play stations including a basket swing, a slide, a maze and items to test out your climbing skills.



Whitwick Park

Whitwick Park is within walking distance of the centre of Whitwick located on North Street. There are open spaces, mature trees and floral displays but if relaxation isn't your thing then there is plenty to enjoy including tennis courts, a children's play area, skate park and the bowling green home to Whitwick Park Bowls Club.

Take part in the national Tennis for Free campaign. There is no need for you to book - just turn up and play.

If you would like try your hand at a game of bowls you can 'pay and play' or alternatively contact the Bowls Club for a game as new members will always be welcome.

Upcoming events



Sunday 17th September 2017
COALVILLE COLOUR RUN
Let's All Colour In Coalville

To register or find out more information, please go to
www.giving-back.co.uk/coalville-colour-run.asp

Our 2nd year in Coalville!!

The fun run starts at 10.30am – distance approx 5k
Followed by entertainment in
Coalville Park at 12.30pm
Live Music! Stalls and Food!

Prices to enter:
Adult: £15.00 / 5 – 16: £7.50
Under 5's: Free*
Family of 4: £40.00 / Teams of 4: £55.00
Includes: Entry to run, bib & safety pins,
a goody bag, a white t-shirt and a medal
for all finishers.
(*T Shirts not available for under 5's)

lwa  **North West Leicestershire District Council**
Living without abuse
at the heart of the National Trust

www.lwa.org.uk
gina@lwa.org.uk

Event organiser: **Gina King** | 01509 550317 | gina@lwa.org.uk
Sponsored by NWLDC in aid of Living Without Abuse. Raising money to support Leicestershire families. Registered Charity No: 1121923

Ashby Santa Fun Run and Walk 2017 Sunday 3 December

Organised by the Rotary Club of Ashby de la Zouch Castle and supported by Ashby Town Council, our aim is to provide a safe, family friendly, fun Christmas event with the intention of raising money for some of our locally based supported charities. We provide all participants with a Santa suit, beard and hat to dress up in and complete a 3km run or walk around Ashby de la Zouch to a pre defined route. The route is flat and family friendly so is suitable for pushchairs and buggies however there are some bumpy bits and a short stretch of playing field to cross.

For further information and to enter go online www.ashbysantarun.com/

Information and contacts

- **Couch to 5k** – The NHS couch to 5k plan is designed to get you off the couch and gradually work you up to 5K or for half an hour, in just nine weeks for more information visit www.nhs.uk/livewell/c25k/pages/get-running-with-couch-to-5k.aspx
- www.footloose.org.uk
- www.eastmidlandssu3as.org.uk
- Leicestershire and Rutland walking group www.lrwg.org.uk
- Coalville Ramblers www.ramblers.org.uk/coalville
- www.meetup.com
- www.nhs.uk/change4life
- www.leioc.org.uk
- www.ashbycanaltrust.co.uk
- www.crosbyheritage.co.uk
- www.gracedieupriory.org.uk
- www.lrsport.org.uk
- For guided history walk visit ashbydelazouchmuseum.org.uk/

