



Leicestershire
County Council



Short walks in Oadby and Wigston Borough



Strolls on your Doorstep

Stepping Stones
People Greenspaces Wildlife

ACTIVE together
OADBY AND WIGSTON



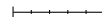
This booklet was produced by the Stepping Stones Project, based at Leicestershire County Council and Active Together at Oadby and Wigston Borough Council. The booklet contains 10 lunchtime walks (1hr or less) within the Borough that range from the treed avenues of the University area to the countryside on your doorstep.

The walks vary in length and difficulty, route 1 being the easiest and 10 being the hardest. So if you fancy doing something different this lunchtime then the Stepping Stones Challenge is to work through all the walks, building up to a magnificent 40,000 steps in total; that's nearly 14 miles or the equivalent of walking the entire boundary of the Borough!

Key



time



Distance
miles / km / steps



Wheelchair/
Pushchair Friendly



Walking boots required,
Muddy in places



Stiles / Gates

Difficulty

Type of surface/gradient

Flat

Gradual uphill

Moderate uphill



Beginners

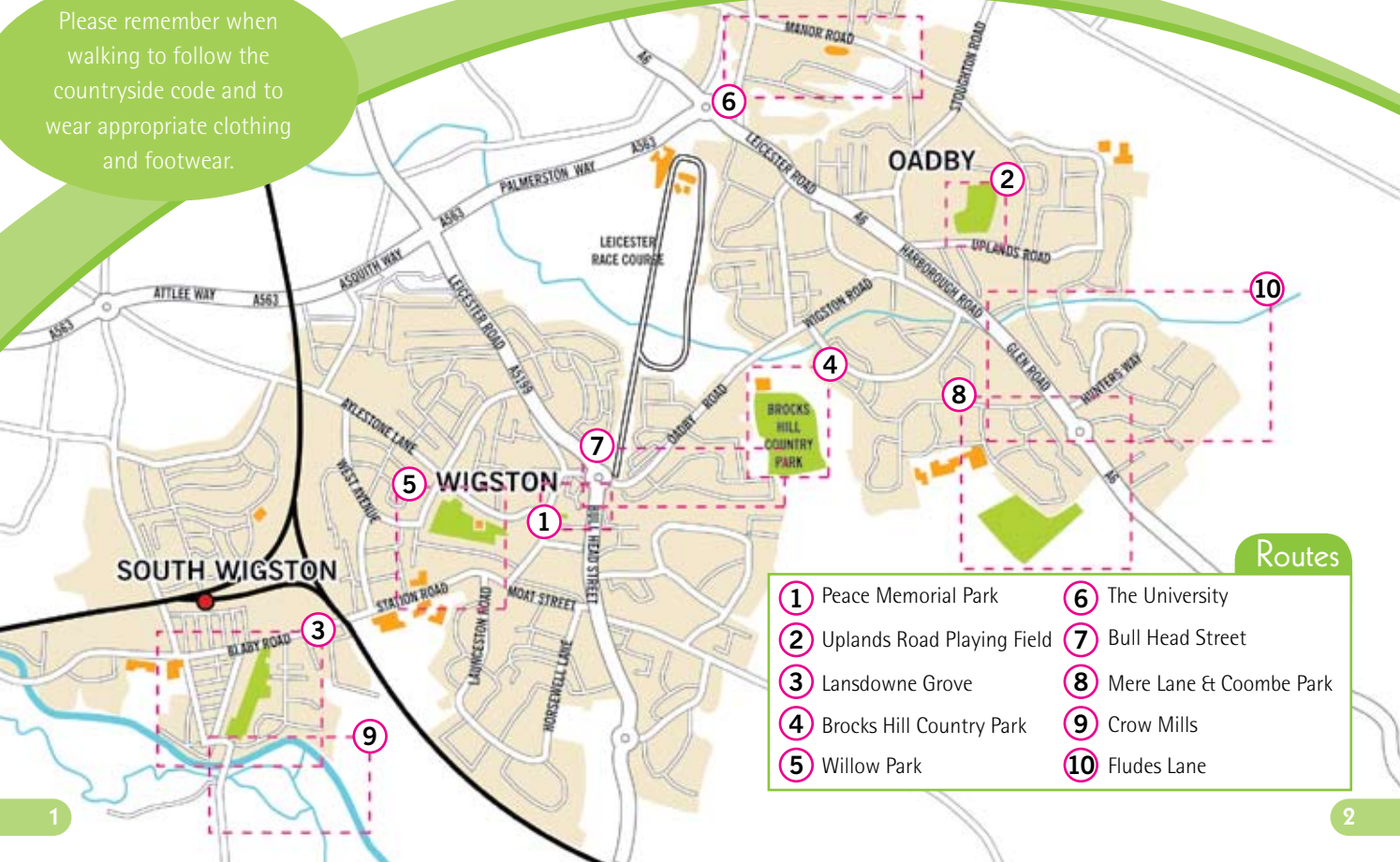


Intermediate



Advanced

Please remember when walking to follow the countryside code and to wear appropriate clothing and footwear.



Routes

- | | |
|------------------------------|---------------------------|
| 1 Peace Memorial Park | 6 The University |
| 2 Uplands Road Playing Field | 7 Bull Head Street |
| 3 Lansdowne Grove | 8 Mere Lane & Coombe Park |
| 4 Brocks Hill Country Park | 9 Crow Mills |
| 5 Willow Park | 10 Fludes Lane |

Route 1

Wigston

Bull Head Street to Peace Memorial Park

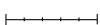
(Starting at Wigston Library on Bull Head Street, finish at Peace Memorial Park)

Start at **Wigston Library** on **Bull Head Street** and walk down towards the **Police Station**, turn right onto **Paddock Street** (before the Police Station) and follow this road to the top. Once you have come to the end of Paddock Street turn left onto **Long Street** and walk along this road until you come to **Peace Memorial Park** on your left and enjoy a nice stroll around the park.

Route Information



10-15 minutes



0.6 miles / 1 km
1500 steps



Flat, Tarmac



Wheelchair/
Pushchair Friendly



Beginners



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Route **2**
Oadby

Uplands Road Playing Field

(A stroll around Uplands Road Playing Field)

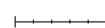
Just follow the path around this lovely **local park**.



Route Information



15 minutes



0.6 miles / 1 km
1500 steps



Flat, Tarmac



Wheelchair/
Pushchair Friendly



Beginners

100m

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Route **3**
Wigston

From South Wigston Health Centre and back via Lansdowne Grove

(Starting and finishing at South Wigston Health Centre on Blaby Road)

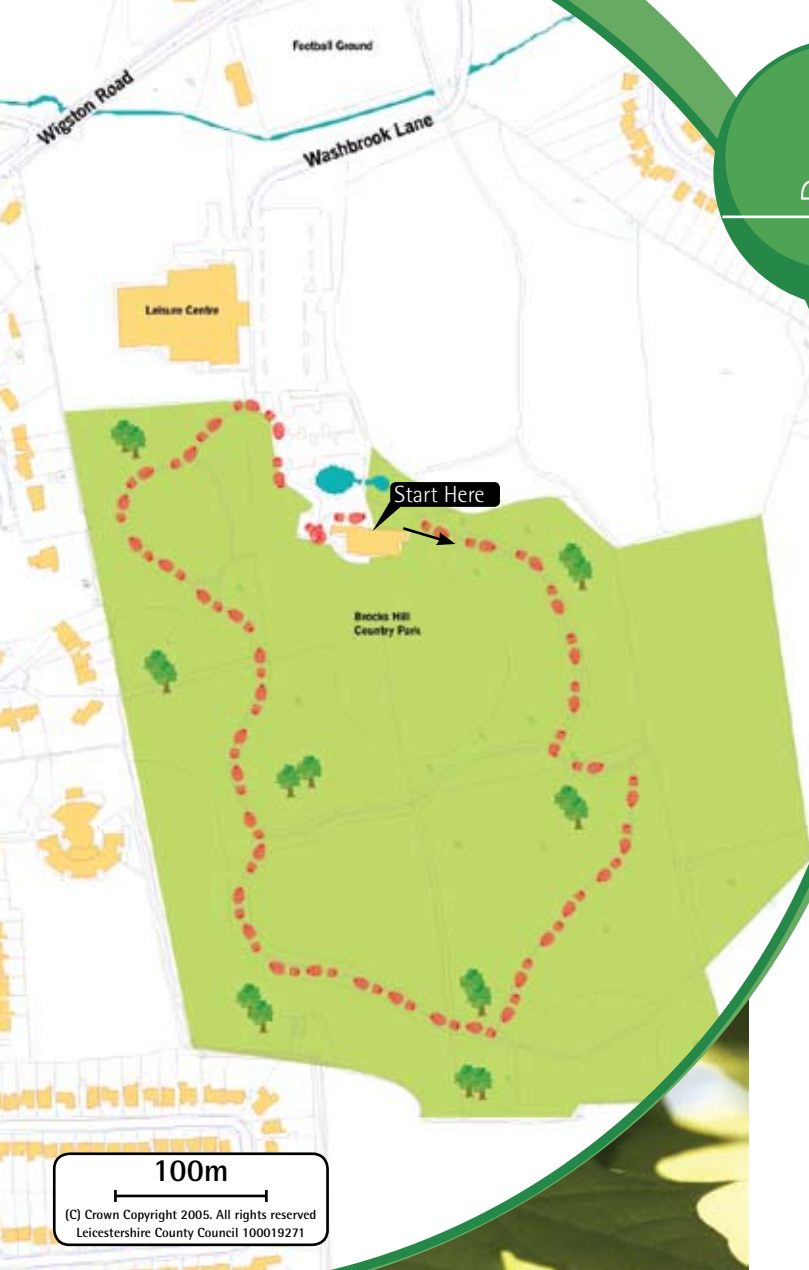
Start at **South Wigston Health Centre** on Blaby Road, turn left out of the Health Centre and follow the road down, turn right onto **Lansdowne Grove** (just before the traffic lights). Follow the road round until the end and take your second right turn onto **Countesthorpe Road**. Walk to the end of Countesthorpe Road and turn right back onto **Blaby Road** and follow the road back to **South Wigston Health Centre**.

Route Information

-  15-20 minutes
-  1.2 miles / 2 km / 2750 steps
-  Flat, Tarmac
-  Wheelchair/ Pushchair Friendly
-  Beginners

Route **4**
Oadby

Brocks Hill Country Park



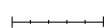
Head for the **Brocks Hill Environment Centre**, where they have mapped routes to follow around the Park.

*The Park is one of the Borough's foremost attractions and has an Environment Centre with a café, shop and children's play area.

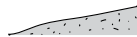
Route Information



10-20 minutes



300m-1.2km / 500-1700 steps



Moderate uphill, Mostly firm gravel, some grassed routes



Wheelchair/
Pushchair Friendly



Beginners / Intermediate

100m
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From Borough Council Offices and back via Willow Park

(Starting and finishing at Oadby and Wigston Borough Council on Station Road)

Start at **Oadby & Wigston Borough Council** and turn left onto **Station Road**, walk approximately 500 steps and turn left onto the footpath known locally as **Black Pad**. Follow this path over **Central Avenue** onto **Willow Park**. If you decided to take the shorter route then follow the whole tarmac circular route around the park. If you choose the longer route then follow the whole tarmac route and join the gravel path route that is to the left of the park. Take the same route back to the **Council Offices**.

Route Information

Short Route



20 minutes

0.8 miles / 1.37 km / 2000 steps

Flat, Tarmac, there are a few steps leading onto the park, but there is also a flat slope.



Wheelchair/Pushchair Friendly



Beginners

Longer Route



30 minutes

1.1 miles / 2 km / 2750 steps

Flat, Gravel



Wheelchair/Pushchair Friendly



Beginners



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Route 6
Oadby


The University

(University Area – Starting on Manor Road next to running track and opposite turning to The Broadway)


Starting opposite **The Broadway** (road), walk down **Manor Road** with the **running track** immediately on your right. Take the next right turn onto **Blackthorn Lane** where the road turns into more of a track. Follow the road round under the beautiful avenue of trees, keeping the running track on your right until you reach a tarmac street again and finally a **T junction** (Stoughton Drive South). Turn right onto **Stoughton Drive South**. Take the next right and you are back on to **Manor Road**.


* Close by on Glebe Road is the **Leicester Botanic Garden**, which 16 acres of beautiful gardens, open free of charge to the public.

Route Information

 25 minutes

 1.4 miles / 2.3 km / 3500 steps

 Wheelchair/
Pushchair Friendly

 Flat, Pavements and hard
surface track

 Beginners



Route 7 Wigston

From Bull Head Street and back via Hayes Park

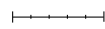
(Starting and finishing at Wigston Library on Bull Head Street)

Start at **Wigston Library** on **Bull Head Street**, turn left and walk up Bull Head Street, cross at the traffic lights and walk down **Glebe Close** turning right at the end onto **Oadby Road**. Take your next right onto **Hayes Road** then 2nd left onto **Mere Road**, follow this road all the way round leading onto **Grasmere Road**, and continue to the end of Grasmere Road which leads onto **Hayes Park**. Walk through the park and turn left onto **Thirlmere Road**, continue on this road until you reach the end and turn right back onto **Hayes Road**. At the end of Hayes Road turn left onto **Oadby Road**, left onto **Glebe Close** then left onto **Bull Head Street** and walk back down to the **Library**.

Route Information



30-40 minutes



1.6 miles / 2.4 km / 3750 steps



Wheelchair/
Pushchair Friendly



Flat with slight hill at the beginning,
Tarmac



Intermediate





Route 8
Oadby

Mere Lane and Coombe Park

- A. Mere Lane and Coombe Park – starting at junction of Ash Tree Road and Glen Road.
- B. Alternatively, just take a stroll around Coombe Park.

Route A Information

45 minutes
 2 miles / 3 km
4700 steps

Walking boots required, Muddy in places
 Stiles / Gates

Gradual uphill, Tarmac, gravel and grass
 Intermediate

Route B Information

10 minutes
 Gradual uphill, Gravel and Short mown grass

Beginners

Starting at (A), the corner of **Ash Tree Road** and **Glen Road**, head along **Ash Tree Road**. Turn left at **Coombe Rise** and cross over the road. After passing **Ridge Way** and the college on your right follow the footpath sign, also on your right, across the grass and down the back of the houses. (B) Turn right at the end of the green mesh fencing. **Coombe Park** is on your left and the College sports pitch on your right. Turn left at the field boundary. Keep straight ahead and cross the **golf course**, following the footpath signs. Turn left onto the gravel track of **Mere Lane** and keep straight ahead until you reach **Glen Road**. Turn left and carry straight on until you reach your starting point at **Ash Tree Road**.

Route 9 Wigston


Crow Mills


(Starting at Crow Mills car park on Countesthorpe Road)

Leave **Crow Mills car park** and turn left and left again onto the **Tow Path**, walk down the slope and turn right onto the main route which leads you under a bridge. Follow the route straight down for approximately 2000 steps and you will see a stile on your right, climb over and continue following the **yellow way markers** through the fields. When you reach the junction with the bridleway, turn right. When the bridleway meets Countesthorpe Road turn right and follow the path back where you will see the **car park** on your left.


Route Information

 1 hour

 2.1 miles / 3.4 km
5000 steps

 Walking boots required,
Muddy in places

 Stiles / Gates

 Flat-Moderate, Tarmac, fields,
narrow canal paths

 Advanced



100m

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Fludes Lane

- A. Starting and finishing at Fludes Lane footpath entrance Glen Road
- B. Starting and finishing on Pipistrelle Way

A. Start your walk at the entrance to **Fludes Lane (A)** off **Glen Road**. Follow the path, crossing two roads. At the end of the woodland path turn left onto the **gravelled path** and cross the **wooden footbridge**. Turn right and continue along the gravel path. Where the gravel path turns right over the brook, continue in a straight line, where you will join a **grassed route**. This will take you to a stile in the hedge. Cross the **stile** and continue with the hedge immediately on your right. At the second post and stile head straight across the field toward the gap in the hedge. When you meet the **waymarker** turn back on yourself and head back downhill with the hedge immediately on your left. Continue downhill until you see a **metal gate** on your right



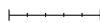
(B) go through the gate onto **Pipistrelle Way**. Turn right onto **Bluebell Close** and follow the path to the left. Passing the flood basin and woodland on your right you will eventually finish up back on **Fludes Lane** where the walk began.

B. Starting at **Pipistrelle Way** follow the route as above (from B) but turning right to go over the bridge after passing the flood basin and woodland on your right to join the route at*.

Route A Information



1 hour



2.5 miles / 4.5 km
7100 steps



Walking boots required,
Muddy in places



Stiles / Gates



Moderate uphill,
Tarmac, gravel and grass

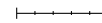


Advanced

Route B Information



40 minutes



1.5 miles / 2.5 km
3900 steps



Walking boots required,
Muddy in places



Stiles / Gates



Moderate uphill,
Tarmac, gravel and grass



Intermediate

A

Start Here

Glen Road
A6

Hunters Way

Florence Wragg Way
Pipistrelle Way

Start Here

B

100m

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The **Stepping Stones Project** represents a partnership that aims to improve provision and quality of green space for all in the central Leicestershire area. For further information contact the Project on **0116 305 7221** or go to **www.leics.gov.uk/stepping_stones**.



The **Active Together project** is a county-wide initiative to get more people physically active. The project aims to increase the levels of physical activity amongst non participant adult groups in Oadby and Wigston through direct delivery and partnership working with voluntary and statutory agencies. Do you want to be regularly updated on activities happening in Oadby and Wigston? For more information please contact your local Physical Activity Coordinator on **0116 2572672**.



Walking has many benefits, below are just a few:

- Reduces tiredness
- Reduces depression and anxiety
- Helps build and maintain healthy bones, muscles and joints
- Helps lower the risk of developing health problems such as: Osteoporosis, coronary heart disease and high blood pressure.

Walking tips

- Drink enough water
- Build up your walking slowly and gradually increase your pace and number of steps, this will reduce the risk of injury
- Vary your walks and make them sociable outings with friends to keep them enjoyable.

