

River Soar Trail



River Soar & Grand Union Canal

Follow the river as it meanders through the Soar Valley. This out and back route can be walked from either Mountsorrel or Barrow. The towpath can be muddy in places and is not suitable for family cycling.

Join the towpath from Sileby Road, close to Mountsorrel Lock. Follow the towpath keeping the river on your left, crossing to the other side when required. On reaching Barrow upon Soar, continue past the Navigation Inn, and Barrow

ROUTE 6 – Mountsorrel to Barrow upon Soar 4.4 miles

Boating, where a range of canoes, boats and hydrobikes can be hired by the hour. Continue beyond Barrow Deep Lock until you reach Barrow Road and The Boat House. Stop for refreshments or retrace your steps to return to Mountsorrel.

For more ideas and information for getting around in Leicester and Leicestershire visit

choosehowyoumove.co.uk



Route produced by the River Soar & Grand Union Canal Partnership

www.leicestershirewaterways.com

<i>Start</i>	Mountsorrel: Sileby Road SAT NAV: LE12 7BB Barrow upon Soar: Bridge Street SAT NAV: LE12 8PN
<i>Finish</i>	As above
<i>Public transport</i>	Mountsorrel: Regular services in the village centre to Leicester and Loughborough Barrow Upon Soar: Regular Kinchbus 2 service to Leicester and Loughborough. Also regular rail services to Leicester and Nottingham.
<i>Parking</i>	Barrow Upon Soar: Free parking is available at the High Street car park LE12 8PZ Mountsorrel: on street parking available in village
<i>Facilities</i>	Refreshments available at the Waterside Inn, Navigation Inn and The Boat House, all situated adjacent to the towpath.

