

Short walks West of Leicester

Groby • Braunstone • Glenfield • Kirby Muxloe
Leicester Forest East • Ratby • Anstey

Your details

We understand that you may want to keep some information private. However, by answering the following questions we can use it to improve services and support for specific groups.

Are you male or female? Male Female

How old are you? 16-24 25-34 35-44
45-54 55-64 65+

What is your ethnic group? White
Mixed (e.g. White and Asian) Asian or Asian British
Black or Black British Any Other Ethnic Group

Do you have any long-standing illness, disability or infirmity? Yes / No

If yes, does this limit your activities in any way? Yes / No

Would you like to receive information on physical activity sessions, walking and cycling in your area? Yes / No

Your contact details:

Forename Surname

Address

Postcode Contact Number

Email Address

Please return the completed form to: Access Officer, Strolls on your doorstep, Environment and Transport Department, Leicestershire County Council, County Hall, Glenfield, Leics, LE3 8TE

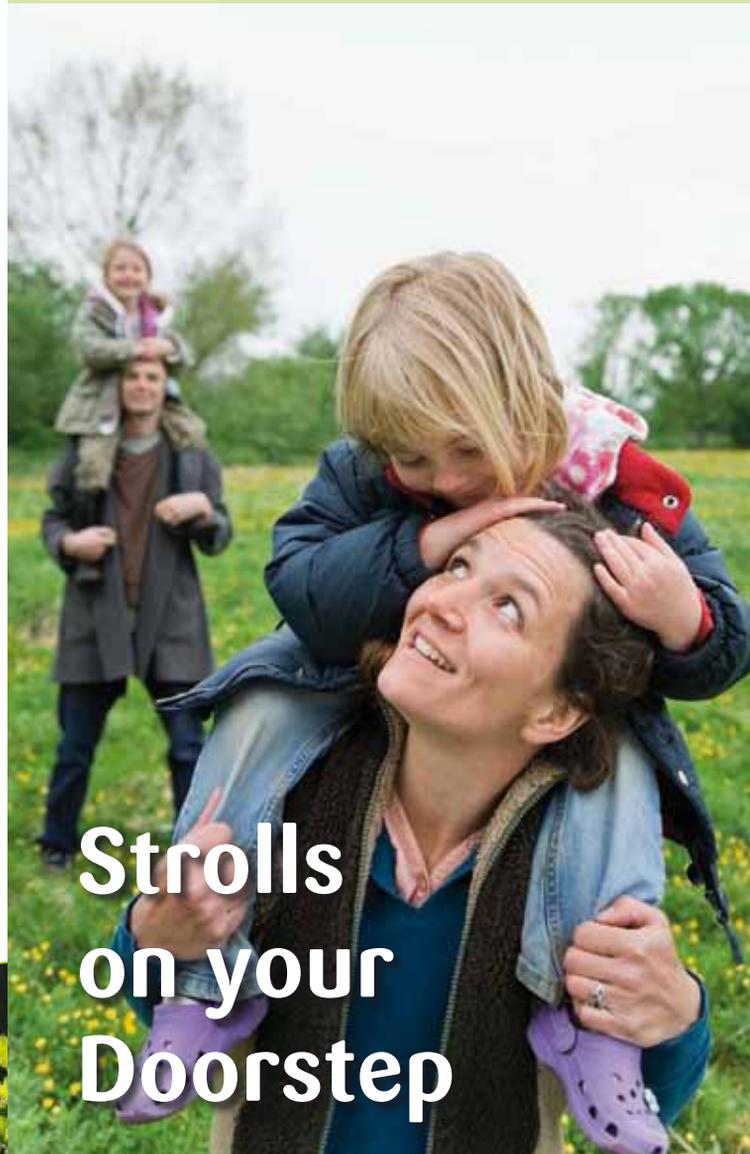
The free prize draw will take place at the end of July, October, January and April – winners will be notified shortly afterwards. All entries to the prize draw must be submitted by an adult over 18 years of age. The decision of Leicestershire County Council is final and no correspondence will be entered into. Members of the Countryside Service are not permitted to enter the prize draw. Personal data supplied will be held on computer and will be used in accordance with the Data Protection Act 1998 for statistical analysis, management, planning and in the provision of services by Leicestershire County Council and its partners.

H0927

When out and about please observe the Countryside Code

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

Published 2010

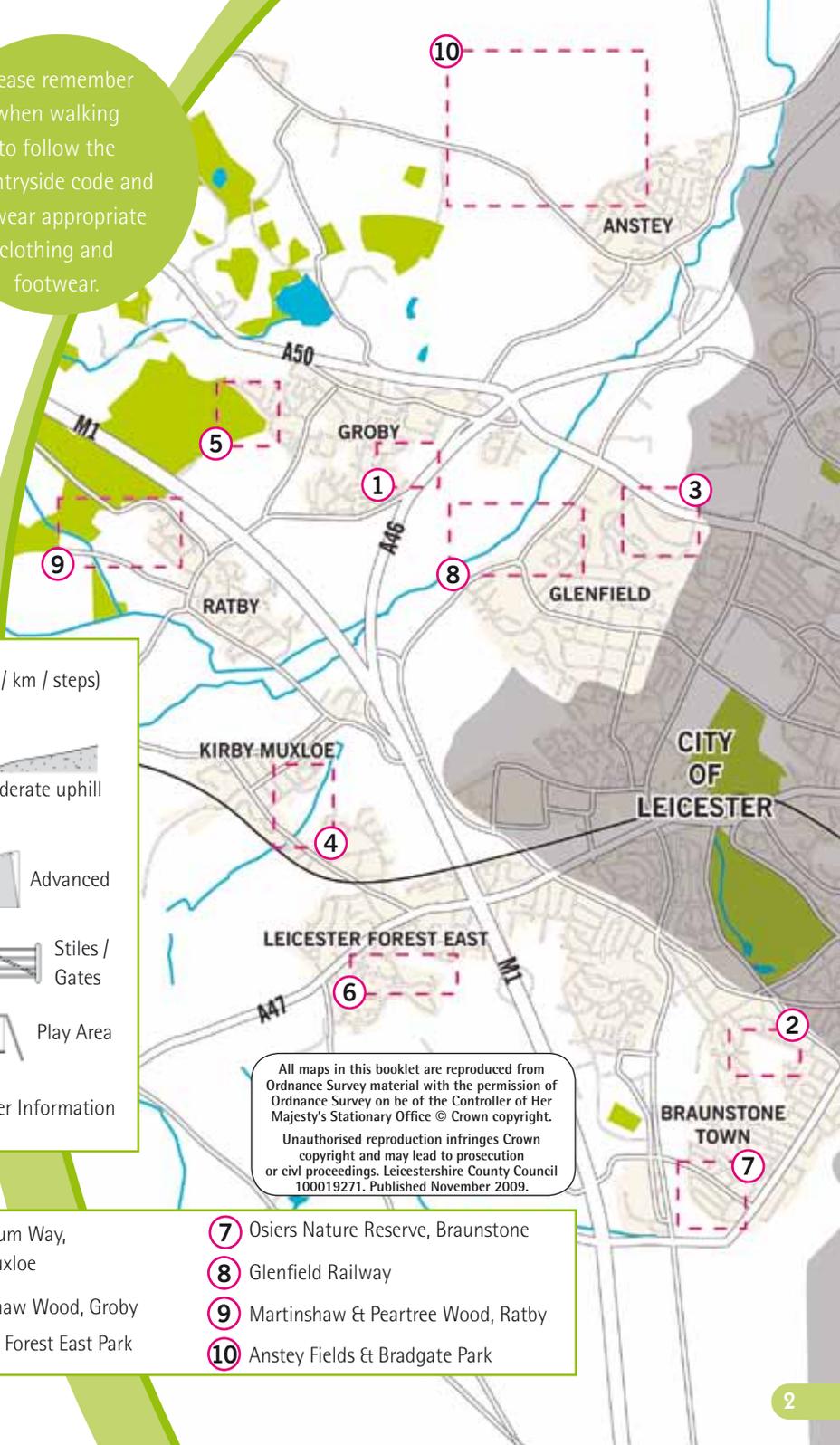


Strolls on your Doorstep

This booklet contains 10 walks west of the city of Leicester within Charnwood, Hinckley & Bosworth and Blaby, designed to introduce local walking opportunities. The walks range from a fifteen minute stroll around a local park to a one hour fifteen minutes walk in the countryside.

There is information and grading for each walk to help you decide which is most suitable for you. The times given are for guidance only and may vary according to your ability and whether you stop en-route. The easiest and shortest walks are listed first. So if you fancy doing something different, the challenge is to complete all the walks building up to over 25,500 steps, over 11 miles in total.

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



Key

Time	Distance (miles / km / steps)	
Type of surface/gradient		
Flat	Gradual uphill	Moderate uphill
Difficulty		
Beginners	Intermediate	Advanced
Wheelchair Friendly	Pushchair Friendly	Stiles / Gates
Toilets	Benches	Play Area
Walking boots required, Muddy in places	Other Information	

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Routes

- | | | |
|--|---------------------------------------|--|
| 1 Stamford Memorial Park, Groby | 4 Millennium Way, Kirby Muxloe | 7 Osiers Nature Reserve, Braunstone |
| 2 Franklin Park, Braunstone | 5 Martinshaw Wood, Groby | 8 Glenfield Railway |
| 3 Fairefield Crescent & Leicester Road, Glenfield | 6 Leicester Forest East Park | 9 Martinshaw & Peartree Wood, Ratby |
| | | 10 Anstey Fields & Bradgate Park |

Route 1
Groby

Stamford Memorial Park, Groby

A pleasant park with surfaced paths and children's play area.

Starting at the car park just off **Lastell Drive/Marina Drive** follow the surfaced path on the left edge of the playing field then around the perimeter of this local park, and back to your starting point. *Please check the car park closing times as these vary throughout the year.



Route Information

 20 minutes
  0.62 miles / 1 km / 1428 steps

 Beginners
  Wheelchair Friendly
  Pushchair Friendly

 flat with one slight gradient, tarmac

 Benches throughout the route
  Play Area

Route 2
Braunstone

Franklin Park, Braunstone

A walk through Franklin Park and some of the local roads

Starting at the car park on **Welcome Avenue** follow the surfaced path through **Franklin Park**, you will then reach a large kissing gate leading onto **Bramble Way**, (the gate is accessible with a pushchair). Go through the gate and continue along Bramble Way, then follow the left fork, which leads onto a public footpath to **Camden Road**. Walk along Camden Road until you reach **Braunstone Close**, then turn left following the road over a slight uphill section then bear left after it becomes **Henley Crescent**. Take a left onto **Welcome Avenue** to return to the start.



Route Information

 25 minutes
  0.86 miles / 1.4 km / 2000 steps

 Pushchair Friendly
  Beginners

 Mostly flat with an uphill section along Braunstone Close and Henley Crescent

 hand gate (1) kissing gate (1)
  Benches - within Franklin Park

Route 3
Glenfield

Fairfield Crescent and Leicester Road, Glenfield

Look out for the old railway tunnel airshaft along Fairfield Crescent on this simple circuit.

Starting at the junction of **Faire Road** and **Fairfield Crescent**, take Fairfield Crescent then turn left onto **Glenfield Frith Drive**. At the junction with **Leicester Road** turn left, and continue past **Gallimore Close** and down to the junction with **Faire Road**. Turn left to return to the starting point.



Route Information



30 minutes



0.92 miles / 1.5 km /
2142 steps



moderate
uphill section,
tarmac footway
throughout



Beginners



Pushchair
Friendly

Route 4

Kirby Muxloe

Millennium Way and Leisure area, Kirby Muxloe

A walk along the Millennium Way and back along part of Main Street.

Starting on **Station Road**, turn left taking the surfaced path through the park. Pass two bridges on the left, the third leads onto **Court Close**.

(*Short Route - cross the bridge onto **Court Close**, turn left and follow the road as it bears right passing two tennis courts. Continue until the junction with **The Keep** then, take the left fork up to **Main Street**.)

To continue on the long route which is not suitable for pushchairs, **do not cross the bridge**, but go straight ahead. The route first dips down then climbs again. On reaching a **path junction**, turn left following a **public footpath** across a **footbridge**. Go through the stepped barrier leading onto **Oakcroft Avenue**, and cross over heading up **Garfit Road**. At the junction with **Armson Avenue**, cross over and take the public footpath between houses 43 and 45 that emerges on **Main Street** and turn left. Cross straight over **The Keep** (**the short route rejoins from The Keep and turns left to continue).

Follow **Main Street** then turn left down **Castle Road**, towards the **Primary School**. At the junction with **Barwell Road** follow the surfaced public footpath between the Primary School and day nursery, which leads to **Kirby Muxloe Library** and your start point on **Station Road**.



Route Information

	Short: 30 minutes	Long: 35 minutes		Short: 0.92 miles / 1.5 km / 2142 steps	Long: 1.05 miles / 1.7 km / 2429 steps		moderate gradient in places	
	Short: Beginners	Long: Beginner/ Intermediate		Pushchair Friendly - shorter route		Benches - within leisure area		Play Area

Route 5

Groby

Martinshaw Wood, Groby

Taking in part of Martinshaw Wood which has been a productive managed wood since the thirteenth century.

Beginning on **Woodlands Drive** at the junction with **Parklands Avenue**, walk to the end of **Woodlands Drive** passing both ends of **Fern Crescent**. Then follow the public footpath between houses **71 and 73**. Turn left to take the public footpath through a large kissing gate into **Martinshaw Wood**. Follow the yellow-topped **waymark posts** through the woodland, over **two sleeper bridges**, to meet another public footpath. Turn left and go through the large **kissing gate** out onto **Woodbank Road** and turn left to walk up Woodbank Road. Turn left again onto **Woodlands Drive** and back to the starting point.



Route Information



30 minutes



0.92 miles / 1.5 km /
2143 steps



moderately
undulating in
places, pavement
and surfaced paths



Beginner/Intermediate



kissing gate (2)



Walking boots/
stout shoes
recommended



Route 6

Leicester Forest East

Leicester Forest East Park

A walk passing a large children's play area in the heart of Leicester Forest East.

Head out of the car park and turn right onto **Somerfield Way**. Follow the road then at the cross-roads turn right onto **Warren Lane**. After a short distance, turn right again onto **St David's Close** and continue to the end of the road. At this point go through the gap in the hedge, and follow the footway as it continues along **Hinckley Road**. Turn right taking **Stafford Leys** until it meets with **Kings Drive**, then turn right towards a car park for the sports ground. Go to the right of the **pavilion**, following the surfaced path. After the first turn of this path take the right fork when the path reaches the **larger playing field**. This goes round the perimeter of the park past a **children's playing area**. Turn right as the path leads past a smaller play area and back to your starting point.

*Please check the car park closing times as these vary throughout the year.



Route Information

 35 minutes	 1.17 miles / 1.9 km / 2714 steps	 tarmac mostly flat	 Beginner/Intermediate
 Pushchair Friendly	 kissing gate (1)	 Benches - within recreation ground area	 Play Area

Route 7 Braunstone

Osiers Nature Reserve, Braunstone

Osiers are a type of willow which can be harvested to make wicker product such as baskets and fencing.

Begin on the junction of **Lubbesthorpe Road** and **Framway**. Follow Lubbesthorpe Road, then turn left into **Watergate Lane**. After a short distance you should see the entrance into **Osiers Nature Reserve** on your left. Go through the **kissing gate** and follow the surfaced path through the nature reserve. On reaching another **kissing gate** take the tarmac path left and follow it to **Narborough Road South**. Follow this path then turn left onto **Lubbesthorpe Road** to return to the start point.



Route Information



35 minutes



1.17 miles / 1.9 km /
2714 steps



moderate gradient
in places, tarmac
and surfaced
paths.



Beginner/Intermediate



Pushchair
Friendly



kissing gates (2)



Benches - within Osiers
Nature Reserve

Route 8
 Glenfield

Glenfield Railway

Part of this walk follows the old Leicester and Swannington dismantled railway line.

From the Co-op superstore on **Station Road** turn right, pass the mini roundabout at the car park entrance and walk down Station Road until you come to the junction of **The Square** and **Stamford Street**. Turn right, passing the butchers shop, and into **Main Street**. Turn right at the fingerpost signed for "Groby" pointing along **Barrow Lane**. Turn right again at the next fingerpost, along the **public bridleway** following the **dismantled railway**. On reaching **Station Road** turn right.

*Shortcut - continue along Station Road to return to the starting point.

Long route - After turning right into Station Road cross over by the **Railway Public House**. Take the public footpath between houses numbered **69 and 71**.

The path crosses a quiet green space and then emerges onto **Newquay Drive**. Turn right, then right again onto **Loxley Road**. At the junction with **Dorset Avenue** turn right. Follow the road as it bears left then, turn right onto **Sandown Road**.

Turn left and continue along **Station Road** back to your starting point.

Route Information



40 minutes (shortcut 35 minutes)



1.30 miles / 2.1 km / 3000 steps
 (shortcut 1.17 miles / 1.9 km / 2714 steps)



flat, surfaced, some loose stone



Intermediate



stepped barriers only



Benches on railway line and green space near Station Road



Route 9

Ratby

Martinshaw and Pear Tree Wood, Ratby

A woodland walk within the National Forest.

From the **Martinshaw Wood** car park, **Markfield Road** go through the **kissing gate** into the wood. When you come to a field gate bear left, and continue as the route bears left again and leads out onto **Markfield Road**. Cross the road with care, and take **public bridleway** opposite. Go down hill on the surfaced track, over a large bridleway bridge, then uphill and out onto **Burroughs Road**. Turn left and walk towards **Ratby**. Note Burroughs Road is quiet but is used by traffic and it does not have a pavement. Turn left at the second public footpath, signed into Ratby, and follow the yellow waymark posts across the fields to **Stamford Street**. Turn left then right, onto **Wosley Drive**, and continue until turning left onto **Charnwood**. Follow Charnwood as it bears round to the right and leads onto **Markfield Road**. Turn left, and in a short distance, when opposite the **Martinshaw Wood Car Park** cross with care to return to your start point.



Route Information



1 hour



1.98 miles / 3.2 km /
4571 steps



hard/loose/earth, can be muddy in places.
Some moderate uphill sections



Intermediate/
Advanced



kissing gates (4)
hand gates (1)



Walking boots/
stout shoes
recommended



Benches at start
and on bridleway
in Pear Tree Wood



Route 10

Anstey

Anstey Fields and Bradgate Park

A countryside walk with views of Bradgate Park.

Starting at the junction of **Link Road** and **Hazelhead Road**, head up Link Road and turn left along a public footpath towards **Bradgate Park** between houses numbered **275** and **273**. Go through a metal **kissing gate** and follow the yellow-topped waymark posts leading away from Anstey. Ignore the bridleway going off to the right, and continue on the **public footpath** across the fields towards **Bradgate Park**. Eventually you'll reach a **wooden kissing gate** in a stone wall to enter **Bradgate Park**. Once through the gate immediately turn right. Continue until you come to another kissing gate in the wall, go through this, out of the park, and follow the waymarks as the path leads off to the left, adjacent to **Dimmingsdale Wood**. When the path comes to a junction with a **Public Bridleway**, turn right at the waymark post, now on the bridleway as it leads back

towards **Anstey**. When you come to a stile step in metal rails next to The Martin High School playing field, turn right, go through the **bridleway gate**, keeping to the public bridleway. This will lead back to the **public footpath** which you began on; turn left, and follow the footpath and back to your start point.



Route Information

-  1 hour 15 minutes
-  2.23 miles / 3.6 km / 5143 steps
-  undulating countryside paths
-  Advanced
-  stiles, steps, gates and kissing gates

Walking is Wonderful

There are many benefits from taking a purposeful, brisk walk on a regular basis. It can:

- Give you more energy and help you feel good
- Reduce stress and help you sleep better
- Keep your heart 'strong' and reduce blood pressure
- Help build and maintain healthy bones, muscles and joints
- Help to manage your weight

Plus:

- Almost everyone can do it, anywhere and any time
- It's a chance to meet and make new friends
- Its free and you don't need special equipment
- You can start slowly and build up gently

To obtain other Strolls on your Doorstep booklets, and further information on walking in Leicestershire please contact Access Officer, Environment and Transport, Leicestershire County Council, County Hall, Glenfield, Leicester, LE3 8TE.

Tel: **0116 305 0001**, Fax: **0116 305 7965**, Minicom:

0116 305 7334, Email: customerservices@leics.gov.uk

Website: www.leics.gov.uk/paths

The NEW Countryside Guide

Packed with details about Leicestershire's country parks, walking, cycling and horse riding routes and more, this **FREE** guide is a 'Must Have' to help you explore this beautiful county. Available spring 2010 from libraries, Service Shops, country parks and local Tourist Information Centres, phone: **0116 305 0001** or email: customerservices@leics.gov.uk.



Active Together is a county-wide programme across Leicestershire that aims to encourage adults, aged 16+ to become more active more often.

To find out what's happening in the **West of Leicester** area, and to be regularly updated on activity sessions, please contact the local Physical Activity Development Officer: **Charnwood Borough Council**, Council Offices, Southfield Road, Loughborough, LE11 2TX, tel: **01509 634673**, **Blaby District Council**, The Pavilion, Sports Field Lane, Huncote, LE19 3BN, tel: **0116 272 7696**, **Hinckley and Bosworth Borough Council**, Council Offices, Argents Mead, Hinckley, LE10 1BZ, tel: **01455 255875** or visit the website www.lrsport.org.uk/active

Natural England's Walking for Health encourages you to enjoy your local spaces and benefit your health by taking part in health walks. Find your local Walking for Health scheme at www.wfh.naturalengland.org.uk/walkfinder



Win
£25 of Blacks
Vouchers

Have you found this walking guide useful?

Tell us what you think.

Help us improve future walking information by telling us what you think of this guide and you will be entered into our free prize draw to **WIN £25 of Blacks Vouchers**. We value your comments and feedback.

How many of the 10 walks have you completed?.....

Which route did you most enjoy? Number

Were the directions easy to follow? Yes / No

Comments:.....

Could the routes be improved? Yes / No

If yes, how

Do you think other information is needed? Yes / No

If yes, what

Where did you obtain this booklet?

Direct from Leicestershire County Council

Leisure Centre Library/ Museum/ Service Shop

Council Offices On a Health Walk

Other

Do you currently partake in activities organised by Active

Together or Walking for Health? Yes / No

If yes, please specify.....

If no, have you been encouraged to walk regularly? Yes / No

Have you visited our website for walking information,

www.leics.gov.uk/paths

Over the past four weeks, how many days a week, on average have you taken part in 30 minutes or more of moderate intensity physical exercise?

In this instance moderate intensity physical activity includes all types of activity that makes your breathing and heartbeat faster and makes you feel warmer. It includes all sports and recreation including recreational walking and cycling, but does not include gardening, housework, DIY or physical activity which is part of your work or travelling to work. It can be built up of 10 minute bursts and does not have to be done all at once.

1 2 3 4 5 6 7

Please continue overleaf