

Welcome!

Join us for "Footsteps in the Forest" -
The National Forest Walking Festival 2009

We have a fantastic range of walks across The National Forest's wonderful countryside and historic towns and villages. Many of our walks give you the chance to learn more about the area's rich and varied history, its wildlife and geology, or even its myths and legends!

There are 42 walks over the 10 days ranging from just 1 mile to 12 miles - so hopefully something for almost all walkers whatever their interests and abilities. The level of each walk is indicated in the individual walk detail. If you are working you will not miss out as there are several evening walks which you can take part in. This is a fantastic time of year to get out and enjoy the fabulous spring weather -



so what are you waiting for?

A Big Thank You to all Walk Leaders Across The National Forest & Beyond

We are very lucky to have so many knowledgeable and enthusiastic volunteers as our guides who are willing to contribute their time and effort to plan and lead our guided walks. The Festival would not be possible without them.

Please telephone the Swadlincote Tourist Information Centre on **01283 222 848** or email tic@sharpepottery.com for further information or visit our website www.thenationalforestwalkingfestival.org.uk **Walks will start promptly**



What you need to know

- Please wear suitable footwear and clothing and have a waterproof, as the weather is often unpredictable. Unfortunately, an inadequately equipped person could affect the safety and enjoyment of the whole group, so we reserve the right not to take a person who is not properly equipped.
- Dogs are allowed on some of the walks. To avoid inconvenience to other walkers or disturbance to farm animals or wildlife, please keep your dog on a lead and under control throughout the walk. There are some walks on which dogs are not permitted due to travelling through fields of cattle - see symbols against each walk.
- Most walk leaders are volunteers.
- Remember to bring along any medication you may need during the walk.
- All walks are circular unless stated.
- In poor weather the walk may be modified by the leader, or in extreme conditions it may be cancelled.
- If a packed lunch is required, look for the symbol on each walk detail. It is always advisable to carry a drink.
- Young walkers 16 and below must be accompanied by an adult.
- All those taking part do so at their own risk.
- Cars should be parked sensibly and locked with no valuables on show.
- Whilst many walks are not suitable for wheelchair or pushchair users, there are a number of suitable walks. Look for the pushchair or wheelchair symbols at the head of the walk details.

Walks all year round

As well as all the walks during this Festival, there are many regularly organised local walks you can join in with throughout the year. Alternatively books, maps and leaflets show walks across The National Forest & Beyond that you can go and enjoy on your own. Listed below are just some of the places that these are available, but also look out for leaflets in local Tourist Information Centres, Libraries and Museums.

Other published walks to enjoy

National Forest Walks - The National Forest Company has a series of 17 circular walks, across the Forest, from 3¹/₂ to 22 miles available from www.nationalforest.org/visit/walks/

Country Walks in South Derbyshire - Two packs of 5 circular walks highlight the beautiful villages of this area. Routes can be walked singly, or several combined to make a longer walk. Leaflets are full colour with clear instructions to guide you around the route. Available from local Tourist Information Centres, libraries and selected attractions for £2 for both packs or £2.75 by post from Swadincote TIC. Lower resolution individual walks may be downloaded from www.south-derbys.gov.uk/LeisureCulture/TourismTravel/walking for you to print yourself

Other walks in The National Forest

For Leicestershire County Council's walks portal go to:
www.leics.gov.uk/walking

East Staffordshire Borough Council provide a range of walks and greenspaces for you to enjoy. For more details go to:
www.eaststaffsbc.gov.uk/Services/Pages/ParksCountryside.aspx

