



Leicestershire
County Council

Short walks in Market Harborough



Strolls on your Doorstep

Choose how
you move



ACTIVE together

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	

This booklet contains 10 walks in and around Market Harborough, designed to introduce local walking opportunities. The walks range from a 15 minute stroll to a 4 hour circular walk from Market Harborough taking in the village of Great Bowden.

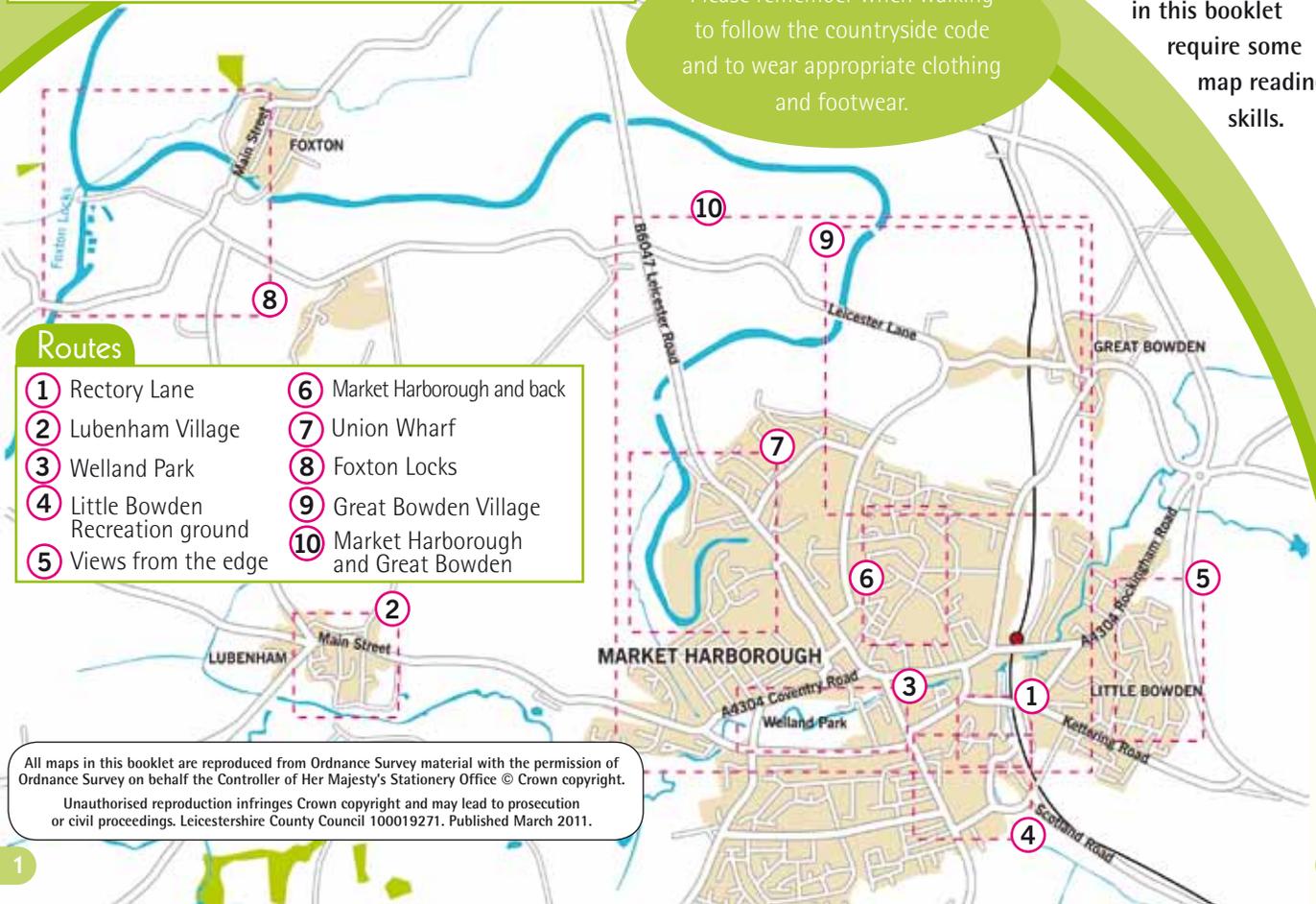
There is information and grading for each walk to help you decide which is most suitable for you. The times given are for guidance only and may vary according to your ability and whether you stop en-route. The easiest and shortest walks are listed first. So if you fancy doing something different, the challenge is to complete all the walks, building up to nearly 34000 steps! Or you could just pick and choose from the ones closest to home.

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

Some of the routes in this booklet require some map reading skills.

Routes

- | | |
|--|--|
| 1 Rectory Lane | 6 Market Harborough and back |
| 2 Lubenham Village | 7 Union Wharf |
| 3 Welland Park | 8 Foxton Locks |
| 4 Little Bowden Recreation ground | 9 Great Bowden Village |
| 5 Views from the edge | 10 Market Harborough and Great Bowden |



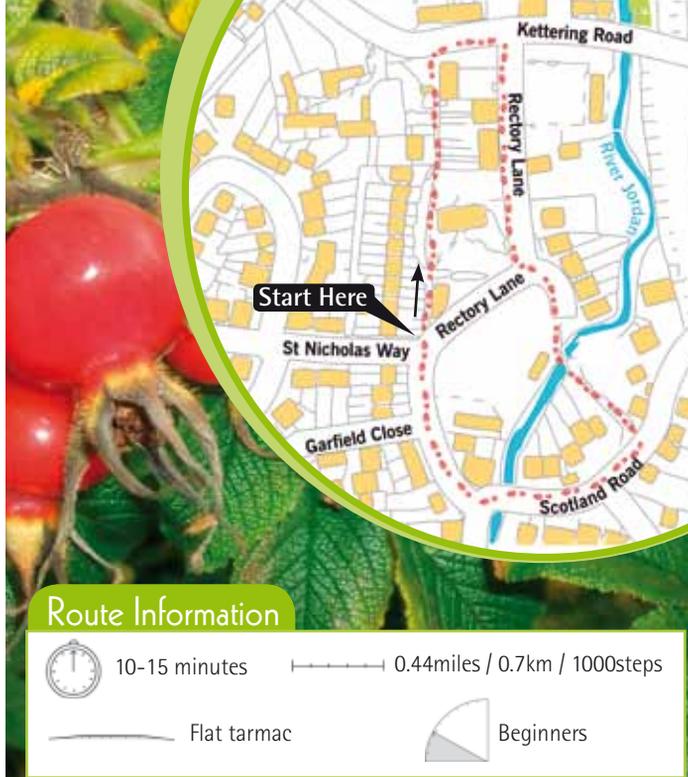
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Route 1

Rectory Lane, Little Bowden

Little Bowden was originally a separate village and pre-dates the town itself

Begin at the junction of **St. Nicholas Way** and **Rectory Lane**, turn left and follow the footpath passing **St. Nicholas Church** to your right, then continue out onto **Kettering Road**. Turn right here and after a short distance turn right again along **Rectory Lane**; take the first left fork in the road and follow the footpath which leads behind the **Church Hall**. Cross the **footbridge** and continue to follow the **public footpath** out onto **Scotland Road**. Turn right at the end of the road and follow as it bends to the right, back onto **Rectory Lane**. Continue to follow the road back to your starting point on **St. Nicholas Way**.



Route Information



10-15 minutes

0.44 miles / 0.7km / 1000 steps

Flat tarmac



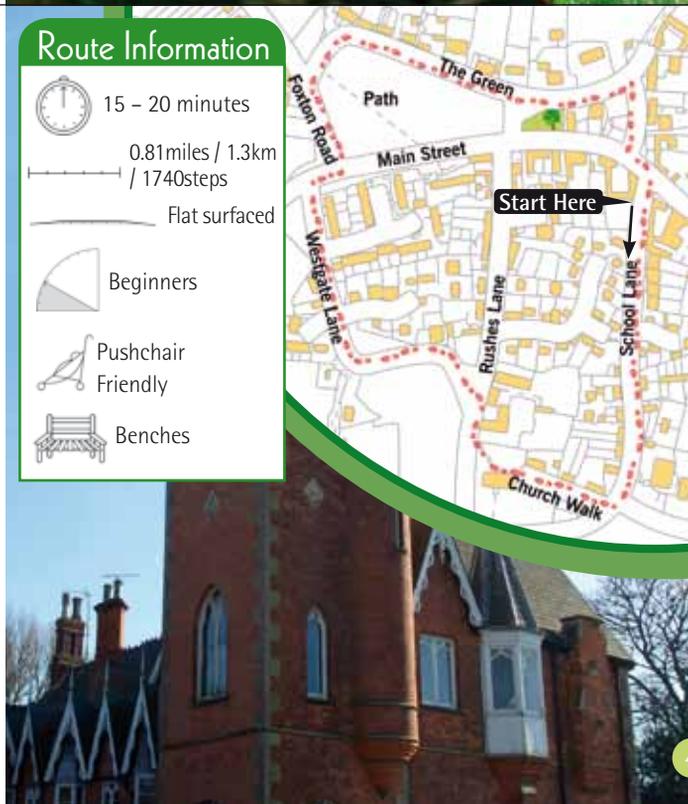
Beginners

Route 2

Lubenham Village

An interesting walk taking in some of the village Heritage Trail

Starting at the top of **School Lane** follow the road away from **Main Street** past the **school** on your left. Take the first road on the right along **Church Walk**, to the right of the church, go through the yard and out onto **Rushes Lane**. Turn right, then left at the triangular island and onto **Westgate Lane**; follow as it turns right and leads out onto **Main Street**. Carefully cross **Main Street** (busy road) then turning right, then first left along **Foxton Road**. Turn right on **The Green** to follow the road, go straight on at the first junction (A **Heritage trail** information point is located a short way down this road). Continue to follow **The Green**, turning right onto **Main Street**. Cross carefully and follow it back to your starting point on **School Lane**.



Route Information



15 - 20 minutes

0.81 miles / 1.3km / 1740 steps

Flat surfaced



Beginners



Pushchair Friendly



Benches

Route 3

Welland Park

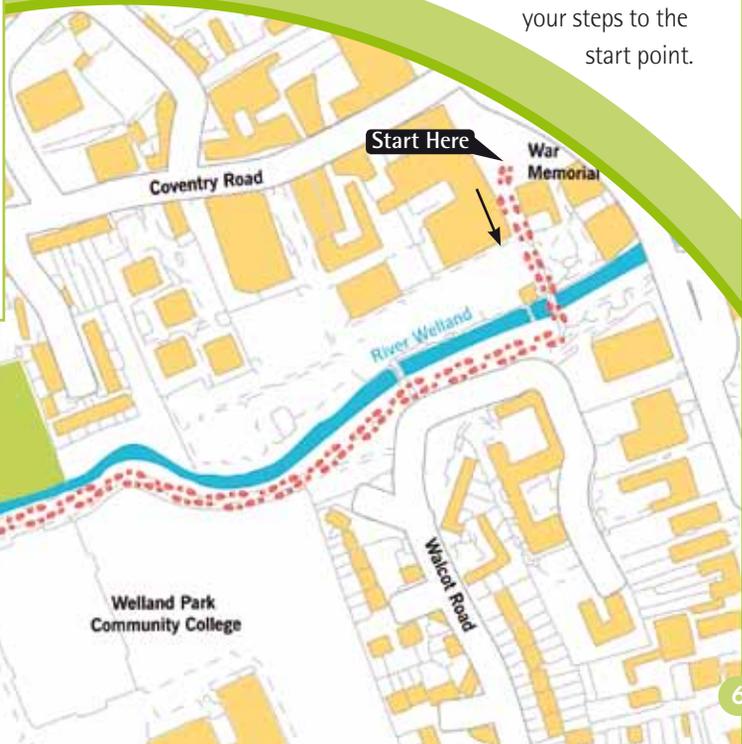
River Walk taking in part of the Millennium Mile, with large play area on route



Start at the **War Memorial** in the **Town Centre**. Head towards the car park and river, passing the small supermarket on your right. For a short distance the route follows the left hand edge of the car park then continues over the **bridge** ahead. Once over it turn immediately right and follow the surfaced path along the bank of the **river**. Past the end of **Walcot Road** then follow the river until you reach a **Millennium Mile** marker post and bridge to the right. Ignore this and instead go left and round the other side of the playground. Turn left to follow the signed Millennium Mile, keeping the **rose garden** on your left and passing the tennis courts. When back at the **café/ticket** office turn left and then right to follow the path back along the river, retracing your steps to the start point.

Route Information

 20 – 25 minutes	 1.1 miles / 1.7km / 2270 steps
 Mostly flat	 Beginners
 Wheelchair Friendly	 Pushchair Friendly
 Benches	 Play Area



Route Information



20 - 30 minutes



0.95 miles / 1.5km / 2140 steps



Occasional gentle slopes



Beginners/intermediate

Pushchair
Friendly

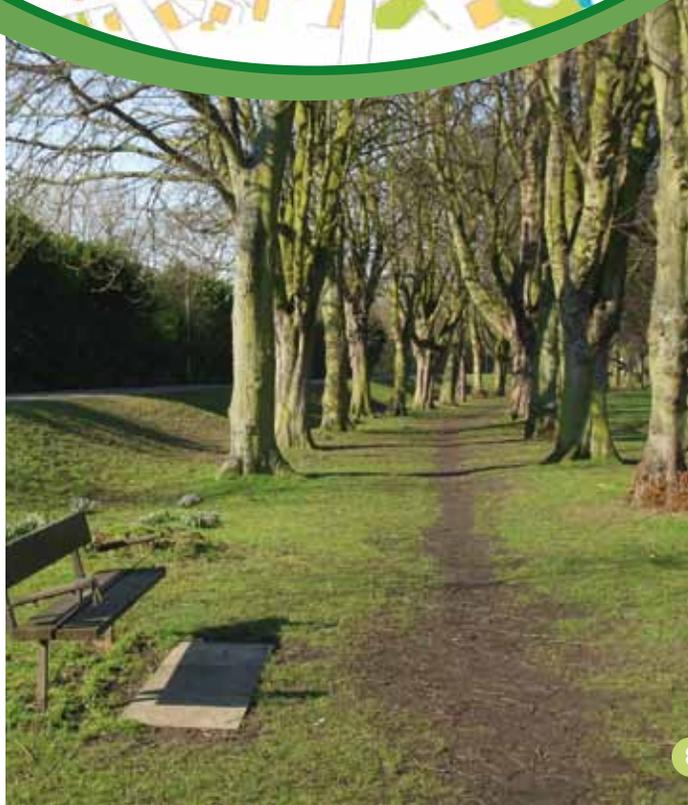
Benches



Play Area

Route
4Little Bowden
Recreation GroundPart of this route follows the
Brampton Valley Way

Starting on **Jerwood Way** follow the public footpath between houses 13 and 14 to the corner of the **recreation ground**. Turn left and follow the surfaced path along the northern boundary of the park, and out onto **Scotland Road**. Cross the road and follow the footpath over the river and out onto **Queen Street**. Turn right onto **Braybrooke Road** and follow until you are just past the industrial estate. Turn right and follow the path along the Western boundary of the Recreation ground past the **allotment gardens**. Follow the path until you reach the point where you came into the Recreation ground and retrace your steps back to the starting point.



Route 5

Views from the edge

This area was once within the county of Northamptonshire



Starting at the junction of **Woodbreach Drive** continue north along **Ashley Way** until you reach the **public footpath** fingerpost pointing into a recreation area. Turn right and follow the surfaced footpath uphill until it leads out onto the end of **Simborough Way**. Cross and continue to follow the footpath to the left of house number 32. Take the right fork as the path enters a green open space and follow to **Shelland Close**. Once there take the first right to **Ashley Way**. Turn left and then right onto **Audley Close**. Follow this as far as **Flaxland Close** and turn right across the recreation area and out onto **The Longlands**. Follow this and then left onto **Ashley Way** and back to your starting point.

Route Information



20 - 30 minutes

1 mile / 1.6km / 2155 steps

Some slight gradients



Beginners / Intermediate



Benches



Play Area



Route 6

Market Harborough and back

A walk to the town centre avoiding busy main roads

Starting on **Warwick Close** follow the jitty (alley) at the end of the road, turning right when you reach **Rutland Walk**. Follow the route as it leads downhill into Market Harborough. Cross **The Crescent/Hammond Way**, **Meadow Street** (where the route is named Meadow Close) and then the **Broadway**. Follow **Orchard Street** for a short distance before rejoining the footpath on your left. When the path leads onto **Kings Road**, take the left fork towards **High Street**. Once in the Town centre at the **Old Town Hall** on **Church Street**, turn towards the church. Once at the junction turn around and retrace your steps, or why not walk one way and take a bus back?

Route Information

-  25 – 30 minutes
-  1.2miles / 1.8km (0.9km each way) / 2400 steps
-  Moderate slope
-  Intermediate / Advanced
-  Some benches located just off route in the town centre



Route 7

Union Wharf

Taking in part of the Towpath of the Grand Union Canal

Beginning at the designated walker's car park at **Union wharf**, cross the road and follow the path to the left of the **restaurant**. Follow this path (cycle route 6) as it goes around the left hand edge of the wharf and onto the **towpath**. Follow for approximately 1Mile/1.6km to a footbridge. Go over this steep **footbridge** then turn right to follow the path, then the road (be careful at this point as for a short distance there is no footway). Continue past the end of the road called The Woodlands to the junction with **Leicester Road**, turn right and follow the footway, continue crossing **Hillcrest Avenue** and along **Leicester Road**. At **Union Wharf** road turn right back to your starting point.

Route Information



30 – 40 minutes



1.6miles / 2.5km / 3340 steps



Mostly flat but with steep steps over canal bridge



Intermediate / Advanced



Benches at the wharf

Foxton Locks

A famous series of locks and a short lived 'incline' designed to take canal barges up a hill. Find out more of the fascinating history at the museum

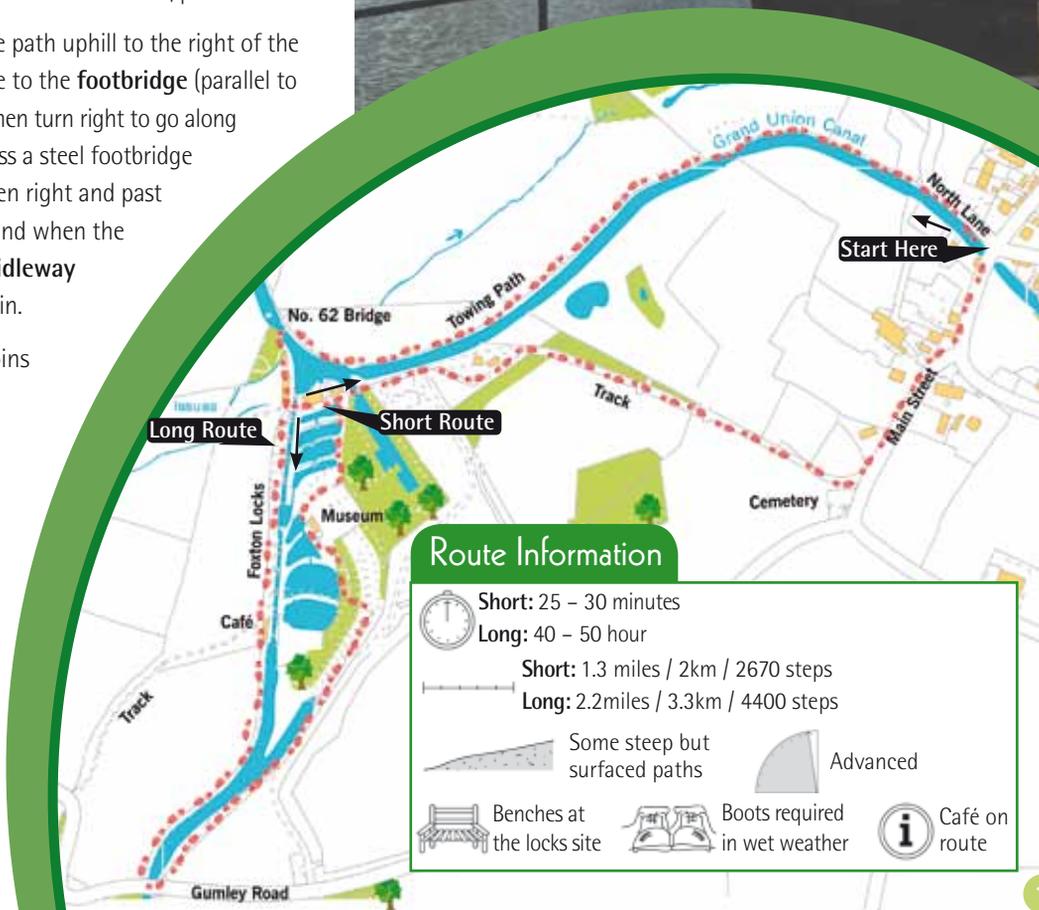
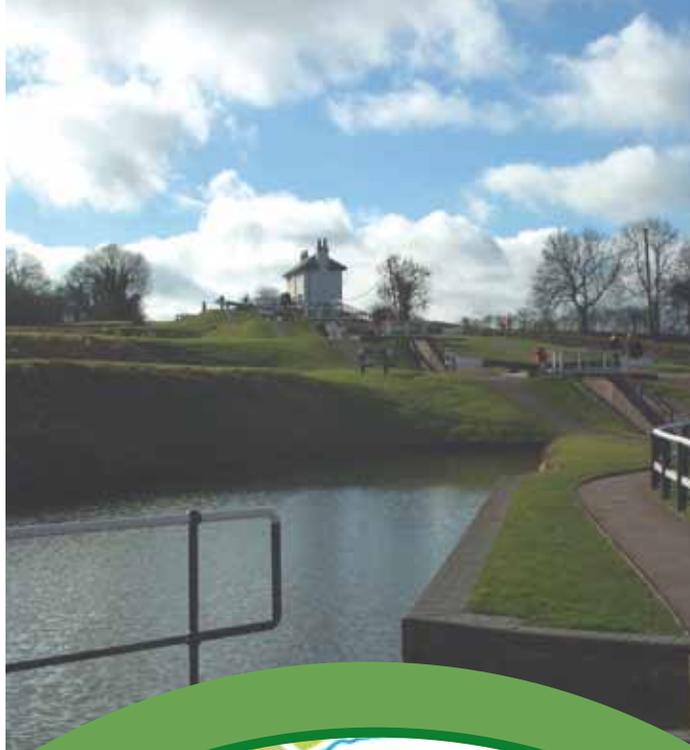
Starting on **North Lane** in Foxton follow the **public footpath** fingerpost as the route takes the **canal towpath** away from Foxton village. Just past the flight of locks on the opposite side of the canal you should come to a **brick footbridge** (No. 62 Rainbow Bridge); cross this bridge then immediately turn left and follow the path as it starts to lead up the side of the locks.

* To follow the short route turn left here and follow the **public bridleway** over a bridge to the other side of the locks, past the Inn.

To follow the longer route take the path uphill to the right of the impressive flight of locks. Continue to the **footbridge** (parallel to a road bridge). Turn left and cross, then turn right to go along the opposite side of the canal. Cross a steel footbridge and down some steps, turn left then right and past the **museum**. Take the right fork and when the path meets up with the **public bridleway** outside the Inn and turn right again.

*at this point the short route rejoins the longer route.

Continue to follow the **bridleway** markers (blue) along the track as it leads you back to **Foxton**. At **Main Street** turn left and follow the footway downhill, and over the canal bridge (be careful as there is no footway at this point). Just over the bridge turn left onto **North Lane** and back to your starting point.



Route Information



Short: 25 – 30 minutes

Long: 40 – 50 hour



Short: 1.3 miles / 2km / 2670 steps

Long: 2.2 miles / 3.3km / 4400 steps



Some steep but surfaced paths



Advanced



Benches at the locks site



Boots required in wet weather



Café on route

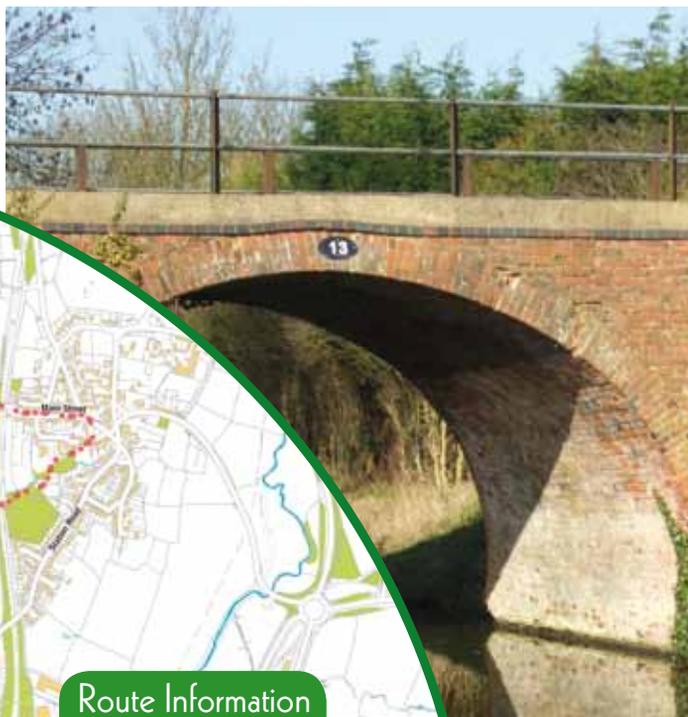
Route 10

The big one: Market Harborough and Great Bowden

A long challenging walk includes sections of routes 3, 7, 9 and 6 which you may need to refer back to. Worth setting aside most of the day and planning a few rest points on route.

Starting at the War Memorial in the **Town Centre** head towards the river and follow part of **route 3**, this time when you reach a Millennium Mile marker post, turn right over the bridge and out onto **Farndon Road**. Walk up towards Coventry Road, cross over and up **Logan Street** at the top of the road

take the jitty (alley) signposted '**path to canal**' follow this onto the towpath turning left to follow part of **route 7**. When you reach the steep footbridge don't cross but instead keep along the towpath, which crosses a bridge to the other side; and eventually you join part of **route 9**. Follow through **Great Bowden** until the route leads you out onto **The Ridgeway**. Turn right here, then left when you come to **Warwick Close** and you have now joined **route 6**. Follow this back into **Market Harborough** and when at the Church in Market Harborough turn right to **High Street**, then left and back to your starting point at the War Memorial.



Route Information



3-4 hour



5.6miles / 9km / 11880 steps



Surface/gradient: mixed, some steep gradient, may be muddy/ slippery in places



Advanced



3 stiles, some gates



Walking boots/stout shoes recommended

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 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 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 **Market Harborough**, and to be regularly updated on activity sessions, please contact the Physical Activity Development Officer, Harborough District Council, Council Offices, Adam and Eve Street, Market Harborough, LE16 7AG, tel: **01858 82 82 82** 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

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 Travel Choice and Access 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.

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

