

Harborough

A Guide to your local walking routes and green spaces



South Leicestershire School Sports Partnership
Health | Well-being | School Sport | PE | Physical Activity



LSLSSP Active Travel Month will take place in October which coincides with International Walk to School Month. This supplement guide is aimed to keep you stocked up with good walk routes throughout the half term holiday 19-25 October 2020 and beyond. Walks will be graded: 1-2 mile (easy), 3-5 miles (medium), Over 5 miles+ (hard).

Walking is simple, and free. The benefits of walking are huge. **Environmental benefits** include less noise and reduced car CO2 emissions. **Mental wellbeing** by improving self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue. Opportunities for **social** contact and helping people to map their neighbourhood in social terms. Trust, sympathy, respect, understanding, loyalty and co-operation - qualities core to social connection

Physical factors are pertinent now in the current corona pandemic to increase your immune system. Other major physical benefits include increased bone strength, balance, and cardiovascular efficiency; also reducing the risks of high blood pressure, type 2 diabetes, cholesterol build up, and chronic diseases.

Weight, height, and speed will affect calories burnt during walking from person to person. Some average statistics will help to understand the fundamental concepts. You will burn around 1 calorie for every 20 steps. On average it will take 20 minutes to walk 1 mile. In those 20 minutes you will burn around 100 calories. The average number of steps at this 3mph speed, is 2,252 steps per mile. Adults must consume calories each day in order to sustain daily function. The reference intake for daily calories is 2000Kcal. If you are gaining weight, this indicates you are consuming more calories than you burn through physical activity and daily activities. This can easily happen. Walking off calories is a good method to progress towards optimum weight.

Meal	Calories	Miles (3mph) to burn off calories
Medium Margarita (8 slices)	1,370	13 miles (4 hr)
1 slice of Medium Margarita	171	1.7 miles (34 min)
Traditional English Breakfast	819	8 miles (2hr40)
Regular 337g McFlurry	556	5.5 miles (1hr50)
Standard Mars Bar	230	2.3 miles (46 min)
220g (27g oats) porridge, with semi-skimmed	185	1.8 miles (36 min)
Medium Banana	100	1 mile (20 min)

South Leicestershire School Sports Partnership

Supporting South Leicestershire Schools to provide opportunities for all young people

Kieran Grundy –Family of Schools Co-ordinator Harborough & Kibworth
| KGrundy@robertsmyth.tgacademy.org.uk

www.learningsouthleicestershiressp.org.uk

Photo Competition 19-25 October 2020

For this competition, we'd like you to post photos of your half term walks on twitter using the walks in this guide. Tell us where it is, and use the handle/hashtag. @LSLSSP #SLSSPactive for the chance to win some prizes! The closing date for uploading entries onto twitter will be Sunday 25th October.

Before you start:

Use any shoes or trainers that are comfortable, provide adequate support and do not cause blisters will do. For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sun hat in a small backpack.

If you start going for longer walks regularly, you may want to invest in a waterproof jacket and some specialist walking shoes for more challenging routes.

You can also use the [Active 10 app](#) to monitor how much you are walking

EXPLORE

The council website lists all of the local parks/open spaces to explore: <https://www.harborough.gov.uk/parks-map>

Parks and open spaces in Harborough district



Please visit the [Information about council services](#) page for the latest updates.

Search map

e.g LE16 ODB

Go

Walk: Harborough 3-2-1km ParkRun Route (EASY-MEDIUM)

Start / Finish

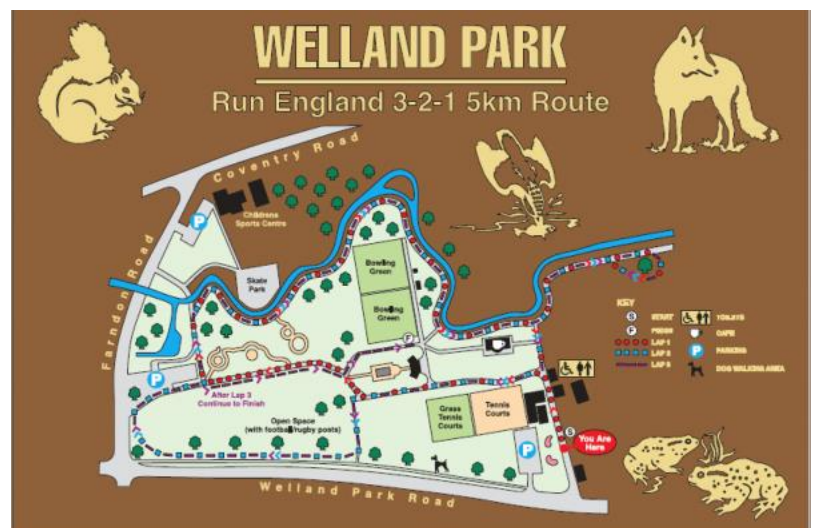
Entrance to Welland Park from Welland Park Road to the right of the car park/Tennis.

The route follows the Market Harborough parkrun route and is signed with Run England markers on wooden bollards.

You can run or walk the full 5km or build up by following the 3-2-1km markers.


Check out the information video.


<https://www.youtube.com/watch?v=rFcZQCRlhRo>





Walk 2: Kibworth (MEDIUM)

Route Information:

**4K**

**1 Hour**

**Moderate**





Start at the public car park, School Road, Kibworth Grammar School LE8 9EW.

From the car park walk down School Road, then left onto High Street.

Cross the roundabout and take Weir Road on the right.

Walk the length of Weir Road and turn right down a small alley immediately before the entrance to Kibworth Beauchamp Golf Course.

Follow the hedge on your left down to a stile. Once across follow the waymarker's leading off slightly to your left, over another two stiles and onto a track.

Turn right and follow the track all the way into the village of Smeeton Westerby.

Once in the middle of the village, take a right and then an immediate left down Mill Lane.

After 200m turn right down a narrow jitty.

Follow the markers over the fields, then just before you enter the recreation ground, turn right and follow the hedge down to Smeeton Road.

Turn left and follow the road back to the car park.

Walk 3: Union Wharf (EASY)

Route Information:



2.5K



35 minutes



Beginner



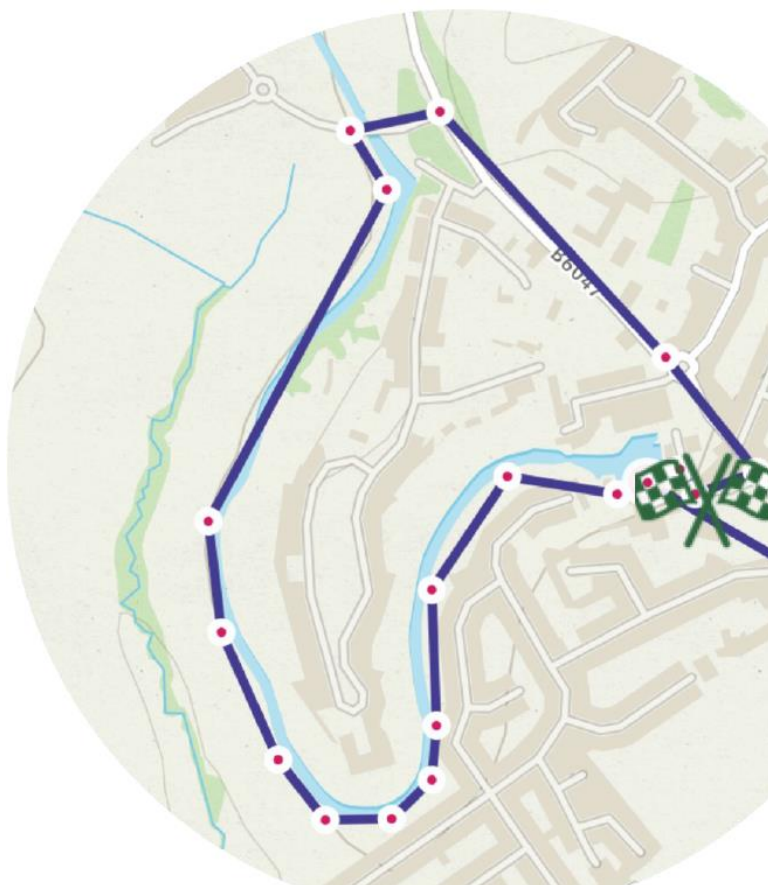
Beginning at the designated walker's car park at Union wharf, cross the road and follow the path to the left of the restaurant. Follow this path (cycle route 6) as it goes around the left-hand edge of the wharf and onto the towpath.

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.



Walk 4: Foxton (EASY)

Route Information:



45 minutes



Moderate

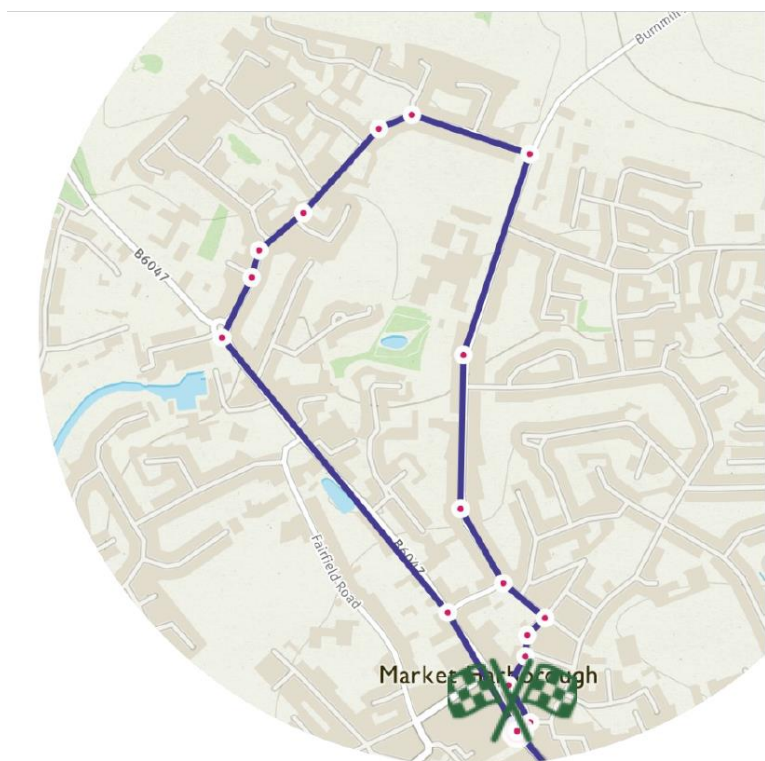


Starting at the Foxton Locks car park walk past the public toilets and across the bridge. Then turn left and up towards the viewing point for.... Follow the path round the stay left to head past the museum.

Follow this path round and once you've reached the top of the locks cross over them using the bridge just before the café. Then walk back down the locks on the other side until you arrive back at the car park.



Walk 5: Market Harborough Town (EASY)



Route Information:



3K



30 minutes



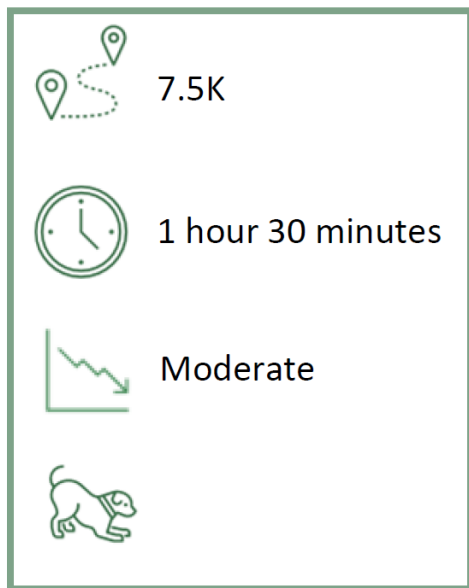
Moderate



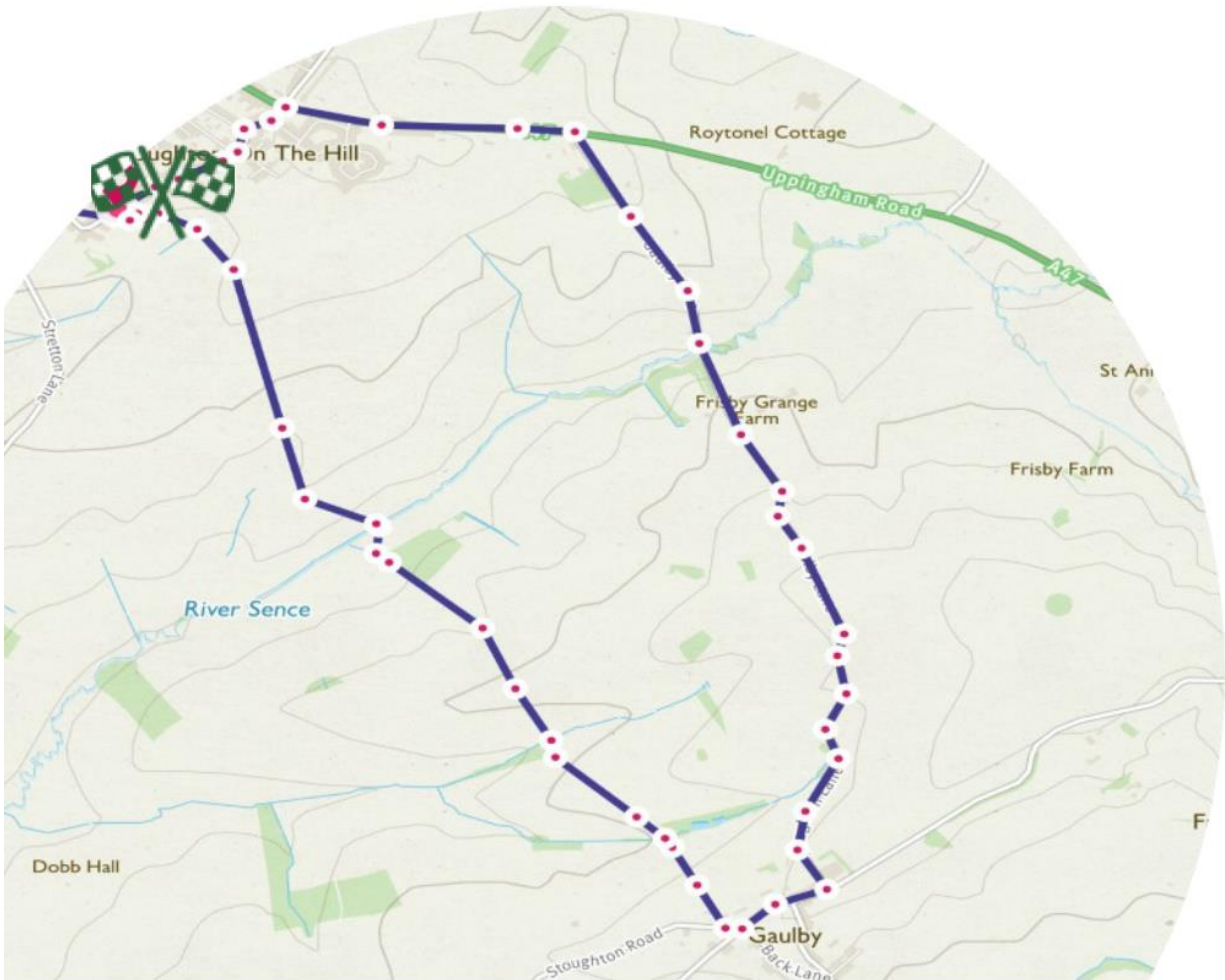
Starting at the Side Entrance to the Congregational Church, Bowden Lane, LE16 7JD Facing away from the side entrance, turn left and walk up Bowden Lane. At the end of the road turn right up Leicester Road (B6047). Fisher German Surveyors will be on your left. Walk straight up High Street/Leicester Road for 0.5 miles, this is a slow gradual hill. You will pass Brooke House College, Co-op and a car garage, followed by Fairfield Road. Keep walking up straight until you reach a roundabout. Turn right at the roundabout (2nd exit) onto the housing estate, Alvington Road. Follow this road for 0.6 miles until the end where you will reach a T junction. Take a right onto Burnmill Road and walk down the hill for 0.5 miles. At the bottom you will reach fork, carry on straight with the pay and display car park on your right. The turn right onto Kings Road. At the bottom of Kings Road, you will see the Old Town Hall and the Three Swans Hotel opposite you. Turn left onto Church Street where you will pass some lovely shops. At the end of the road you will see St Dionysius Church in front of you in Church Square. Taking a right, walk around the church until you reach the famous character building next to it, The Old Grammar School where your walk terminates.



Walk 6: Houghton (MEDIUM)

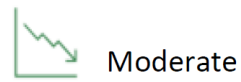


Take the alleyway besides the pavilion, join Firs road and follow the road left towards the A47 (Uppingham Road). Turn right onto the main road, heading east, then turn right onto Gaulby Lane. In Gaulby, turn right onto front street and right again onto Stoughton road. On the first bend, take a bridleway on the right-hand side between houses. The spire of Houghton church is soon visible in the distance and the waymarked path will take you there. (in detail—cross a couple of fields and run through a copse. Across more fields and then down the LHS of a little wood. Three-quarters of the way along, the path turns right, crossing the wood and emerging in a meadow. Keep following the waymarks over a further crop field and three meadows un-til you reach Houghton church.) Entering into the churchyard, take the gate on the right and follow a path, which runs down the back of the village, to emerge on weir lane 50m from the start.



Walk 7: Wistow (HARD)

Route Information:



From the entrance of the rural centre car park turn right heading towards Wistow Hall and walk along the road for 450m before taking the footpath left at the side of the church.

Go over the bridge beyond the church and continue straight ahead towards the Grand Union Canal. Cross over the canal bridge, go left down onto the towpath, then turn immediately to pass back under the bridge and continue along the canal bank.

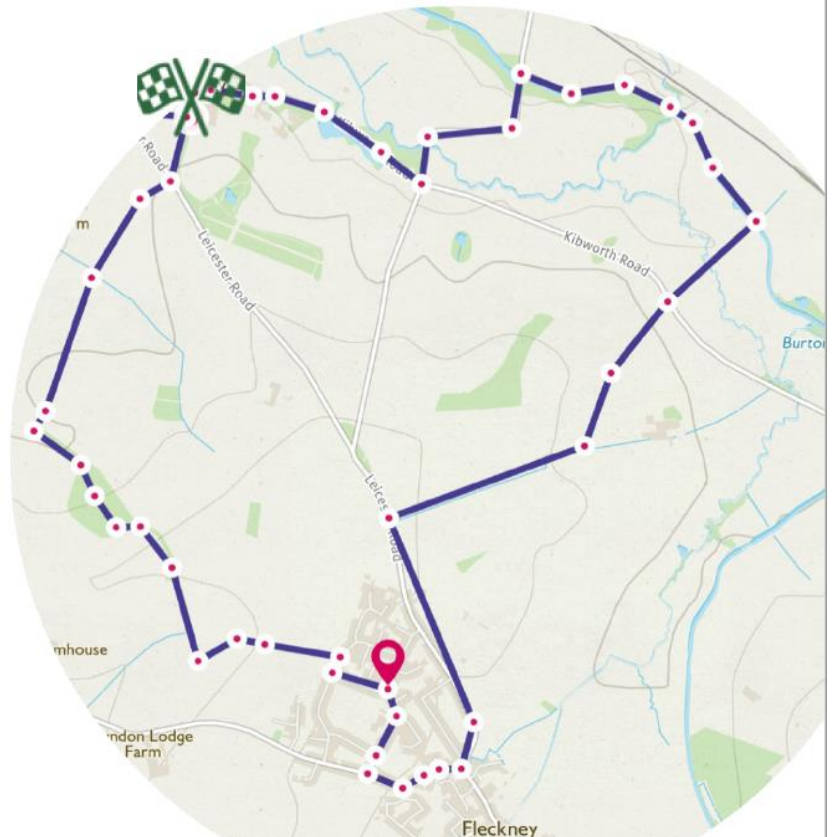
At Crane's Lock cross over the canal and continue on the footpath to reach the road. Cross straight over and continue along the footpath to reach another road on the edge of Fleckney where you turn left.

At the mini roundabout turn right into Kilby Road (for the shops and public houses of Fleckney, at this point bear left along High Street).

Continue on Kilby Road until, opposite Wolsey Close, turn right into the footpath between fences.

At Batchelor Road cross and continue straight ahead, passing a school on the right. Cross the next street Cole-man Road and turn right.

After 50m take the path left, between house numbers 68 and 70. Now follow the path across the fields. When the path reaches a wide farm track, then turn right. The track is a bridleway which leads directly back to the tearooms and car parking.



Walk 8: Brampton Valley Way (EASY-MEDIUM)

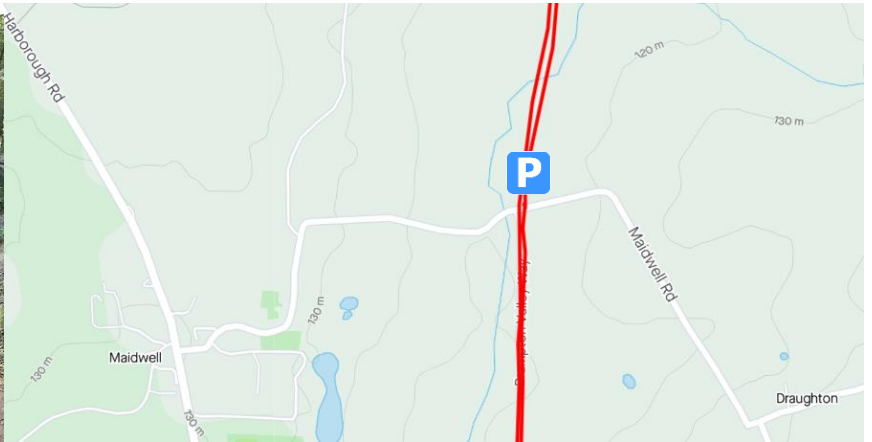
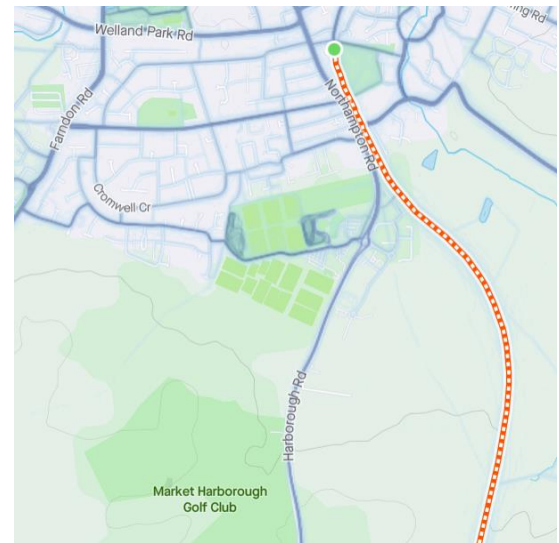
The Brampton Valley Way is a 14-mile-long walking, cycling (and in parts horse riding) route developed on the former railway line between Northampton and Market Harborough. It is good for out & back courses. But there are also trails branching off the way. There are two former railway tunnels on the route, [Kelmarsh](#) (322 yards or 294 metres) and [Oxendon](#) (462 yards or 422 metres). The tunnels are unlit and so can be quite an experience to travel through, although alternative routes over the tunnels are provided.

Tunnel Walk Great Oxendon EASY

This walk can be accessed from Little Bowden play park, or the crossing on Scotland road junction with Northampton Rd. It is 2 ½ miles each way to Great Oxendon. There is a 422m Tunnel walk so a torch is recommended.

Tunnel Walk Kelmarsh MEDIUM

There is also a carpark on maidwell rd heading to Draughton on the left side of the road. Then head North to the Kelmarsh Tunnel.



Alternative: There is also a car parking opportunity on the roadside between Great Oxendon & Arthingworth which sits in between the two tunnels.



Further info on this area: [https://www.northamptonshire.gov.uk/councilservices/northamptonshire-highways/walking-in-northamptonshire/Documents/Daenvery/35%20-%20Great Oxendon Brampton Valley.pdf](https://www.northamptonshire.gov.uk/councilservices/northamptonshire-highways/walking-in-northamptonshire/Documents/Daenvery/35%20-%20Great%20Oxendon%20Brampton%20Valley.pdf)

Walk 9: Hallaton 4 Miles MEDIUM

6 km (3/4miles), gently undulating through countryside, some hard surface tracks. Park Eastgate (or in the car park of the Bewicke Arms if intending to partake in refreshments)

Turn right and go up hill along High Street. On reaching the T-junction turn right to walk past the Fox Inn and the village pond, following the lane out of the village.

A) At the point where a lane meets from the right, take the footpath opposite into the field. Continue through the fields to the dismantled railway. *Take care as you ascend and descend the bridge.* Carry on in the same direction, crossing a stream and eventually arriving at a farmhouse.

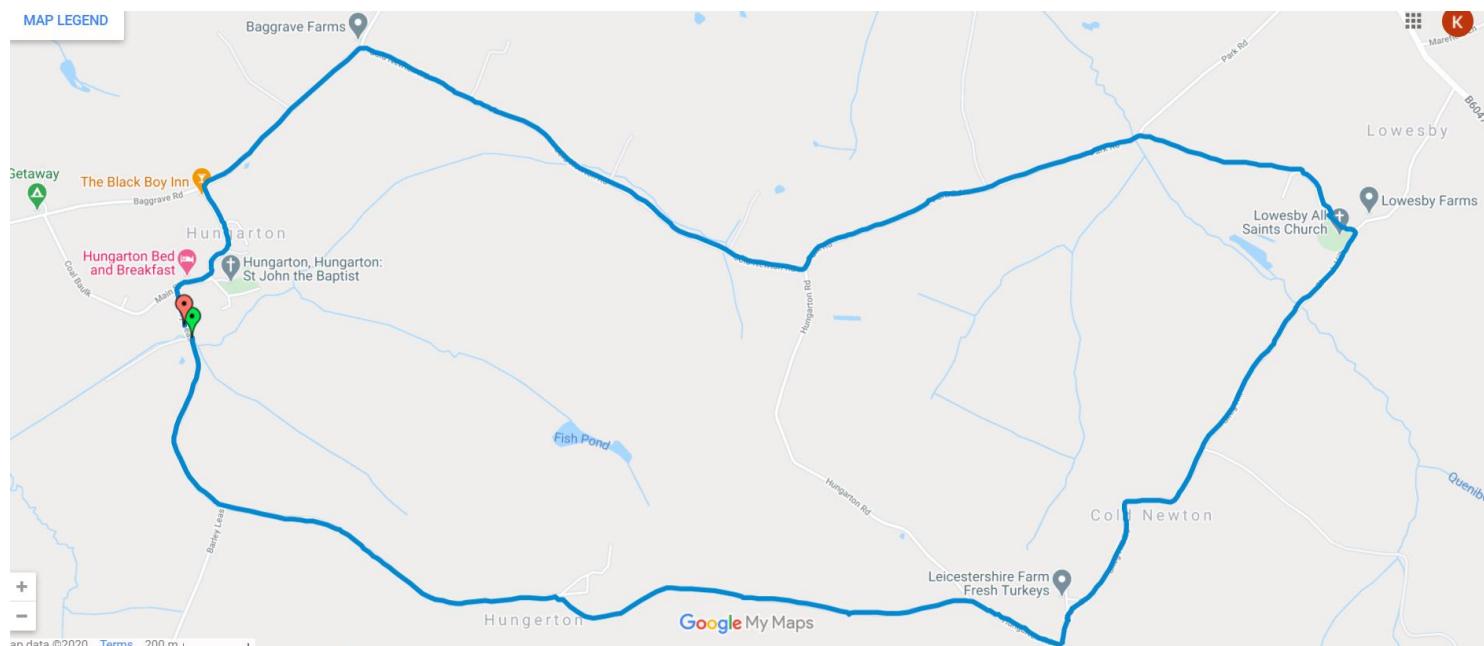
B) Turn right and follow the track to Allexten Road. Cross over and follow the path through the fields to a farmyard.

C) Just beyond the barn on the right a path leads back to Hallaton.

This walk can be extended by following the lane through Horninghold, along Hallaton Road and pick up Horninghold Lane towards Blaston. Just before reaching the village take the path to the right, which leads to Medbourne Road. Turn right to return to Hallaton.



Walk 10: Hungarton Challenge 5.7 mile (Hard)



(Approx. 2 hour) 554ft elevation

Start in Hugarton heading south on Barley Leas take the 1st left after ¼ mile.

After ½ mile where the road splits go off road around the right side of the estate to pick up the road to the rear of the house.

Continue in same direction at the next junction.

In cold Newton turn left onto main st. The round bends right and continues onto Skeg Hill Rd.

Follow this road for approx. ¾ mile and turn left at the triangle junction at Lowesby All Saints Church

Approx 50 metres down the road follow a trial on the right for 1/3 mile turn left onto park road.

After ½ mile turn right onto cold newton rd.

At the baggrave farm junction turn left towards Hungarton (baggrave road).

In Hungarton turn left at the Black Boy Inn pub onto Main st. The road bends four times before joining Barley Leas to finish.



For further information

<https://www.harboroughsport.org.uk/outdoor-activity>

<https://www.choosehowyoumove.co.uk/walking/>