

RUTLAND WALKING FESTIVAL 2015

17 - 23 May



Active-Rutland



@ActiveRutland

THE GREAT OUTDOORS

Keep Fit and Active All Year



WALKING FESTIVAL WEEK

17 - 23 MAY



Welcome to the Active Rutland Walking Festival Programme 2015. This guide contains all of the information about the Festival, including our Launch Event and the Rutland Round.

Free of Charge

The Rutland Walking Festival is back for its sixth year and it is bigger and better than ever. The festival is FREE of charge and open to everyone. It includes led walks around the historic county of Rutland.

Stride Out

The Walking Festival consists of on average 2-3 walks a day suitable for all abilities. The walks include a range of paces from a leisurely stroll admiring the views to fast paced walks that will improve your fitness. Some of the Festival walks are nordic walks for anyone who would like to try something different. It's a perfect opportunity to meet new people with similar interests and refreshments are available on many of the walks.

Booking

For the majority of the walks, no booking is required unless stated so just turn up, join in and have fun!

Discover Walking

Every May we encourage people to take to their feet and feel the benefits of walking. Discover where walking can take you this May with the following events:

- **May 2015** - National Walking Month
- **11 - 15 May** - Walk to Work Week
- **18 - 22 May** - Walk to School Week / Workplace Health Week

FOR MORE DETAILS

Contact the Active Rutland Team on activer recreation@rutland.gov.uk or 01572 720936. Alternatively please visit our website for more information at www.activerutland.org.uk.

Walking Festival Launch Event



Kick-Start Your Health With Walking

Join us at Ketton Sports and Community Centre, Pit Lane, Ketton, Lincolnshire, PE9 3SZ for the Walking Festival Launch Event. It's open for all, giving a taste of the great walks coming up over the next week. Don't forget to come and collect your FREE pedometer from the Active Rutland stand to keep track of your steps throughout the week.

What's On?

- Ramblers walk setting off at 10.30am - 10 miles.
- Warm up at 12.30am for led walks setting off at 1pm - short and medium distances.
- Nordic walking tasters throughout the day.
- Health checks throughout the day.
- Refreshments available - tea and coffee, £1 donation.
- Hot cooked meals - £5 (please order on arrival).
- Free parking.

SUNDAY 17 MAY 10.30AM - 4PM

Walking Week

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See the programme below for all walks and nordic walks taking place across Rutland within this week. All walks are led by a trained walk leader. Please contact the walk leader directly if you have any questions or queries. All walks will end where they began. Walk leaders reserve the right to modify the routes.

Difficulty: 1 = easy, slow 5 = harder, fast

Monday 18 May 10.00AM

Wothorpe Grove Circular Walk

Meet at Bath Row Car Park, Stamford, Lincolnshire, PE9 2WE
Pleasant walk with lovely views (**5.8 miles**)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Available to purchase during and after the walk
Parking Pay & Display | Contact Ron Tilley 01780 729188 | Booking Required No

Monday 18 May 10.30AM

Oakham Healthy Walking Group Walk

Meet at St Annes & St Johns Common Room, South Street, Oakham, Rutland, LE15 6HY
A short, gentle paced healthy walk around the aptly named streets of rivers, such as Welland Way and Nene Crescent (**3 miles**)

Difficulty 1 | Dogs Yes | Pushchairs Yes | Refreshments Provided, small donation required
Parking Pay & Display | Contact Glenys Laidler 01572 724361 | Booking Required No

Monday 18 May 11.30AM

Nordic Walking Well-being

Meet at Ridlington Village Playing Fields, Top Road, Ridlington, Rutland, LE15 9AX
A nordic meander through the picturesque village of Ridlington (**1 - 2 miles**)

Difficulty 2 | Dogs No | Pushchairs No | Refreshments Bring your own refreshments
Parking Street Parking | Contact Jo Douglas 07949 392018 | Booking Required Yes

Tuesday 19 May 9.15AM

Manton Circular Walk

Meet at Inspire2tri, Studio Barn, St. Mary's Road, Manton, Rutland, LE15 8SU
Walk across the countryside and footpaths of Manton (**5 miles**)

Difficulty 2 | Dogs Yes | Pushchairs No | Refreshments Available to purchase at the Horse & Jockey
Parking Yes | Contact info@first4adventure.co.uk | Booking Required Yes

Tuesday 19 May 10.00AM

Braunston Village Walk

Meet at The Old Plough, Braunston, Rutland, LE15 8QT
A medium paced walk across the countryside surrounding Braunston (**5 miles**)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Available to purchase at The Old Plough
Parking Yes | Contact Richard Merriman 01572 720002 | Booking Required No

Walking Week

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Tuesday 19 May 10.30AM Burghley Park Walk

Meet outside the front of Burghley House, Stamford, Lincolnshire, PE9 3JY
Stroll around the beautiful and famous Burghley Park (2.5 miles)

Difficulty 1 | Dogs Yes | Pushchairs Yes | Refreshments Available to purchase at the café
Parking Yes | Contact Dave and Janet Parker 01780 753640 | Booking Required No

Tuesday 19 May 2.15PM Tixover Walk

Meet at Ketton Sports and Community Centre, Pit Lane, Ketton, Lincolnshire, PE9 3SZ
Walk into Tixover from Ketton overlooking the Rutland scenery (5 miles)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Provided, £1 donation
Parking Yes | Contact Bob Bradberry 01780 720547 | Booking Required No

Tuesday 19 May 5.30PM Ryhall Heath Walk

Meet at The Green Dragon, The Square, Ryhall, Stamford, Lincolnshire PE9 4HJ
A choice of two walks; a short and a medium distance walk across the flat countryside of Ryhall (2 - 2.5 miles and 5 miles)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Available to purchase at The Green Dragon and The Wicked Witch (please order on arrival) | Parking Street Parking | Contact Bob Rushby 01780 756917 (2 - 2.5 miles) or John Hughes 01572 747865 (5 miles) | Booking Required No

Wednesday 20 May 10.00AM Wing and Manton Walk

Meet at The King's Arms, Main Road, Wing, Rutland, LE15 8SE
Walk around the hilly countryside of Wing and Manton (6 miles)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Available to purchase at the Horse & Jockey
Parking Yes | Contact Ron Tilley 01780 729188 | Booking Required No

Wednesday 20 May 5.45PM Exton Park and Greetham Village Walk

Meet at Greetham Valley Golf Club, Wood Lane, Greetham, Rutland, LE15 7SN
See the views of Exton Park and the lovely Greetham Valley Golf Course (6.5 miles)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Dinner provided at Greetham Valley for £5 (please order on arrival) | Parking Yes | Contact Trisha Kelly 07849 177505 | Booking Required No

Thursday 21 May 1.00PM Rutland Water Nordic Walking Taster

Meet at Normanton Car Park, Rutland Water, Edith Weston, Rutland, LE15 8RP
Have a taste of nordic walking taking in the stunning views of Rutland Water (2 - 3 miles)

Difficulty 3 | Dogs No | Pushchairs No | Refreshments Available to purchase at the café
Parking Pay & Display | Contact Jo Douglas 07949 392018 | Booking Required Yes

Walking Week

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Thursday 21 May 2.00PM

Ketton Healthy Walking Group Walk

Meet at Ketton Sports and Community Centre, Pit Lane, Ketton, Lincolnshire, PE9 3SZ
There are 2 walks to choose from; a short and a medium distance walk with a great social atmosphere
(**1 mile and 3 miles**)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Provided, £1 donation
Parking Yes | Contact Ron Tilley 01780 729188 | Booking Required No

Friday 22 May 10.00AM

Seaton Walk

Meet at The George & Dragon, Main Street, Seaton, Rutland, LE15 9HU
Walk around and see the beautiful views of the countryside in and around Seaton (**6 miles**)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Available to purchase at The George & Dragon
(please order on arrival) | Parking Yes | Contact John Williams 01572 747515 | Booking Required No

Friday 22 May 6.30PM

Exton Park Walk

Meet at Greetham Valley Golf Club, Wood Lane, Greetham, Rutland LE15 7SN
Walk in and around Exton Park, flat and medium paced (**6 miles**)

Difficulty 3 | Dogs Yes | Pushchairs No | Refreshments Available to purchase at Greetham Valley
Parking Yes | Contact Bob Bradberry 01780 720547 | Booking Required No

Saturday 23 May 11.30AM

Family Taster Nordic Walk

Meet at Wardley Village Church, Main Street, Wardley, Rutland, LE15 9AZ
Bring the family along to a nordic walking taster in and around the village of Wardley (**2 - 3 miles**)

Difficulty 4 | Dogs No | Pushchairs No | Refreshments Bring your own refreshments
Parking Street Parking | Contact Jo Douglas 07949 392018 | Booking Required Yes

Saturday 23 May 6.30PM

Launde Abbey Walk

Meet at Launde Abbey, East Norton, Leicestershire, LE7 9XB
Walk around and take in the lovely views of Launde Abbey (**6 miles**)

Difficulty 4 | Dogs Yes | Pushchairs No | Refreshments Available to purchase at Wetherspoons in Oakham
Parking Yes | Contact Andy Bird 01780 763421 | Booking Required No



Rutland Round

24 - 30 May



65 Miles in 7 Days!

Following your knowledgeable guide, John Williams, author of the Rutland Round (pictured above), explore the county boundary, occasionally delving into the county to see beautiful market towns and of course, Rutland Water. John will be leading on most of the days however he will be present on the other days led by other walk leaders.

Meet at all of these locations by 9.00am, a bus will then collect you and take you to the start point. The walk will take you back to your car.

Please Note: All on the walk need to be able to cope with stiles and need to wear suitable footwear and clothing (walking boots or strong footwear are essential). Dogs are welcome but need to be kept under close control and you must be able to lift them over difficult stiles.

Booking Essential: A fee of £2 per day is charged to cover transport costs. Please bring refreshments. To book your place, please complete the online booking form at www.activerutland.org.uk/therutlandround.

Date	Meeting Place	Walk	Distance	Contact on the Day
Sunday 24th May	Lay-by on the A47 near Wardley, East of the Belton turn	Oakham to Wardley	9.5 miles	John Williams 07789 195887
Monday 25th May	The George & Dragon, Seaton, LE15 9HU	Wardley to Seaton	12.5 miles	Michael Gillon 01572 755663
Tuesday 26th May	The Court House, Geeston, PE9 3RH (car park in the next field)	Seaton to Geeston	10.5 miles	Richard Merriman 01572 720002
Wednesday 27th May	OK Diner, Tickencote, PE9 4AD (overflow car park)	Geeston to Tickencote	10 miles	Lesly Hayes 01780 763139
Thursday 28th May	Gateway opposite the Herb Nursery, Thistleton, LE15 7RE (leave building doors clear)	Tickencote to Thistleton	11 miles	John Williams 07789 195887
Friday 29th May	The White Lion, Whissendine, LE15 7ET (2nd car park, near stream)	Thistleton to Whissendine	7 miles	John Williams 07789 195887
Saturday 30th May	Rutland County Council, Oakham, LE15 6HP	Whissendine to Oakham	5 miles	John Williams 07789 195887

Walking Etiquette

Passing Other Walkers

- It is polite for the slower walkers to walk towards the edge of the pavement and for the faster walkers to pass on the right hand side. Please move across when you hear a cyclist's bell.

Visual

- Keep an eye out for other pedestrians when making sudden movements from one side of the path to the other, especially in busy situations.

Walking Two or More Abreast

- Please leave enough space for other pedestrians to pass if they wish, this normally means walking no more than two abreast.

Walking with Dogs

- Please keep dogs on leads at all times and also clean up after your dog.



Things to Remember For a Safer Walk

- Be prepared! Wear suitable clothing and sturdy footwear, and take refreshments.
- Respect the countryside. Take care in crops, be considerate of live stock and fasten all gates.
- Take care when crossing or walking on roadways (walk facing oncoming traffic).
- Dogs that are welcome must be kept under close control at all times.
- Select walks that are within your physical capability.
- Remember to take nothing but photos and leave nothing but footprints.
- Wear loose-fitting clothing that allows you to move freely. Choose thin layers rather than heavy, chunky clothing.
- If you're walking to work, you can just wear your usual work clothes with a comfy pair of shoes.
- For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sunhat in a small backpack.
- If you start taking regular, longer walks, you may want to invest in a waterproof jacket and some walking boots for more challenging routes.

Pedometer Challenge

Join the Active Rutland's Pedometer Challenge for a great way to get more active and improve your health during our Walking Festival. It's all about increasing the amount you walk each day, whatever your starting point. Although 10,000 steps a day is a good target for health benefits. You can reach your 10,000 steps through all kinds of activity, including all of the walking you do around the home and at work. Every step counts.

Challenge yourself, or get a group of friends, colleagues or family members together for a team challenge and see how much further you can walk each day. The winner of the pedometer challenge will be crowned Champion of Active Rutland's Walking Festival for completing the most steps within two weeks. Pick up your **FREE** pedometer from the Active Rutland stand during the Walking Festival Launch Event.

Check out www.activerutland.org.uk for more information on walking groups in the area and other ways to get active near you.

3 Easy Steps

Step 1

Put your pedometer on at the start of the walk.

Step 2

Record your daily steps for each walk during the Walking Festival and the Rutland Round.

Step 3

Total the amount of steps up over each day and see how much your activity has increased by using the table below.



Date	Walk 1	Walk 2	Walk 3	Walk 4	Total Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Easy Ways to Increase Your Step Count

Walking is, hands down, one of the easiest, safest and best forms of exercise you can do each day. It's time to bump up your step count. Why not give some of the ideas listed below a go? Pick up your FREE pedometer at the Walking Festival Launch Event to accurately measure your steps whilst carrying out these activities.

Park Further Away

Park your car further away from those front row parking spots, at work or at the supermarket. No matter where you go, park away from the door.

Take a Walk Around

When you are losing concentration at work, get up and take a walk around the office to give your brain time to relax and to boost your concentration levels as well as your fitness levels.

Take the Scenic Route

The supermarket might be a few roads away, but you don't have to take the shortest route from point A to point B. Try taking a scenic route through a park.

Don't Be So Efficient!

Have a shopping list? Pick up the items on your list in the order you wrote them down rather than in a single trip around the shop.

Get the Family Walking Every Day

From walking to school to taking the dog out, it's easy to fit in a bit of walking every day. The secret is to keep walking fun for kids. Once they see it's enjoyable and not a chore, you're on to a winner. So come on, show lots of enthusiasm!

Make Walking Part of Your Day

Whatever you've got planned for the day, why not try and walk there?

Whether it's to the swimming pool, the supermarket or the post office try and leave the car at home.

Walk the Dog

Having trouble sticking to an exercise program? Research shows that dogs are actually nature's perfect personal trainers; loyal, hardworking, energetic and enthusiastic and unlike your friends, who may skip an exercise session because of appointments, extra housework or bad weather, dogs never give you an excuse to forego exercising.

Get Off the Bus Early

If the weather's nice, walk the first part of your journey and get on the bus a couple of stops later or get off a few stops early and walk the remainder of the journey.

Staying Motivated

Make it a Habit

The easiest way to walk more is to make walking a habit. Think of ways to include walking into your daily routine. Examples include:

- **Walk part of your journey to work.**
- **Walk to the shops.**
- **Use the stairs instead of the lift.**
- **Walk the kids to school.**
- **Do a regular walk with a friend.**
- **Go for a stroll with family or friends after dinner.**

Mix it Up

Add variety to your walks. Rutland offers interesting walks including parks, riverside paths, woodlands, nature reserves and heritage trails. For ideas for inspiring walks please visit www.discover-rutland.co.uk/things-to-do/sport-and-leisure/walking.

Join a Walking Group

Walking in a group is a great way to start walking, make new friends and stay motivated. Our walk leaders organise group walks for everyone, including all ages and abilities. To find a walking group near you please visit www.activerutland.org.uk/rutland-healthy-walks-scheme.

Become a Volunteer

One way to keep walking regularly is by becoming a volunteer to promote walking in the community and to help other people get active. Walking for Health is England's largest network of healthy walking schemes, helping people across the country lead a more active lifestyle. Apart from helping you stay active, volunteering is a great way to make new friends and explore your local area.

Set Yourself a Goal

You can walk 1,000 steps in around 10 minutes. Pedometers are a fun way to keep track of your walking. Use a pedometer to work out your average daily steps and then start adding those extra steps. Don't forget to pick up your **FREE** pedometer from the Active Rutland stand at the Walking Festival Launch Event.



Why Walk?

- You don't have to plan it, so you can be spontaneous! All you need are your feet and a pair of trainers or comfy shoes.
- You can do it whatever the weather. If it's raining, don't be put off, grab a coat and wellies and get out there. The kids will love jumping in the puddles too.
- It's sociable, take a friend and have a good natter.
- You're probably doing it already.
- It's free!
- Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.
- It's underrated as a form of exercise but walking is ideal for people of all ages and fitness levels who want to be more active.
- Becoming a regular walker can help you lose excess body fat, reduce your risk of heart disease, diabetes and stroke, keep your joints and muscles mobile and supple and give you a more positive outlook on life.

A Few Thank You's

We would like to pay a special thanks to everyone involved in the Rutland Walking Festival that have helped us make it happen. Firstly, to everyone who has helped support the event whether it be a volunteer, a participant or a stall holder at the Launch Event. Secondly, a big thank you to Ketton Sports and Community Centre for hosting the Walking Festival Launch Event and to Ketton Healthy Walking Group for all their efforts especially the walk leaders who have offered to lead and organise a number of walks throughout the week.

A special mention to John Williams for his expert advice, support and knowledge of the Rutland Round who is leading this event during the second week. Thank you to Think Digital Print for all the printing of the programmes. Thank you to Rutland Radio for their support in the lead up to the Festival and at the Launch Event.

Finally, a special thanks to all the volunteers and walk leaders who have offered to help throughout the Festival from organising the Launch Event, leading the walks, and also offering assistance with the Rutland Round, without you, it would not be possible so thank you!

