

Rutland Walking and Cycling Festival

21st May - 12th June 2016



'Great places to visit,
views to see and people
to meet'



Active
Rutland



@Active
Rutland



www.activerutland.org.uk
www.rutland.gov.uk



Active
Rutland1

Rutland Walking and Cycling Festival

21st May - 12th June

Welcome to the Rutland Walking and Cycling Festival Programme 2016.

This guide contains all of the information you need to know about the festival, from dates and times to contact details and refreshments.

Discover where walking and cycling can take you this summer with the Rutland Walking and Cycling Festival. Following huge success over the last 7 years, the festival is back for 2016 for a fun packed celebration of Rutland and its glorious countryside. Throughout the festival, led walks and bike rides will be available catering for all ages and abilities; therefore if you are new to the activity or have been participating for many years, there is something for you.

The festival will include on average 2 activities a day, with refreshments available after many of the sessions. The people of Rutland are encouraged to join the visiting walkers and cyclists who travel from far and wide, so why not make a day of it and get the family involved too. It's a perfect opportunity to meet new people with similar interests, explore different areas across the historic county, whilst witnessing the breath taking views of the countryside.

Every year we encourage people to take to their feet and bike to feel the benefits of walking and cycling out in the fresh air. They are both recommended activities to lose weight, get more active and become healthier. Throughout the festival, there are various activities ranging from nordic walking to walking football and from mums and tots rides to maintenance classes. There really is something for everyone.

Don't forget to tune into Rutland Radio to stay up to date with activities taking place throughout the Walking and Cycling Festival.



Walking Festival

Saturday 21st May - Saturday 28th May

Rutland is hosting a two week long walking festival building on a successful event in 2015. The walks include a range of paces from a leisurely stroll admiring the views to fast paced walks that will improve your fitness.

Rutland Round

Sunday 29th May - Saturday 4th June

During week two of the Walking Festival you can walk the 65 mile Rutland Round across 7 days or even just try a section of it. Following your knowledgeable guide, explore the county boundary, occasionally delving into the county to see beautiful market towns and of course Rutland Water. What better way to get a true feel for the beauty of the county.

Cycling Festival

Friday 3rd June - Sunday 12th June

The Cycling Festival will showcase the beautiful countryside of Rutland in early summer with a range of exciting bike rides taking in the beauty and diversity of Rutland's landscape, towns and villages. The festival will host led cycle rides to suit all ages and abilities. It is a perfect opportunity to meet new people with similar interests as well as improving your skills and health.

For further details on the festival or to register, please visit www.activerutland.org.uk/walkingandcyclingfestival or alternatively contact a member of the Active Rutland Team on activer recreation@rutland.gov.uk or 01572 720936. For regular updates about activities running during the festival, please visit our Facebook and Twitter pages.

Walking Festival

21 - 28 May

The timetable below includes information for all of the walks taking place across the first week of the festival, all of which are led by trained walk leaders. There are walks on offer for all abilities, therefore to ensure you attend a suitable walk, the distance of the walk, as well as the level of difficulty is included to ensure you know what to expect on the day.

Levels of Difficulty:

- **Easy:** suitable for most levels of fitness.
- **Leisurely:** suitable for reasonably active people. May include unsurfaced rural paths.
- **Moderate:** suitable for people with good levels of fitness. May include steep paths and open country.
- **Strenuous:** suitable for people with high levels of fitness. May include hills, rough country and be at a brisk pace.

Saturday 21st May - 10:30am - Ketton Ramble

A 10 mile walk led by the Rutland Ramblers around the sites of Ketton and surrounding villages, taking in the views of the beautiful Rutland countryside, welcoming people to join them for the day. (10 miles)

Difficulty: Moderate

Meeting Place: Ketton Sports and Community Centre

Parking: Free

Refreshments: Available to purchase at the club house

Contact: John Williams, 01572 747515, johntriciamorcot@btinternet.com

Saturday 21st May - 2:00pm - Uppingham School Sports Centre Walk

A 5k walk including different walking techniques to increase your heart rate and to help improve your fitness levels. (3 miles)

Difficulty: Easy - Moderate

Meeting Place: Sykes Lane Visitors Centre, Rutland Water

Parking: Pay & Display

Refreshments: Available to purchase at nearby pubs and cafes / walkers to bring their own

Contact: Jo Freeman, 01572 820830, jlf@uppingham.co.uk

Additional Information: Suitable for pushchairs and dogs

Monday 23rd May - 9:00am - Nordic Walking Taster

An introduction to Nordic Walking - a great way to achieve your personal fitness objectives, burn 20-40% more calories, tone up your whole body, reduce tension in your neck, back and shoulders, less impact on your knees and joints, improve posture, coordination and core strength. (2 miles)

Difficulty: Easy - Leisurely

Meeting Place: Ketton Sports and Community Centre

Parking: Free

Refreshments: Available to purchase at the club house

Contact: Jo Douglas, 07949 392018, igniteability@icloud.com

Monday 23rd May - 10:30am - Oakham Health Walk

An accredited Walking for Health walk around the sites of Oakham at a gentle pace with a great social atmosphere. (3 miles)

Difficulty: Easy - Leisurely

Meeting Place: St John & St Anne Common Room, South Street, Oakham

Parking: Pay & Display in Oakham

Refreshments: Available to purchase afterwards - small donation required

Contact: Glenys Laidler, 01572 724361, glenyslaidler@gmail.com

Additional Information: Suitable for pushchairs and dogs

Monday 23rd May - 11:00am - Walking Football

Walking football is a slow paced version of the game which is accessible for all ages and abilities and is becoming increasingly popular and suitable for people with mobility problems or people returning from an injury.

Difficulty: Easy

Meeting Place: Catmose Sports Centre

Parking: Free

Refreshments: Vending machines available / available to purchase at nearby pubs and cafes

Contact: Catmose Sports Centre, 01572 490030, enquiries.catmose@sll.co.uk

Tuesday 24th May - 11:00am - Inclusive Walking Football

Join our adult multi-sports club session for a game of walking football. Open to all ages and abilities. Love the game? Come along!

Difficulty: Easy

Meeting Place: Active Rutland Hub, Oakham Enterprise Park

Parking: Free

Refreshments: Drinks vending machine available / available to purchase at nearby pubs and cafes

Contact: Rachel Ward, 01572 758154, rward@rutland.gov.uk

Additional Information: Suitable for wheelchairs

Tuesday 24th May - 2:00pm - Inclusive Rutland Water Walk and Talk

A light stroll to stretch the legs along Rutland Water. This inclusive walk gives you a chance to get to know some new people while taking a stroll around Rutland Water. (1 - 2 miles)

Difficulty: Easy

Meeting Place: Sykes Lane Visitors Centre, Rutland Water

Parking: Pay & Display

Refreshments: Available to purchase at nearby pubs and cafes / walkers to bring their own

Contact: Rachel Ward, 01572 758154, rward@rutland.gov.uk

Additional Information: Suitable for wheelchairs, pushchairs and dogs

Wednesday 25th May - 10:30am - Landscapes of Lyddington

A circular loop from Lyddington to Stoke Dry taking in the views of the eyebrook reservoir. (5 miles)

Difficulty: Moderate
Meeting Place: The Old White Hart, Lyddington
Parking: Free
Refreshments: Available to purchase at The Old White Hart
Contact: John Williams, 01572 747515, johntriciamorcot@btinternet.com
Additional Information: Suitable for dogs

Wednesday 25th May - 2:00pm - Uppingham / Lyddington Round

Circular walk across fields from Uppingham to Bisbrooke, Seaton, Lyddington and back to Uppingham. (6 miles)

Difficulty: Moderate
Meeting Place: Tods Piece, Gainsborough Road, Uppingham
Parking: Pay & Display in Uppingham
Refreshments: Available to purchase at nearby pubs and cafes / walkers to bring their own
Contact: Serena Scott, 07949 330323, serenascott88@yahoo.co.uk
Additional Information: Suitable for dogs

Thursday 26th May - 2:00pm - Ketton Healthy Walk

An accredited Walking for Health walk with an option of a short and a medium distance walk with a great social atmosphere. (1 mile and 3 miles)

Difficulty: Easy - Leisurely
Meeting Place: Ketton Sports and Community Centre
Parking: Free
Refreshments: Available to purchase afterwards - small donation required
Contact: Ron Tilley, 07922 268971, r.tilley47@btinternet.com
Additional Information: Suitable for dogs

Saturday 28th May - 10:00am - Geocaching Around Lyndon

The cache is a lovely circular walk around the picturesque Rutland village of Lyndon. Paths are clearly marked and the going is easy albeit off road. You will need to solve a very few simple clues together to obtain coordinates for a micro-cache which, when found, contains the coordinates of the main prize. (2.5 miles)

Difficulty: Easy - Leisurely
Meeting Place: The Paddock, Camping & Caravanning Club, Lyndon
Parking: Free
Refreshments: Available to purchase at Wellies Coffee Shop
Contact: Inspire2tri, 01572 737185, info@inspire2tri.com

Saturday 28th May - 11:30am - Nordic Walking Taster

An introduction to Nordic Walking - a great way to achieve your personal fitness objectives, burn 20-40% more calories, tone up your whole body, reduce tension in your neck, back and shoulders, less impact on your knees and joints, improve posture, coordination and core strength. (2 miles)

Difficulty: Leisurely
Meeting Place: Barrowden Village Park
Parking: Street Parking
Refreshments: Available to purchase at Barrowden Community Shop
Contact: Jo Douglas, 07949 392018, igniteability@icloud.com

Rutland Round

29th May - 4th June

65 Miles in 7 Days!

During week two of the Walking Festival, you can walk the 65 mile Rutland Round across 7 days or even just try a section of it. Following your knowledgeable guide, explore the county boundary, occasionally delving into the county to see beautiful market towns and of course Rutland Water. What better way to get a true feel for the beauty of the county.

Meet at all of the locations listed below by 9:00am as a bus will collect you and take you to the start point, the walk will then bring you back to your car. A fee of £2 per day is charged to cover transport costs.

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. Please also bring with you your own refreshments.

To book onto the Rutland Round, please complete the online booking form on www.activerutland.org.uk/rutlandround and follow the instructions.



Date	Meeting Place	Walk	Distance
Sunday 29th May	Lay-by on the A47 near Wardley, East of the Belton turn	Oakham to Wardley	9.5 miles
Monday 30th May	The George & Dragon, Seaton, LE15 9HU	Wardley to Seaton	12.5 miles
Tuesday 31st May	The Court House, Geeston, PE9 3RH (car park in the side field)	Seaton to Geeston	10.5 miles
Wednesday 1st June	OK Diner, Tickencote, PE9 4AD (overflow car park)	Geeston to Tickencote	10 miles
Thursday 2nd June	Gateway opposite the Herb Nursery, Thistleton, LE15 7RE (leave building doors clear)	Tickencote to Thistleton	11 miles
Friday 3rd June	The White Lion, Whissendine, LE15 7ET (2nd car park, near stream)	Thistleton to Whissendine	7 miles
Saturday 4th June	Rutland County Council, Oakham, LE15 6HP	Whissendine to Oakham	5 miles

Cycling Festival

3rd - 12th June

The timetable below includes information for all of the rides taking place across the third week of the festival. There are rides on offer for all abilities, therefore to ensure you attend a suitable ride, the distance of the ride, as well as the level of difficulty is included to ensure you know what to expect on the day.

Levels of Difficulty:

- **Easy:** suitable for most levels of fitness.
- **Leisurely:** suitable for reasonably active people. May include unsurfaced rural paths.
- **Moderate:** suitable for people with good levels of fitness. May include steep paths and open country.
- **Strenuous:** suitable for people with high levels of fitness. May include hills, rough country and be at a brisk pace.

Friday 3rd June - 10:00am - Breeze Mums and Tots Ride

Join us with your little ones for a gentle pedal on quiet, traffic free tracks at Rutland Water. It is great fun for the children, chatting for the mums, exercise and breath taking scenery. Part of the British Cycling Breeze network, getting more women into riding bikes for fun. (6 miles)

Difficulty: Easy

Meeting Place: Rutland Cycling, Whitwell Store

Parking: Pay & Display

Refreshments: Available to purchase at Normanton and Whitwell cafes

Contact: Rutland Cycling, 03305 550080, rides@rutlandcycling.com

Additional Information: Free with own bike, £5 to hire a bike

Saturday 4th June - 9:00am - The Flying Scotsman Ride

Velo Club Rutland will be leading a number of groups at varying paces to watch the famous Flying Scotsman as it travels over Haringworth Viaduct at around 10:00am. (25 - 50 miles)

Difficulty: Moderate - Strenuous

Meeting Place: Oakham Cycle Centre

Parking: Pay & Display in Oakham

Refreshments: Available to purchase at cafe stop on route

Contact: Velo Club Rutland, www.veloclubrutland.co.uk

Saturday 4th June - 10:00am - Beginner's Road Ride

If you are new to road cycling then join our Beginner's Road Rides - a great place to meet likeminded cyclists and improve your road riding skills. (8 - 10 miles)

Difficulty: Easy

Meeting Place: Giant Store, Rutland Water Normanton

Parking: Pay & Display

Refreshments: Available to purchase at Normanton and Whitwell cafes

Contact: Rutland Cycling, 03305 550080, rides@rutlandcycling.com

Additional Information: Free with own bike, £5 to hire a bike

Tuesday 7th June - 10:00am - Silver Cyclists

A self-led ride organised in partnership with the University of the Third Age (U3A). Join this gentle ride and enjoy the views as we ride from Normanton over to Whitwell and back again. (6 miles)

Difficulty: Easy

Meeting Place: Giant Store, Rutland Water Normanton

Parking: Pay & Display

Refreshments: Available to purchase at Normanton and Whitwell cafes

Contact: Rutland Cycling, 03305 550080, rides@rutlandcycling.com

Additional Information: Free with own bike, £5 to hire a bike

Tuesday 7th June - 6:30pm - Evening Road Ride

A friendly, sociable group road ride at a steady pace. Euro style so no one is left behind. Come and discover some new local routes and improve your technique with tips from our experienced riders. (20 - 25 miles)

Difficulty: Moderate

Meeting Place: Rutland Cycling, Whitwell Store

Parking: Pay & Display

Refreshments: Available to purchase at nearby pubs and restaurants / cyclists to bring their own

Contact: Rutland Cycling, 03305 550080, rides@rutlandcycling.com

Additional Information: Free with own bike, £5 to hire a bike

Tuesday 7th June - 6:30pm - Maintenance Class

Learn how to keep your bike in top shape and fix simple mechanicals while out and about. Our free maintenance class is a friendly interactive session run by our expert workshop team.

Meeting Place: Rutland Cycling, Whitwell Store

Parking: Pay & Display

Refreshments: Drinks provided

Contact: Rutland Cycling, 03305 550080, rides@rutlandcycling.com

Thursday 9th June - 10:30am - Normanton Leisurely Ride

A leisurely ride into the countryside of Rutland, avoiding main roads and utilising hard surface cycle paths where possible. The route is from Edith Weston out to Market Overton via Greetham and Thistleton with a coffee stop before an easy ride back to the start. (24 miles)

Difficulty: Easy

Meeting Place: Giant Store, Rutland Water Normanton

Parking: Pay & Display

Refreshments: Available to purchase at cafe stop on route

Contact: Active Rutland, 01572 720936, activerecreation@rutland.gov.uk

Sunday 12th June - 9:00am - Breeze Sunday Pedal - Women Only

Enjoy a scenic pedal and natter as we ride along the peaceful, traffic-free tracks around Rutland Water. A great way to enjoy some 'me' time, meet new friends and get fit in the fresh air. Part of the British Cycling Breeze Network, getting more women into riding bikes for fun. (17 miles)

Difficulty: Leisurely - Moderate

Meeting Place: Rutland Cycling, Whitwell Store

Parking: Pay & Display

Refreshments: Available to purchase at Normanton and Whitwell cafes

Contact: Rutland Cycling, 03305 550080, rides@rutlandcycling.com

Additional Information: Free with your own bike, £5 to hire a bike

Why not try your hand at **indoor cycling** for **FREE** at Catmose Sports Centre on the following days of the festival. Indoor cycling is set to the rhythm of motivating music; it burns a lot of calories and gets you fit. It improves your heart and lung fitness, increases leg strength and endurance and is suitable for all abilities from 16 years plus. Car parking is free and vending machines are available on site.

- Sunday 5th June - 11:00am
- Monday 6th June - 9:30am and 6:00pm
- Tuesday 7th June - 6:15pm
- Wednesday 8th June - 6:30am and 8:20pm
- Thursday 9th June - 10:05am and 7:25pm
- Friday 10th June - 6:30am
- Sunday 12th June - 11:00am

Don't forget to pop into Catmose Sports Centre on Saturday 21st May and Saturday 4th June for a free health MOT including blood pressure and boditrax readings. For any further information please contact Catmose Sports Centre on 01572 490030 or enquiries.catmose@sll.co.uk.

Top Tips to Stay Motivated

Walking

- **Keep it interesting:** Add variety to your walks by using different routes and discovering new places. Pick up a free copy of the Active Mag for a new route every month or alternatively visit the public rights of way section on www.rutland.gov.uk for other local routes.
- **Have fun:** Walking is a great way to spend time with the family, playing games like I spy will keep them entertained and active at the same time.
- **Join a walking group:** Walking in a group is a great way to start walking, make new friends and stay motivated. To find a walking group near you please visit www.activerutland.org.uk.

Cycling

- **Cycle to work:** Commuting to work on your bike is cheap, good for the environment and an easy way to fit exercise into your daily routine.
- **Cycle to school:** Cycling to school is a great way to get you and the kids more active and has many benefits, such as improved health, confidence and concentration.
- **Join a bike ride or cycling club:** Signing up for a bike ride or taking part in a club session is a great way to meet new people, stay motivated and experience the great outdoors. From charity rides to park cycles, find a session near you by visiting www.activerutland.org.uk.

Walking and Cycling Etiquette

Walking

- It is polite for slower walkers to walk towards the left 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.
- Please leave enough space for other pedestrians to pass if they wish, this normally means walking no more than two abreast.
- Keep an eye out for other pedestrians when making sudden movements from one side of the path to the other, especially in busy situations.
- Take care when crossing or walking on roadways (walk facing oncoming traffic).
- Dogs must be kept on a lead at all times and don't forget to clean up after your dog.
- Respect the countryside by taking care in crops, being considerate of livestock and fastening all gates.

Cycling

- The Highway Code states that you 'should' wear a cycle helmet whilst cycling, therefore this is advisory for your own safety.
- Please use cycle tracks and pavements where applicable.
- A cyclist should adhere to all traffic signs and signals as if you were a motorist.
- You should always indicate using your arms before you turn, and if turning right make sure to look around well in advance.
- You are permitted to ride two abreast however when the road is narrow, busy or when travelling around bends you should be prepared to ride in single file.
- A bell is recommended for warning pedestrians you are approaching.
- For evening rides it is compulsory to have a white front light and a red rear light so that you are visible to other cyclists, pedestrians and road users. Bright reflective clothing is also recommended.





Active Rutland would like to pay a special thanks to everyone involved in making the Rutland Walking and Cycling Festival happen. Firstly, to everyone who has supported the event, whether it be; a walk leader, volunteer, participant or advertiser. Secondly, a special mention to John Williams for his expert advice, support and knowledge of the Rutland Round. Finally, thank you to Think Digital Print for printing the programmes, to Rutland Radio for keeping the people of Rutland up to date with each activity and to the Active Mag for planning and printing a walking route for those who would like to fit a walk in, in their own time during the festival. Without all of your help and assistance, it would not be possible to put this event on so thank you!

