

see *Derbyshire*

**Brampton Valley Way (NCN 6)** download details from [www.sustrans.org.uk/assets/files/Day%20Rides/BramptonValleyWay.pdf](http://www.sustrans.org.uk/assets/files/Day%20Rides/BramptonValleyWay.pdf)  
Market Harborough to Northampton 14 mls  
See *Northamptonshire* also (7/11)

#### **Cycling along the Great Union Canal Leicester Line**

**Blaby/Leicester City Centre** (OS 140, GR 588 977/580 033) 6 mls  
**Norton Junction/Foxton** (OS 152,140,141, GR 60 65/69 89) 23 mls  
**Market Harborough Arm/Debdale Wharf** (NCN 6, OS 141, GR 726 879/695 916) 6 mls  
*British Waterways. [www.waterscape.com/canals-and-rivers/grand-union-canal-leicester-line/cycling](http://www.waterscape.com/canals-and-rivers/grand-union-canal-leicester-line/cycling) (7/11)*

#### **Cycling along the Ashby Canal, Marston Junction, Bedworth/Snarestone**

(OS 140, GR 36 88/345 100) 21 mls  
*British Waterways. [www.waterscape.com/canals-and-rivers/ashby-canal/cycling](http://www.waterscape.com/canals-and-rivers/ashby-canal/cycling) (7/11)*

**Countryside Guide** FREE (March 2010) or download and order on-line from [www.leics.gov.uk/countrysideguide](http://www.leics.gov.uk/countrysideguide)  
outlines country parks, multi-user trails and waterside paths, including those suitable for cycling (7/11)

**Ashby Woulds Heritage Trail, Moira/Measham** download details from [www.leics.gov.uk/ashbywoulds](http://www.leics.gov.uk/ashbywoulds) or  
[www.sustrans.org.uk/sustrans-near-you/midlands/easy-rides-in-the-midlands/ashby-woulds-heritage-trail](http://www.sustrans.org.uk/sustrans-near-you/midlands/easy-rides-in-the-midlands/ashby-woulds-heritage-trail)  
(OS 128, GR 304 162/332 119) 4 mls (7/11)

**Midshires Way, Leicester, Welham to Old Dalby** (horse-riding route) download details from  
[www.leics.gov.uk/midshires\\_way](http://www.leics.gov.uk/midshires_way) (7/11)

**Midshires Way** (horse-riding route) PACK £3.50 incl. p&p (see *Northamptonshire*) (7/11)

**Leicestershire and Rutland on Horseback**, 19 circular trails 50p  
*British Horse Society, see England*

**Enjoy Cycling in Leicestershire**, 6 FREE MAPS (April 2011) or download from [www.leics.gov.uk/cycle\\_trails](http://www.leics.gov.uk/cycle_trails)  
Leicester; Loughborough; Melton Mowbray; Market Harborough; Hinckley and Bosworth; Coalville  
Visitor Information Centre, Leicester. ) 0116 299 4444 (8/11)

#### **High Leicestershire & Rutland Cycle Map** FREE (2007)

includes Market Harborough, Melton Mowbray, Leicester, Oakham and Rutland Water Circuit  
*Travel Choice & Access Team, Leicester County Council. Email: [footpaths@leics.gov.uk](mailto:footpaths@leics.gov.uk).  
[www.leics.gov.uk/index/environment/countryside/cycle\\_trails/cycle\\_trails\\_high\\_leics\\_and\\_rutland.htm](http://www.leics.gov.uk/index/environment/countryside/cycle_trails/cycle_trails_high_leics_and_rutland.htm) (7/11)*

#### **Sence Valley Forest Park** FREE LEAFLET or download from

[www.forestry.gov.uk/website/recreation.nsf/LUWebDocsByKey/EnglandDerbyshireTheNationalForestSenceValleySenceValleyForestPark](http://www.forestry.gov.uk/website/recreation.nsf/LUWebDocsByKey/EnglandDerbyshireTheNationalForestSenceValleySenceValleyForestPark)  
A network of trails suitable for walkers and cyclists of all abilities takes you around the woodland,  
and a bridleway links the park to the neighbouring villages of Ibstock and Heather (OS 129, GR 405 114)  
*Forestry Commission, Birches Valley. ) 01889 586593 press 1 (8/11)*

**Rutland Water cycle route** download maps from [www.4outdooradventure.com/rutlandmap.html](http://www.4outdooradventure.com/rutlandmap.html) &  
[www.anglianwater.co.uk/leisure/what-to-see/water-parks/rutland/](http://www.anglianwater.co.uk/leisure/what-to-see/water-parks/rutland/) (7/11)

**Derby, Melbourne and Worthington including Cloud Trail** FREE LEAFLET (January 2001) or download from  
[www.cyclederby.co.uk/files/derby\\_melbourne\\_and\\_worthington.pdf](http://www.cyclederby.co.uk/files/derby_melbourne_and_worthington.pdf)  
*Tourist Information Centre, Ashby de la Zouch. ) 01530 411767. Email: [ashby.tic@nwleicestershire.gov.uk](mailto:ashby.tic@nwleicestershire.gov.uk) (8/11)*

**National Forest, Cycling** [www.nationalforest.org/visit/cycling/](http://www.nationalforest.org/visit/cycling/) (7/11)

#### **Conkers Circuit (National Forest) Route Guide** download from

[http://nationalforest.org/visit/images/location/pdfs/Conkers\\_Cycle\\_Route\\_Map\\_web.pdf](http://nationalforest.org/visit/images/location/pdfs/Conkers_Cycle_Route_Map_web.pdf) (3MB) (7/11)

**On Your Bike: Leicestershire & Rutland**, Sue & Paul Thomas £7.95 (2003, *Countryside Books*)