

# Summer Routes from Fleckney, Kibworth and Saddington

02/01/2019

# **Summer Routes**

## **Kibworth Routes**

# **Summer Training Routes Suitable for Group 1 and Beginner Runners**

PDF Download	Name of Route	Distance
STR 2	Fleckney Rd / Warwick Rd / A6	3.78 miles
STR 15	Debdale / Wharf	3.43 miles
STR 23	Canal / Debdale	3.93 miles
<u>STR 25</u>	Cricket Club / Mill Lane	2.78 miles
STR 31	School St / Warwick Rd / Mill Lane	3.1 miles
STR 83	Smeeton / Canal / Gumley Road	3.8 miles

# **Summer Training Routes Suitable for Group 2 Runners**

PDF Download	Name of Route	Distance
<u>STR 3</u>	Debdale / Gumley Rd	4.57 miles
<u>STR 4</u>	Saddington / Fleckney Rd	4.54 miles
<u>STR 1</u>	Debdale / Canal	3.97 miles
STR 24	Debdale / Foxton Locks / Gumley Wood	5.6 miles
<u>STR 26</u>	Cricket Club / Saddington Tunnel	3.67 miles
STR 32	School St / Warwick Rd / Saddington Tunnel	3.8 miles
STR 34	Cricket Club / Saddington / Smeeton	4.5 miles
<u>STR 51</u>	Schl St / Warwick Rd / Saddington Tunn / Canal / Gumley Rd / Smeeton	5.2 miles
<u>STR 53</u>	Warwick Road / Wistow Road / Canal / Saddington Road	5.1 miles
STR 84	Smeeton / Canal / Debdale Lane	4.9 miles
<u>STR 105</u>	John's New Route / Mill Lane / Canal / Smeeton (XC)	4.8 miles

# **Summer Training Routes Suitable for Group 3 Runners**

PDF Download	Name of Route	Distance
<u>STR 5</u>	Tur Langton / Church Langton	7.65 miles
<u>STR 16</u>	Foxton / Gumley	6.84 miles
<u>STR 6</u>	Carlton / Mere / Tur / Church / West	8.31 miles
<u>STR 7</u>	Fleckney Road / Carlton / Mere / Tur	8.66 miles
<u>STR 8</u>	Stonton	9.84 miles
<u>STR 27</u>	Cricket Club / Warwick Rd / Saddington Tunnel	6.33 miles
STR 33	School St / Warwick Rd / Saddington Village	5.7 miles
STR 42	Cricket Pitch / Saddington Tunnel / Saddington Gorse	6.5 miles
<u>STR 46</u>	Tur Langton / Shangton	6.8 miles
STR 52	School St / Warwick Rd / Saddington Village / Reservoir / Smeeton	6.3 miles

STR 54	Warwick Rd/ Wistow Rd / Canal / Debdale	7.4 miles
STR 57	School St / Warwick Rd /Saddington Village / Gumley / Smeeton	7.2 miles
STR 72	Kibworth / Smeeton / Gorse / Foxton	7.5 miles
STR 91	Wistow Rd / Canal / Kennels / Smeeton	6.7 miles
STR 94	Smeeton / Mill Lane / Saddington / Laughton / Gumley / Kennels	7.8 miles
STR 101	Kibworth / Great Glen / Burton Overy / Kibworth	8.2 miles
STR 102	Kibworth / Carlton Curlieu / Burton Overy / Kibworth	7.2 miles

## **FLECKNEY ROUTES**

# Summer Training Routes Suitable for Group 1 and Beginner Runners

PDF Download	Name of Route	Distance
STR 71	Golden Shield Loop	2.6 miles
STR 9	Main St / Arnesby Turn	3.29 miles
STR 14	Spring Farm	3.89 miles
STR 17	Wistow / Coleman Road	3.18 miles
STR 20	Mill Lane / Millenium	3.04 miles
STR 28	Coleman Road / Kilby Grange	3.3 miles
STR 47	Leicester Road / Saddington / Mere	3.2 miles

# **Summer Training Routes Suitable for Group 2 Runners**

PDF Download	Name of Route	Distance
<u>STR 18</u>	Wistow / Kilby Rd	3.92 miles
STR 21	Canal Tunnel / Mill Lane	4.69 miles
STR 29	Coleman Road / Kilby / Wistow	5 miles
<u>STR 38</u>	Saddington / Shearsby Road / Muzzies	5 miles
<u>STR 44</u>	Coleman Road / Kilby / Wistow	4.8 miles
<u>STR 48</u>	Saddington / Reservoir / Millenium Wood	5.4 miles
<u>STR 50</u>	Arnesby / Kilby Road	6 miles
<u>STR 74</u>	Saddington Tunnel / Canal / Crane's Lock	5 miles
STR 89	Millennium Wood / Mill Lane / Canal / Sadd Tunnel (XC)	4.8 Miles

# **Summer Training Routes Suitable for Group 3 Runners**

PDF Download	Name of Route	Distance
<u>STR 22</u>	Canal / Smeeton Gorse	7.2 miles
STR 30	Arnesby / Bruntingthorpe / Shearsby	10.4 miles
STR 41	Main St / Canal / Wistow Grange	6.8 miles
<u>STR 43</u>	Saddington / Smeeton / Mill Lane / Millenium	6 miles
<u>STR 45</u>	Coleman Road / Kilby / Canal / Wistow	7.4 miles
STR 49	Saddington / Mowsley (XC)	7.8 miles
STR 55	Fleckney / Saddington / Kibworth / Smeeton / Saddington	7.5 miles
STR 75	Mill Lane / Saddington / Arnesby Turn	7.6 miles
STR 80	Canal / Kibworth Road / Wistow / Kilby	7.2 miles
STR 106	Mill Lane / Debdale Lane / Canal	7.1 miles
STR 107	Wistow / Canal / Allotments	6 miles

## **WISTOW ROUTES**

# **Summer Training Routes Suitable For Group 1 Beginner Runners**

PDF Download	Name of Route	Distance
STR 10	Wistow / Canal	4.64 miles

# **SMEETON ROUTES**

# **Summer Training Routes Suitable For Group 2 Runners**

PDF Download	Name of Route	Distance
<u>STR 108</u>	Smeeton - Debdale - Kennels - Canal - Saddington Road	5.3 miles

## **GUMLEY ROUTES**

## **Summer Training Routes Suitable For Group 1 Beginner Runners**

PDF Download	Name of Route	Distance
<u>STR 11</u>	Laughton	2.68 miles

## **Summer Training Routes Suitable For Group 2 Runners**

PDF Download	Name of Route	Distance
STR 12	Kennels	3.88 miles

## **Summer Training Routes Suitable For Group 3 Runners**

PDF Download	Name of Route	Distance
STR 13	Laughton / Theddingworth Road	6.13 miles

## **SADDINGTON ROUTES**

## **Summer Training Routes Suitable for Group 1 and Beginner Runners**

PDF Download	Name of Route	Distance
<u>STR 60</u>	Reservoir / Gumley Hill	3.8 miles
<u>STR 67</u>	Saddington / Fleckney / Main St / Shearsby Rd	4.3 miles
<u>STR 73</u>	Gorse / Gumley / Canal	4.3 miles
<u>STR 77</u>	Smeeton / Mill Lane / Kibworth Rd	3.9 miles
<u>STR 81</u>	Canal / Saddington Tunnel / Millenium Wood / Fleckney	3.3 miles

## **Summer Training Routes Suitable for Group 2 Runners**

PDF Download	Name of Route	Distance
<u>STR 61</u>	Reservoir / Gumley Hill / Cricket Pitch	5.0 miles
STR 68	Saddington Canal Tunnel / Fleckney / Main St / Shearsby Rd	4.9 miles
<u>STR 78</u>	Smeeton / Kibworth / Kibworth Rd	4.6 miles
STR 82	Canal / Kennels / Gorse	48 miles
<u>STR 85</u>	Kibworth 6 Loop	4.9 miles
STR 92	Gorse / Gumley / Canal / Gorse (XC)	4.9 miles

# **Summer Training Routes Suitable for Group 3 Runners**

PDF Download	Name of Route	Distance
STR 66	Saddington / Mowsley / Laughton/ Gumley	7.0 miles
STR 62	Reservoir / Gumley Hill / Cricket Pitch / Smeeton	7.5 miles
STR 69	Gorse / Gumley / Laughton and back (XC)	7.4 miles
STR 70	Gorse / Gumley / Laughton / Gumley Wood	8.0 miles
<u>STR 79</u>	Mowsley / Laughton / Smeeton Gorse	6.1 miles
STR 90	Mowsley / Gumley / Smeeton	7.3 miles
STR 93	Ian's XC Gorse Hill Circuit (XC)	3.2 miles
STR 94	Laughton / Gumley / Kennels /Smeeton / Mill Lane / Saddington	7.8 miles
<u>STR 103</u>	Foxton Locks / Canal / Saddington Hill	7.7 miles
<u>STR 104</u>	Gumley Hill / Foxton Locks / Leicestershire Round	6.2 miles



STR 2 - Fleckney Road - Warwick Road - A6

Group 1 - 3.78 miles

http://www.gmap-pedometer.com/?r=3538668

#### DIRECTIONS

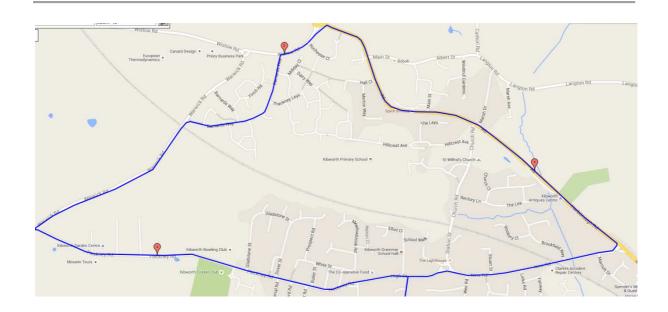
From the Grammar School Car Park turn right and then right again onto High Street through Kibworth

Take sharp right turn when reaching Kibworth Road into Warwick Road

Follow Warwick Road until you reach A6 At A6 island turn right

Follow A6 until you see the rail bridge

Turn right into New Road, back into Kibworth and back to the car park





STR 15 - Debdale - Wharf

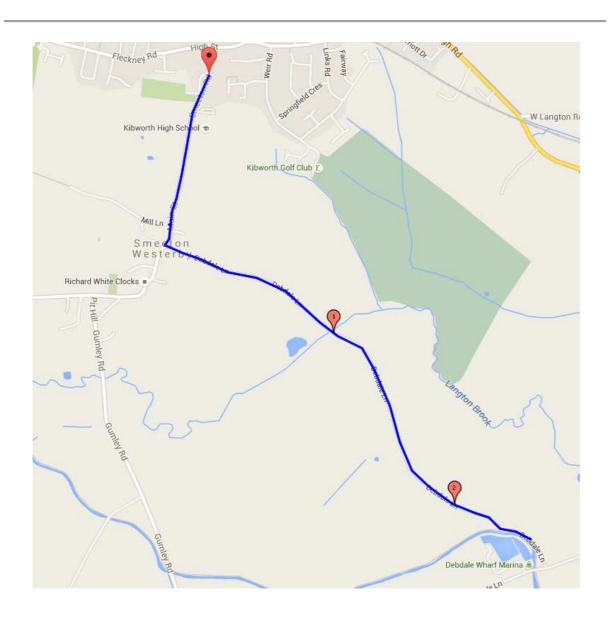
Group 1 - 3.43 miles

http://www.gmap-pedometer.com/?r=3691787

#### DIRECTIONS

From the Grammar School Car Park turn right and then left onto the High Street and then right to Smeeton Westerby. Follow the Smeeton Road into Smeeton Westerby and in Smeeton turn left onto Debdale Lane.

Group 1 should look to reach Debdale Wharf before retrace their steps.





STR 23 - Canal - Debdale

Group 1 - 3.93 miles

http://www.gmap-pedometer.com/?r=3729682

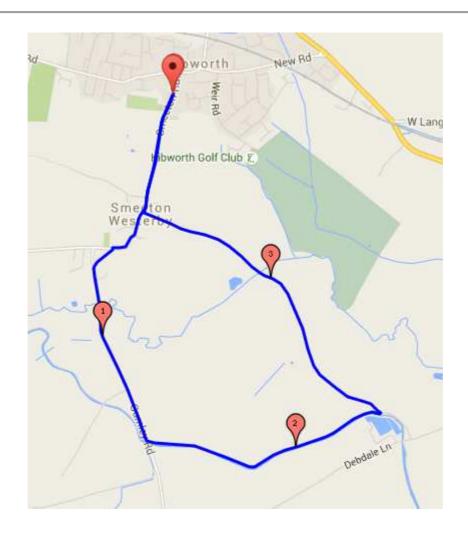
#### DIRECTIONS

From the Grammar School Car Park turn right and then left onto the High Street and then right to Smeeton Westerby. Follow the Smeeton Road into Smeeton Westerby.

At Pit Hill bear left in the direction of Gumley.

After three quarters of a mile join the canal towpath by exiting the road to the right and turn left under the bridge heading to Debdale Wharf.

Upon reaching Debdale Wharf take the stile to join Debdale Lane and return to Smeeton Westerby and then retrace your steps to the car park at Kibworth.





STR 25 - Cricket Club - Mill Lane

Group 1 - 2.78 miles

http://www.gmap-pedometer.com/?r=3751252

#### **DIRECTIONS**

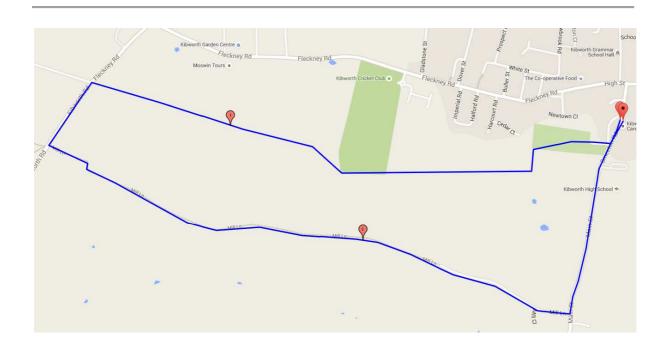
From the Grammar School Car Park turn right and then left onto the High Street. Turn right on the Smeeton Road and then take a right and head up the entrance to the left of the recreation/ground tennis courts.

Cross over various stiles and head in a steady straight line which eventually runs behind Kibworth Cricket Club.

Eventually emerge with care on the Kibworth to Fleckney road and follow this for approx 200 metres.

Now turn left and join the Mill Lane bridle road, follow this for it's entire length emerging next to The Kings Head in Smeeton.

Turn left and now return to the car park.





STR 31 - School St - Warwick Road - Mill Lane

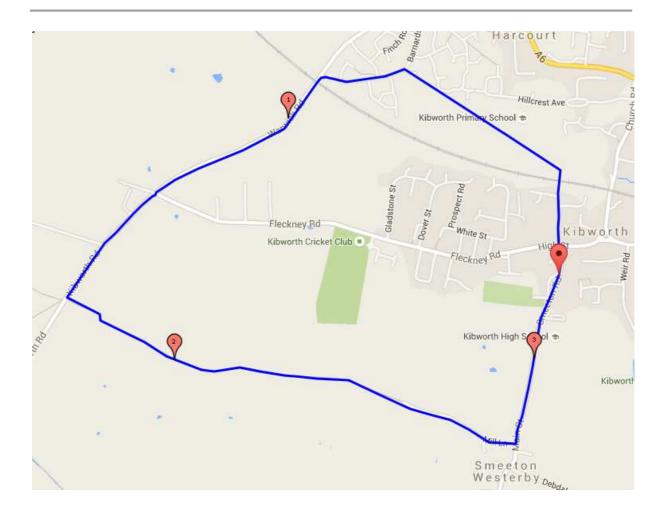
Group 1 - 3.1 miles

http://www.gmap-pedometer.com/?r=3769979

#### **DIRECTIONS**

From the Grammar School car park turn left head up School Street. Go over the railway bridge and now cross Warwick Road recreation ground for its entire length until you emerge on Warwick Road.

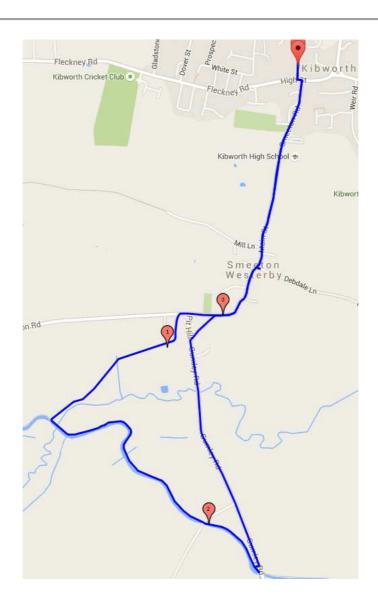
Turn left and cross the railway bridge using the newly opened pedestrian path, continue for half a mile and then with great care emerge at the T Junction heading in the Fleckney direction. After approx 100 metres join the footpath to the left and follow the well marked path through various fields including Kibworth & Smeeton FC's ground, behind Kibworth Cricket Club and eventually emerge next to Smeeton Road recreation ground. For a slightly longer route ignore the first footpath off the Fleckney Road and continue for a short distance to join Mill Lane and follow this through to Smeeton Westerby before turning left and returning to Kibworth.





STR 83 - Smeeton - Canal - Gumley Road

Group 1 – 3.8 miles





STR 3 - Debdale - Gumley Road

**Group 2 – 4.57 miles** 

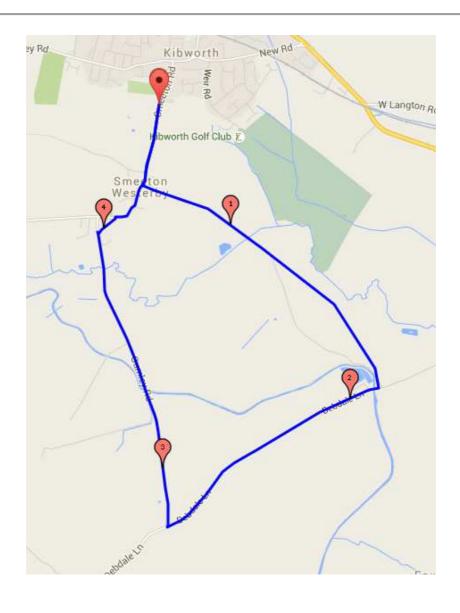
http://www.gmap-pedometer.com/?r=3538623

#### **DIRECTIONS**

From the Grammar School Car Park turn right and then left at the High Street. Turn immediate right onto the Smeeton Road into Smeeton Westerby

Turn 2nd left past the pub down Debdale Lane
Follow the lane through 4 gates until you reach Debdale Lane
Turn right over the bridge and continue up the long hill
You will pass the kennels on the right until you come to junction
with Gumley Road

Turn left and follow Gumley Road into Smeeton Westerby Through village and retrace your outward route back to the start.





STR 4 - Saddington - Fleckney Road

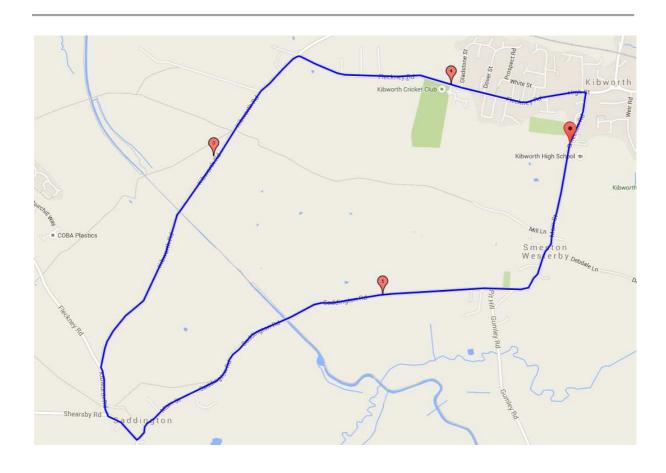
**Group 2 – 4.54 miles** 

http://www.gmap-pedometer.com/?r=3538632

#### **DIRECTIONS**

From the Grammar School Car Park turn right and then left at the High Street. Turn immediate right onto the Smeeton Road into Smeeton Westerby and follow Smeeton Road through Smeeton Westerby.

Follow the sign to Saddington.
You will run over canal bridge and up steep hill into Saddington
At the junction in Saddington turn right
Follow road and take right fork down Kibworth Road
Follow signs into Kibworth and take a left turn back to the
Grammar School Car Park.





STR 1 - Debdale - Canal

**Group 2 – 3.97 miles** 

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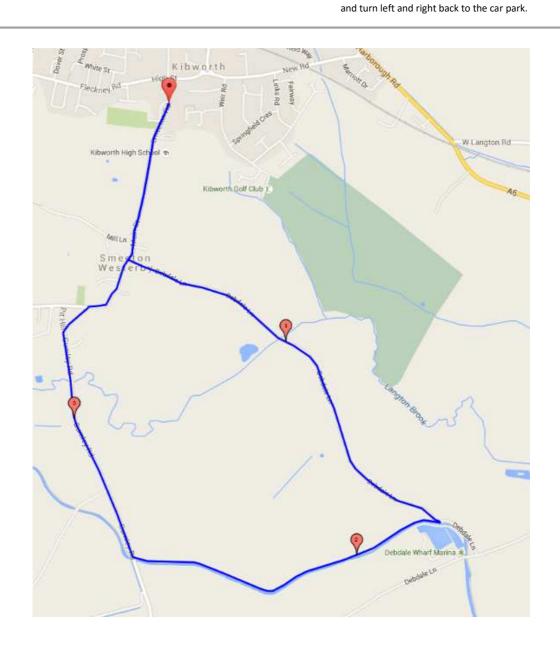
#### DIRECTIONS

From the Grammar School Car Park turn right and then left onto the High Street. Take the immediate right onto the Smeeton Road into Smeeton Westerby

Turn 2nd left past pub down Debdale Lane
Follow the lane through 4 gates

At the 4th gate look right you will see a stile next to the canal
Go over the stile and turn right along the towpath
Follow the towpath until you meet the Gumley Road
Go under the bridge and take the cutting through to the road
Turn left long the Gumley Road
Up the steep hill into Smeeton and fork right at the top

Continue through Smeeton until you get to Kibworth High Street





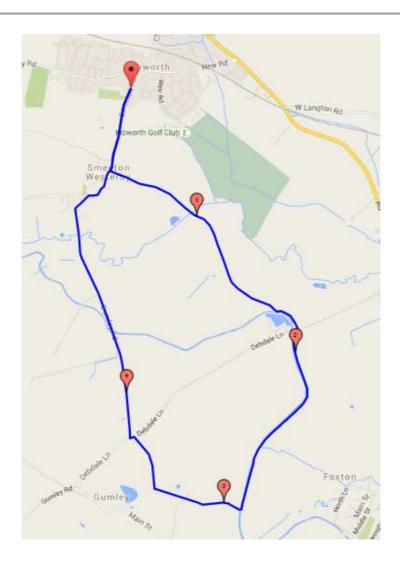
STR 24 - Debdale - Foxton Locks - Gumley Wood

Group 2 - 5.6 miles

http://www.gmap-pedometer.com/?r=3729700

#### **DIRECTIONS**

From the Grammar School Car Park turn right and then left onto the High Street. Take the immediate right onto the Smeeton Road into Smeeton Westerby. In Smeeton Westerby turn left onto Debdale Lane. Follow this bridle road for its entire length and at Debdale Wharf join the canal towpath heading in the direction of Foxton Locks. About half a mile before reaching the locks exit the canal towpath by taking the footbridge over the canal and then taking the well marked path across the fields aiming towards Gumley. After crossing three fields and a farm access road you will reach the edge of Gumley. At this point there is a choice of footpaths, turn away from the footpath that leads out to the main road and instead skirt right following the markers that take the footpath around the back of Gumley Wood. Emerge near the T junction of the Debdale to Gumley Road with the Gumley to Smeeton Road. At this T junction bear right and follow the road that sweeps downhill back to Smeeton and hence return to the car park.





STR 26 - Cricket Club - Saddington Tunnel

**Group 2 – 3.67 miles** 

http://www.gmap-pedometer.com/?r=3751258

#### **DIRECTIONS**

From the Grammar School Car Park turn right and then left onto the High Street. Turn right on the Smeeton Road and then take a right and head up the entrance to the left of the recreation/ground tennis courts.

Cross over various stiles and head in a steady straight line which eventually runs behind Kibworth Cricket Club.

Eventually emerge with care on the Kibworth to Fleckney road and follow this for approx 200 metres. Ignore the turn for Mill Lane, instead cross the road and take the footpath on the opposite side of the road. Take care to select the footpath in the first field that cuts across diagonally (it has been marked with a yellowish dye!) and this emerges near the end of the Saddington Tunnel. Bear left and join the path over the Saddington Tunnel taking care when recrossing the road and continuing over the rest of the path over the tunnel. Briefly join the canal towpath and then emerge on the Saddington to Smeeton road turning left and following this route via Smeeton back to the car park at Kibworth.



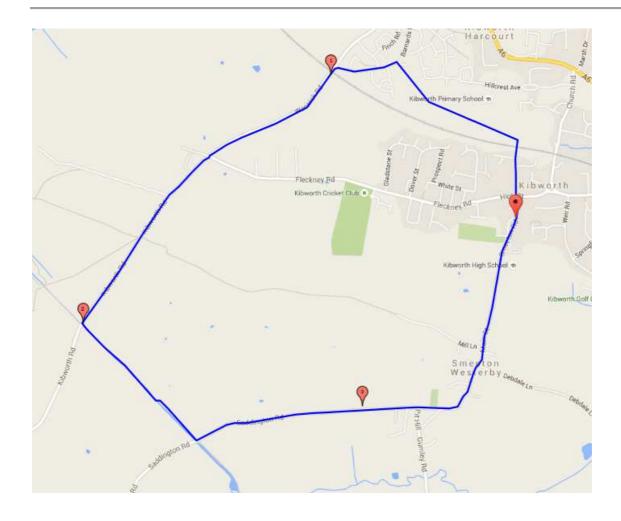


STR 32 – School Street - Warwick Road - Saddington Tunnel

Group 2 - 3.8 miles

http://www.gmap-pedometer.com/?r=3771283

From the Grammar School car park, turn left and head up School Street, over the railway bridge and now cross Warwick Road recreation ground for its entire length until you emerge on Warwick Road. Turn left and cross the railway bridge using the newly opened pedestrian path, continue for half a mile and then with great care emerge with great care at the T Junction heading in Fleckney direction. Follow the road until you reach the footpath that travels over the top of the Saddington Tunnel. Turn left and follow this all the way until the path descends to join the towpath. After a short distance exit the towpath and get onto the road turning left in the direction of Smeeton and having passed through this village return to Kibworth.





STR 34 - Cricket Club - Saddington - Smeeton

Group 2 – 4.5 miles

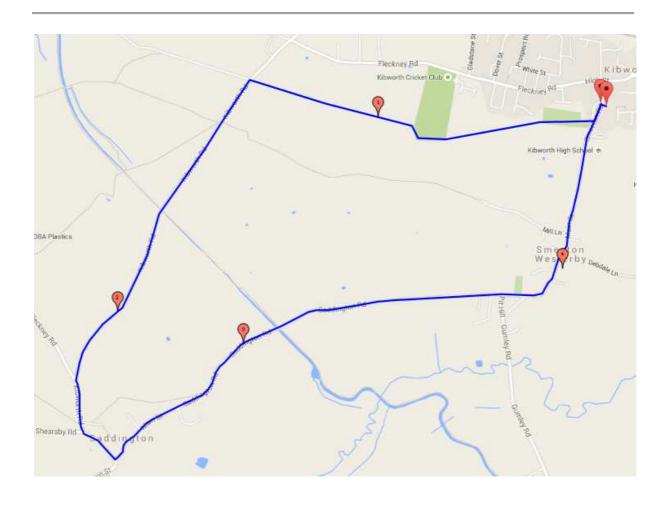
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#### **DIRECTIONS**

From the Grammar School Car Park turn right and then left onto the High Street. Turn right on the Smeeton Road and then take a right and head up the entrance to the left of the recreation/ground tennis courts.

Cross over various stiles and head in a steady straight line which eventually runs behind Kibworth Cricket Club.

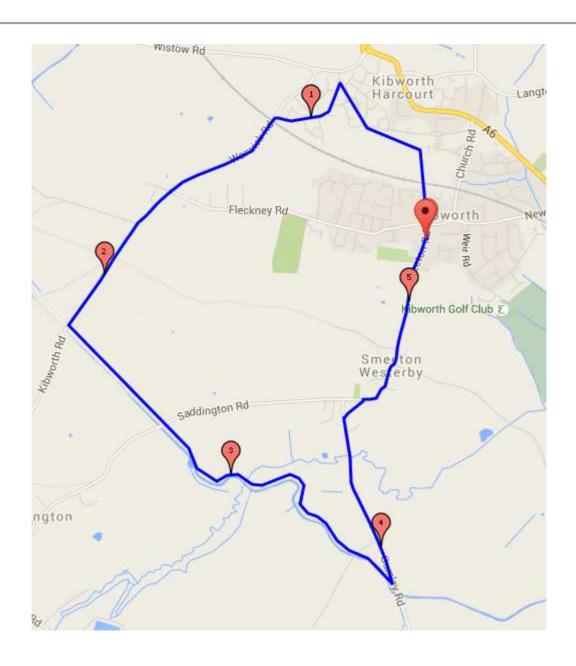
Eventually emerge with care on the Kibworth to Fleckney road and turn left and follow it all the way to Saddington. In the village follow signs for Kibworth. Run down the Saddington Hill and follow road through Smeeton village and then to Kibworth car park.





STR 51 - School St - Warwick Rd - Sadd Tunnel - Canal - Gumley Rd - Smeeton

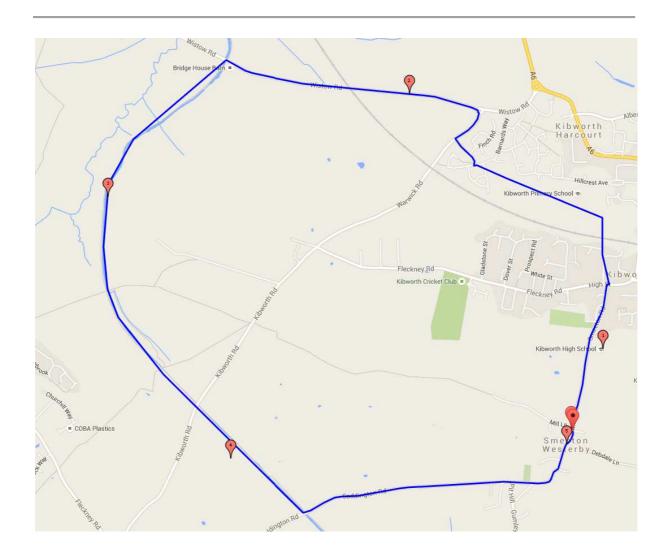
Group 2 – 5.2 miles





STR 53 - Warwick Rd - Wistow Rd - Canal - Saddington Rd

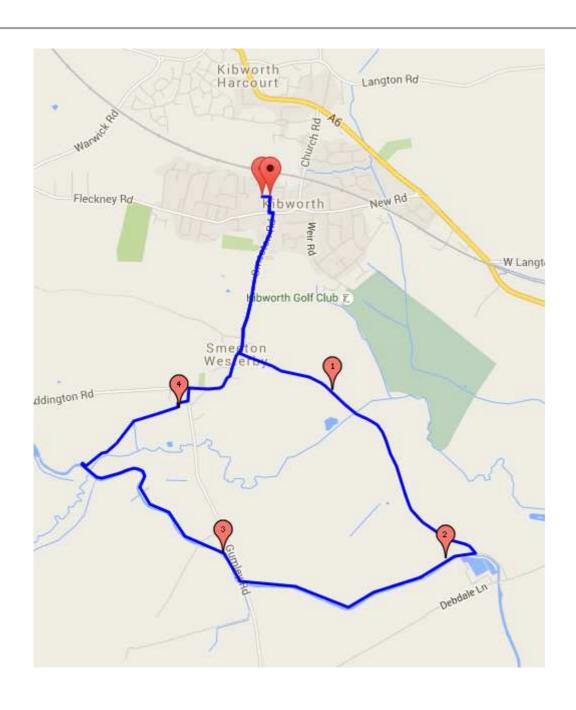
Group 2 – 5.1 miles





STR 84 - Smeeton - Canal - Debdale Lane

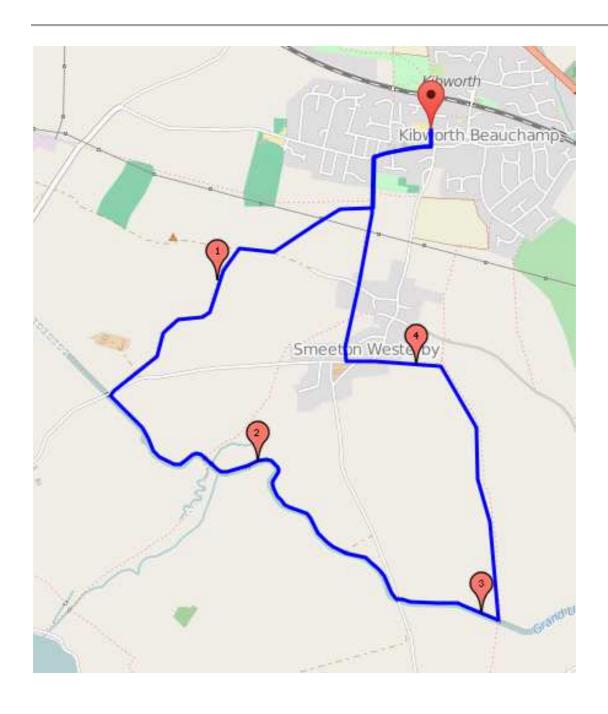
Group 2 - 4.9 miles





STR 105 - John's New Route - Mill Lane - Canal - Smeeton (XC)

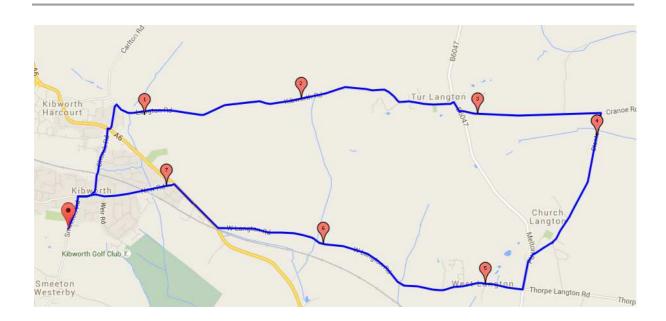
Group 2 – 4.8 miles





STR 5 - Tur Langton - Church Langton

**Group 3 – 7.65 miles** 





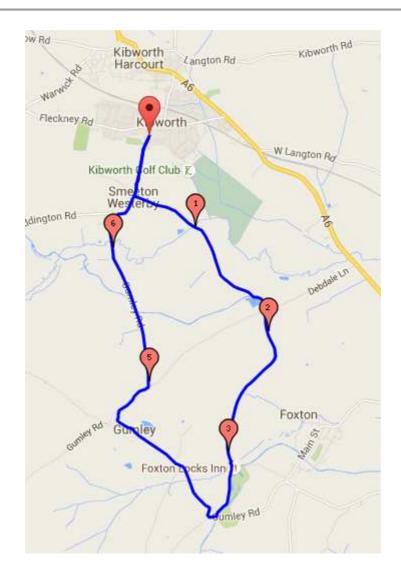
STR 16 - Foxton- Gumley

**Group 3 – 6.84 miles** 

www.gmap-pedometer.com/?r=3691950

#### DIRECTIONS

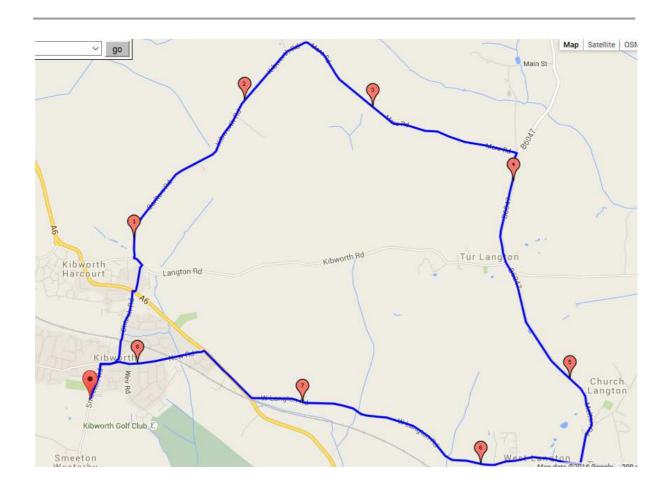
From the Grammar School Car Park turn right and then left onto the High Street and then right to Smeeton Westerby. Follow the Smeeton Road into Smeeton Westerby and in Smeeton turn left onto Debdale Lane and continue to Debdale Wharf. Upon crossing the stile, turn left and follow the towpath to Foxton Locks. At the locks cross the foot bridge and pass uphill past the locks leaving the towpath by the bridge carrying the road from Foxton to Gumley. Enter Gumley and take the footpath that runs adjacent to the church yard. Cross the field behind the wood and rejoin the road turning right and sweeping downhill back to Smeeton Westerby and returning to start.





STR 6 - Carlton - Mere - Tur - Church - West

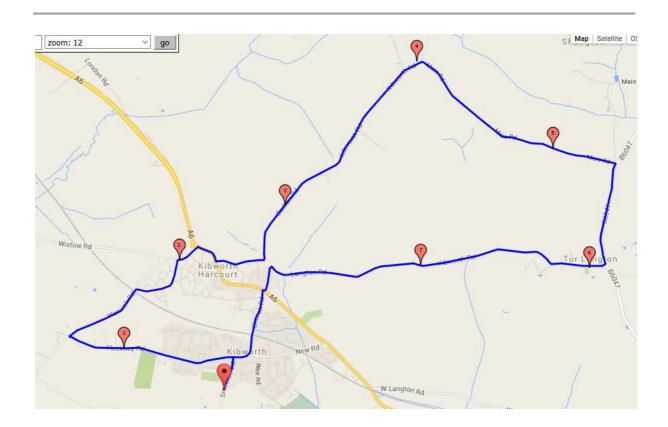
Group 3 - 8.31 miles





STR 7 - Fleckney Road - Carlton - Mere - Tur

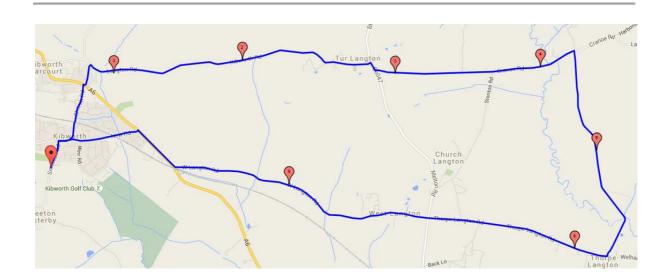
Group 3 - 8.66 miles





STR 8 - Stonton

Group 3 - 9.84 miles





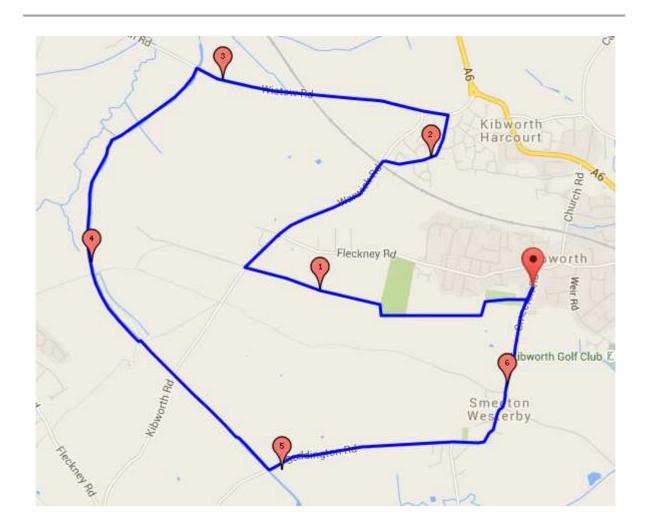
STR 27 - Cricket Club - Warwick Rd - Saddington Tunnel

**Group 3 – 6.33 miles** 

www.gmap-pedometer.com/?r=3751265

#### **DIRECTIONS**

From the Grammar School Car Park turn right and then left onto the High Street. Turn right on the Smeeton Road and then take a right and head up the entrance to the left of the recreation ground / tennis courts. Cross over the various stiles and head in a steady straight line which eventually runs behind Kibworth Cricket Club. Emerge on the Kibworth to Fleckney Road but this time turn right and then carefully cross the road on the corner and branch off down Warwick Road. Cross the narrow pedestrian path over the railway bridge and continue until coming to the traffic island. At this point turn left and head along the road in the direction of Wistow. After a mile and half largely downhill exit the road and join the canal towpath at Kibworth Bridge Locks. Continue along the towpath all the way to the Saddington Tunnel and rejoin towpath until you meet the Saddington / Smeeton Road. Leave the canal turning left along Saddington /Smeeton Road and return to base.





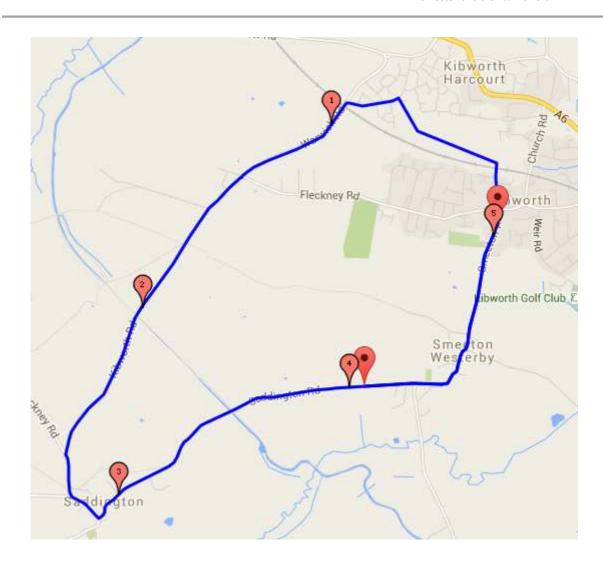
STR 33 - School St - Warwick Rd - Saddington Village

Group 3 - 5.7 miles

www.gmap-pedometer.com/?r=3771263

#### **DIRECTIONS**

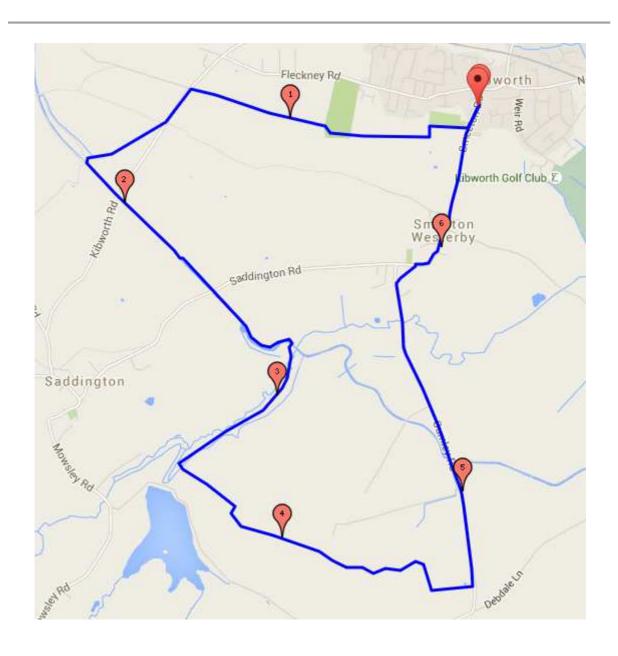
From the car park turn left and head up School Street, over the railway bridge and now cross Warwick Road recreation ground for its entire length until you emerge on Warwick Road. Turn left and cross the railway bridge using the newly opened pedestrian path, continue for half a mile and then with great care emerge with great care at the T Junction heading in Fleckney direction. Follow this road for a mile and half before reaching the T Junction. At this point turn left to Saddington, enter the village and just before The Queens Head turn left again and continue on to make the sharp descent of Saddington Hill. Now continue straight ahead first to Smeeton and then to Kibworth





STR 42 - Cricket Pitch - Saddington Tunnel - Saddington Gorse

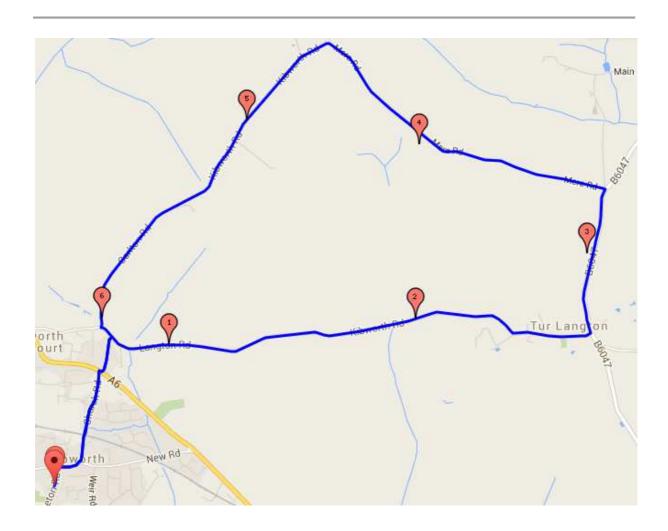
Group 3 – 6.5 miles





STR 46 - Tur Langton - Shangton

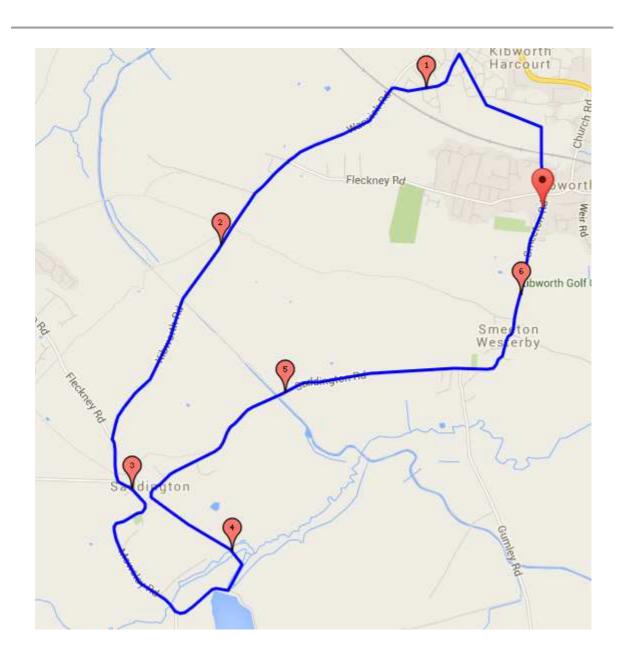
Group 3 - 6.8 miles





STR 52 - School St - Warwick Rd - Saddington Village - Reservoir - Smeeton

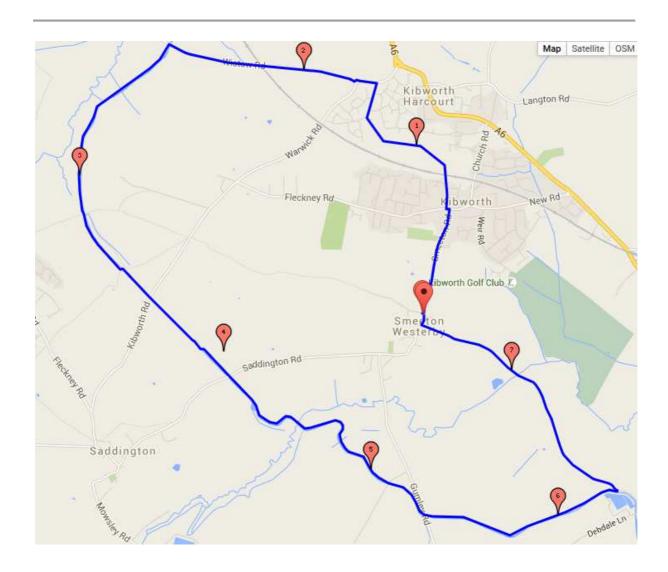
Group 3 – 6.3 miles





STR 54 - Warwick Rd - Wistow Rd - Canal - Debdale

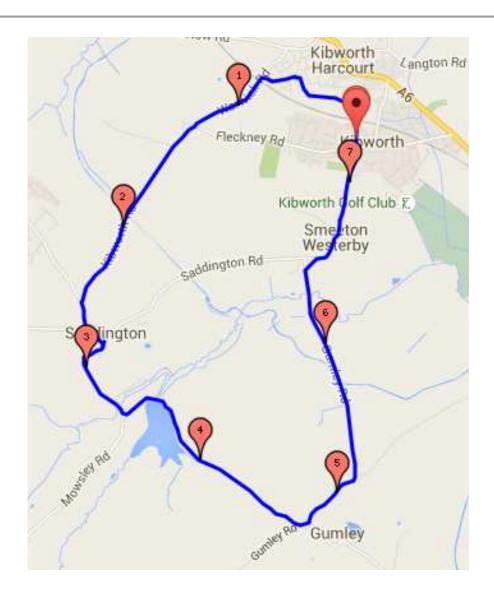
Group 3 - 7.4 miles





STR 57 - School St - Warwick Rd - Saddington Village - Gumley - Smeeton

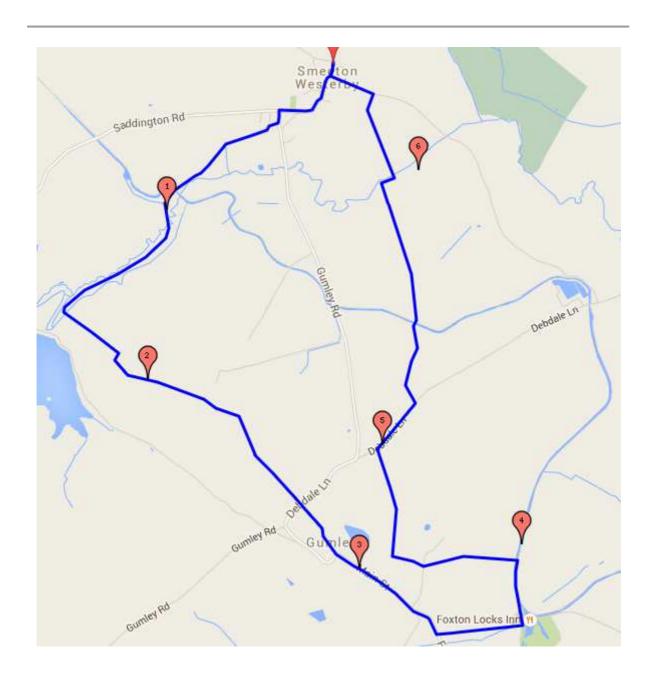
Group 3 – 7.2 miles





STR 72 - Kibworth - Smeeton - Gorse - Foxton

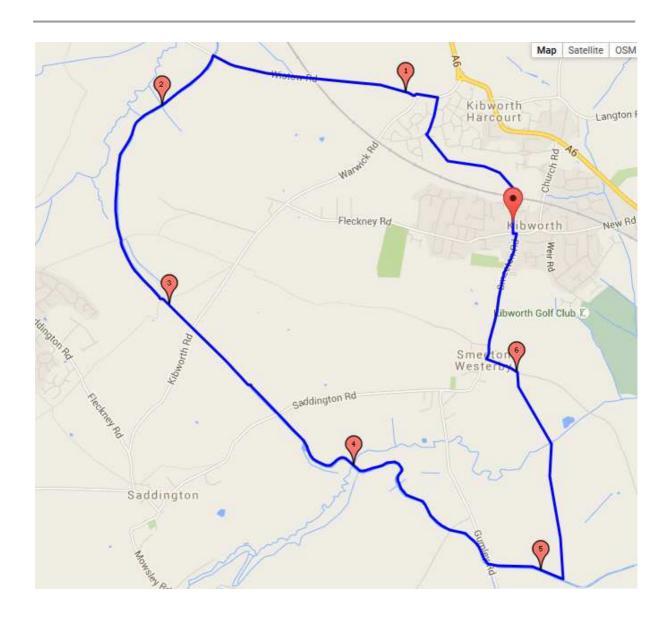
Group 3 - 7.5 miles





STR 91 - Wistow Rd - Canal - Kennels - Smeeton

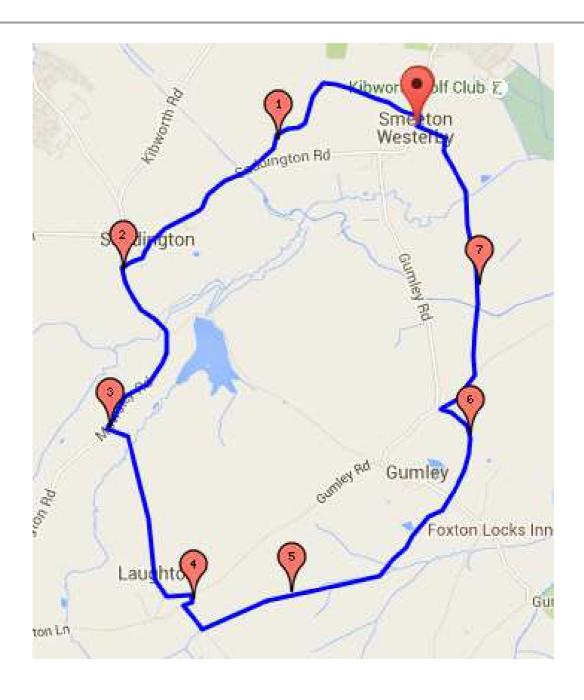
Group 3 - 6.7 miles





STR 94 - Smeeton - Mill Lane - Saddington - Laughton - Gumley - Kennels

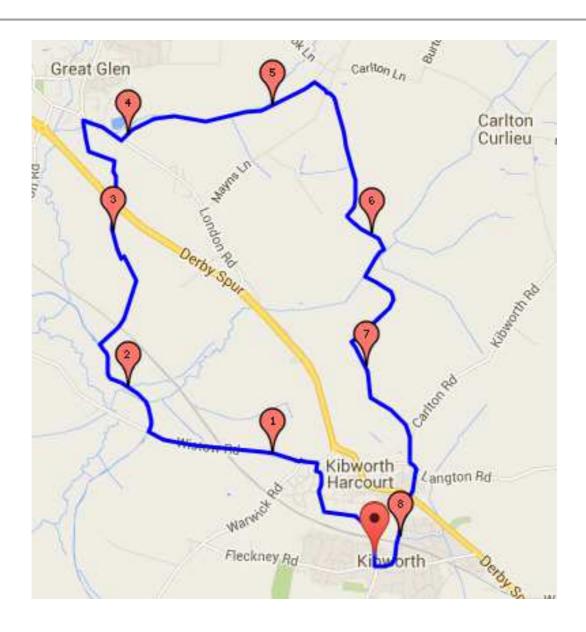
Group 3 – 7.8 miles





STR 101 - Kibworth - Great Glen - Burton Overy - Kibworth

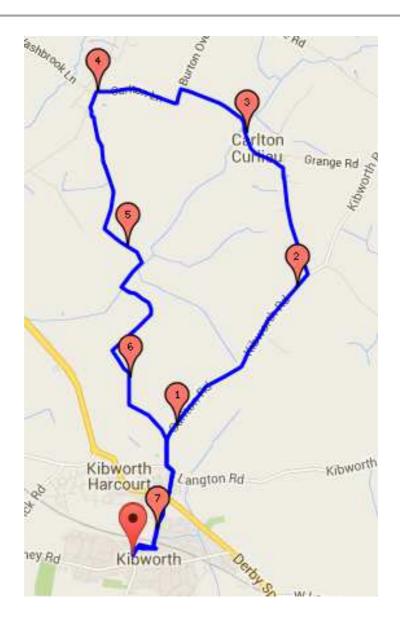
Group 3 – 8.2 miles





STR 102 - Kibworth - Carlton Curlieu - Burton Overy - Kibworth

Group 3 – 7.2 miles





STR 71 - Golden Shield Loop

Group 1 - 2.6 miles





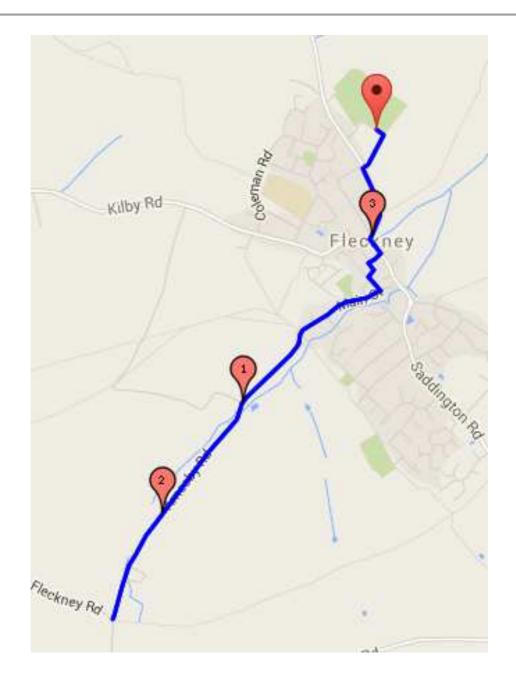
STR 9 - Main St - Arnesby Turn

Group 1 - 3.29 miles

http://www.gmap-pedometer.com/?r=3691765

#### Directions

Leave the recreation ground and turn left onto Leicester Road towards the village centre. At the mini roundabout bear left still heading to the village centre but then turn right onto Forge Close. Bear left in Forge Close and take the footpath that leads onto Wolsey Close emerging onto Main Street. Turn right when meeting Main Street and leave the village in the direction of Arnesby. Continue for one mile until reaching the point where the road to Arnesby branches away to the right. Re-group at this point and return to the recreation ground by retracing your steps.





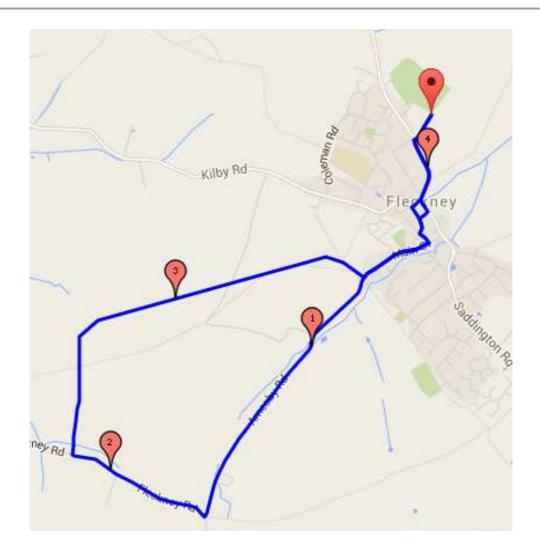
STR 14 - Spring Farm

Group 1 - 4.1 miles

http://www.gmap-pedometer.com/?r=6278781

#### Directions

Leave the recreation ground and turn left onto Leicester Road towards the village centre. At the mini roundabout bear left still heading to the village centre but then turn right onto Forge Close. Bear left in Forge Close and take the footpath that leads onto Wolsey Close emerging onto Main Street. Turn right when meeting Main Street and leave the village in the direction of Arnesby. Continue for one mile until reaching the point where the road to Arnesby branches away to the right. Take the right turn in this direction for half a mile until you see the bridle path signposted to the right. Follow the bridle path through two fields until you see a further footpath sign bearing right back towards Fleckney. Proceed up a gentle hill and at the crest ignore the tarmaced road to your left which is Private! Proceed straight ahead and through the field until emerging through the gate into the new Spring Farm housing development. Rejoin Main Street and return to the recreation ground via the same outbound route.





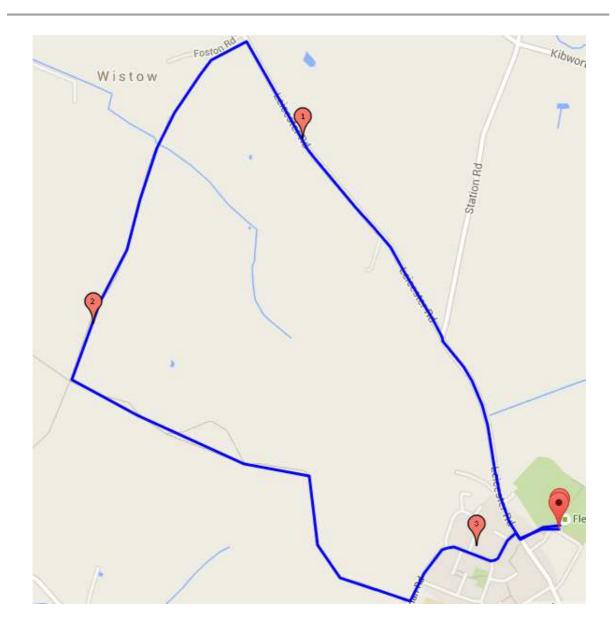
STR 17 - Wistow - Coleman Road

Group 1 - 3.18 miles

www.gmap-pedometer.com/?r=3711041

#### **DIRECTIONS**

Leave the recreation ground via the pedestrian access and turn right into Leicester Road in the Wistow direction. Leave the village and after quarter of a mile cross the road with great care before the bend and head straight on still in the direction of Wistow crossroads and Wigston. After three quarters of a mile upon reaching the cattle grid turn left and join the bridle path across the fields behind Fleckney. Continue straight ahead taking in two minor inclines. At the top of the second incline there is an intersection with a footpath, at this point turn left towards Fleckney steering to the right of the coppice that is ahead of you. Now follow the footpaths that continue back to Fleckney and emerge on Coleman Road. Turn left and follow Coleman Road back to Leicester Road and return to the recreation ground.





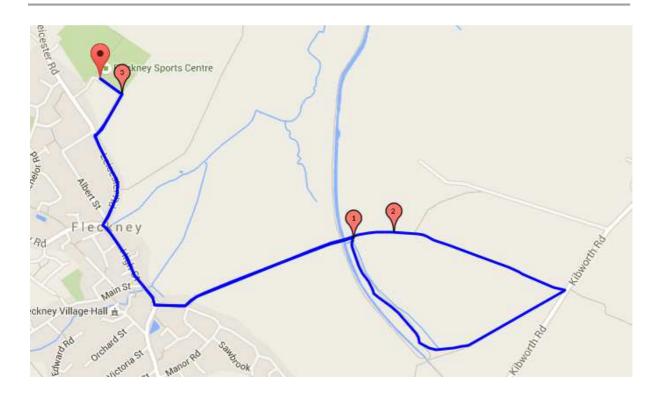
STR 20 - Mill Lane - Millenium

Group 1 - 3.04 miles

www.gmap-pedometer.com/?r=3727295

#### DIRECTIONS

Exit the recreation ground and turn left onto Leicester Road. Continue through the centre of the village passing the Co-op store etc and turn left onto Manor Road and then the next left at the culde-sac Kibworth Road. Go through the gate and follow the footpath through the fields to the pedestrian bridge over the canal. After the canal take care to cross the sleepers and join the path that runs alongside and to the left of the canal. Follow through two fields and then just at the point where the Saddington Tunnel starts bear to the left and follow the path as it winds away keeping the hedgerow to your left, slightly uphill until you join the intersection with the main footpath linking the Fleckney Millenium Wood with Mill Lane. Now turn left downhill across a recently ploughed field re-entering the Millenium Wood by the Mill Stone. Continue to descend and now cross the canal bridge again and retrace your steps once again to Fleckney.





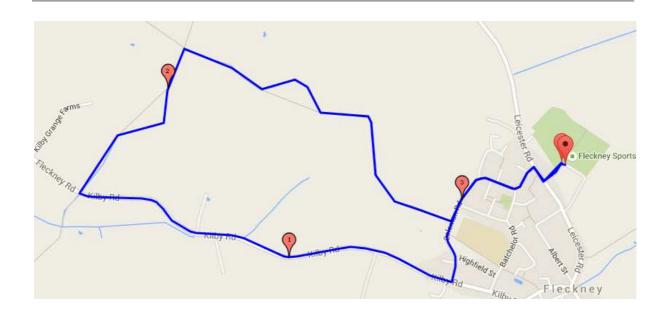
STR 28 - Coleman Road - Kilby Grange

Group 1 - 3.3 miles

www.gmap-pedometer.com/?r=3768603

#### **DIRECTIONS**

Leave the recreation ground via the pedestrian access, cross
Leicester Road and follow Coleman Road to the junction with Kilby
Road, turn right and leave the village in the direction of Kilby. After
approx one mile and half leave the road to the right and keeping
broadly to the right hand side cross two fields before crossing a
stile at the summit of the hill. Turn left following the bridle path for
a short distance then turn right and follow the path returning to
Fleckney village emerging on Coleman Road and hence back the
recreation ground.





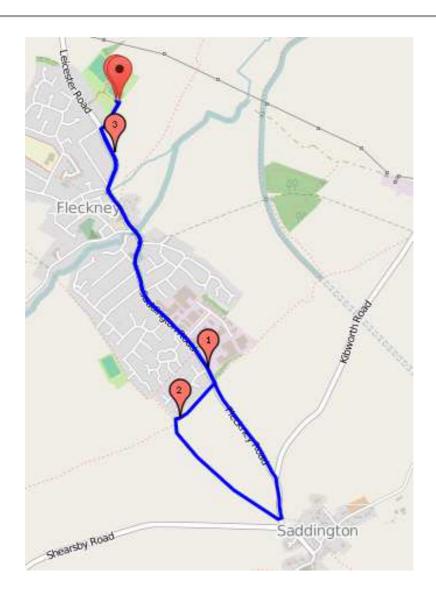
STR 47 - Leicester Road - Saddington - Mere

Group 1 – 3.2 miles

http://www.gmap-pedometer.com/?r=6879453

#### Directions

Follow Leicester road through Fleckney and toward Saddington.
Just before you enter Saddington take the Leicestershire Round
footpath to the right going back across the fields towards Fleckney.
When you reach the houses take the footpath to the right that
brings you out on Leicester Road near the Mere. Turn left and
follow the road back through Fleckney.





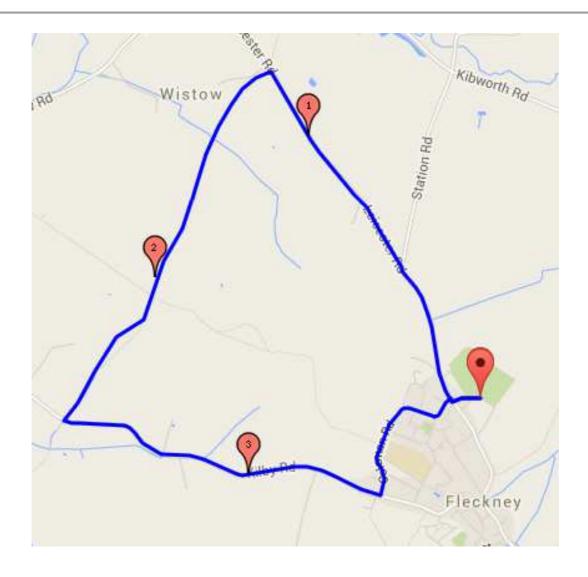
STR 18 - Wistow - Kilby Road

**Group 2 – 3.92 miles** 

www.gmap-pedometer.com/?r=3711049

#### DIRECTIONS

Leave the recreation ground via the pedestrian access and turn right into Leicester Road in the Wistow direction. Leave the village and after quarter of a mile cross the road with great care before the bend and head straight on still in the direction of Wistow crossroads and Wigston. After three quarters of a mile upon reaching the cattle grid turn left and join the bridle path across the fields behind Fleckney. Continue straight ahead taking in two minor inclines until you reach the top of the second incline. From this point continue for approximately 100 metres before crossing the hedgerow via a stile. Now run diagonally downhill and across the field, through a bridle gate, across the next field and finally through a gate to emerge on the Kilby to Fleckney road approximately midway between the two villages. Now turn left and follow this road for approximately a mile and a half to re-enter Fleckney via Kilby Road. Take the first left Coleman Road and follow this for its entire length until you return to Leicester Road and re-enter the Recreation ground.





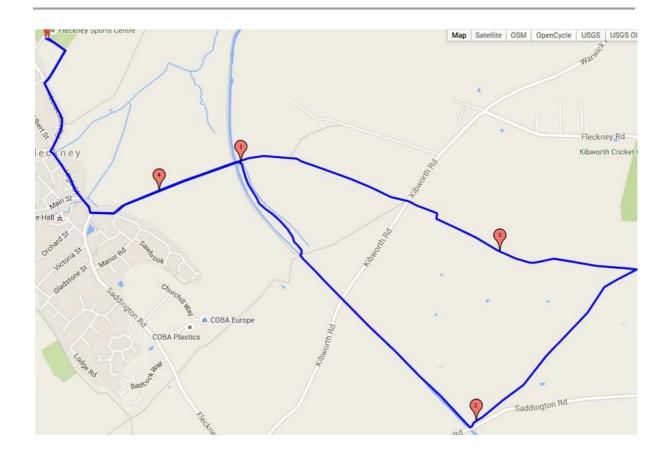
STR 21 - Canal Tunnel - Mill Lane

Group 2 - 4.69 miles

www.gmap-pedometer.com/?r=3727315

#### DIRECTIONS

Exit the recreation ground and turn left onto Leicester Road. Continue through the centre of the village passing the Co-op store etc. Turn left onto Manor Road and then the next left the cul de sac - Kibworth Road. Go through the gate and follow the footpath through the fields to the pedestrian bridge over the canal. After the canal take care to cross the sleepers and join the path that runs alongside and to the left of the canal. Follow through two fields and then just at the point where the Saddington Tunnel starts go through a gap in the hedge and follow the path over the tunnel crossing the Fleckney to Kibworth road with care. Rejoin the actual canal towpath briefly before exiting at the bridge carrying the Smeeton to Saddington Road at the foot of Saddington Hill. Once on the road you then have to exit it almost immediately by crossing the stile on your left, running cross a field then crossing the farm access road via further stiles on either side. Now follow the yellow markers that lead steadily uphill before finally joining the Mill Lane bridle path. Turn left along Mill Lane and take this path until it emerges on the Kibworth to Fleckney road. Cross with care and continue downhill across a field re-entering the Millenium Wood by the Mill Stone. Continue to descend and now cross the canal bridge again and retrace your steps once again to Fleckney.





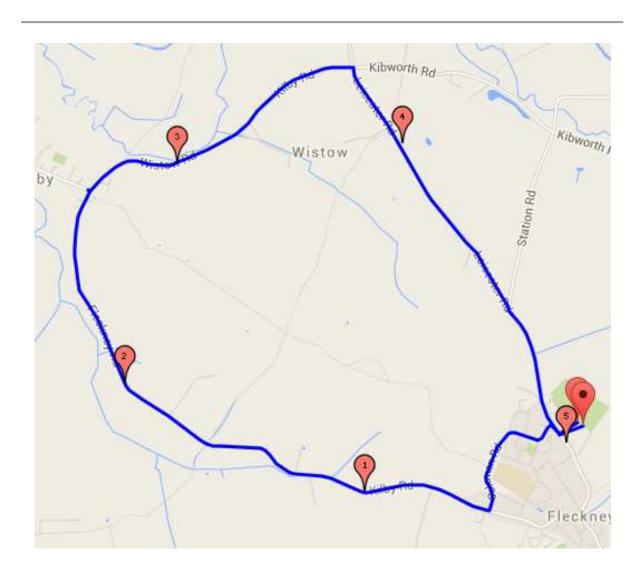
STR 29 - Coleman Road - Kilby - Wistow

Group 2 – 5 miles

www.gmap-pedometer.com/?r=3770184

#### **DIRECTIONS**

Leave the recreation ground via the pedestrian access, cross
Leicester Road and follow Coleman Road to the junction with Kilby
Road, turn right and leave the village in the direction of Kilby.
Continue all the way to Kilby and then right at the road junction in
the village. Follow the road now in the direction of Wistow,
crossing a cattle grid and then turn right for the long hill ascent
back into Fleckney. Re-enter the village and hence back to the
Recreation Ground.





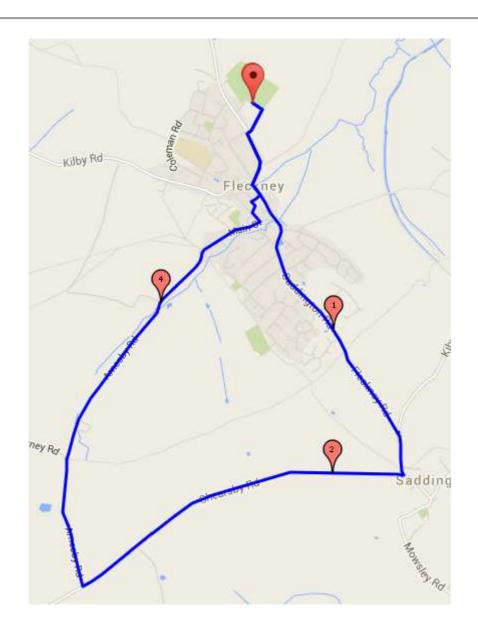
STR 38 - Saddington - Shearsby Road - Muzzies

Group 2 – 5 miles

www.gmap-pedometer.com/?r=3947679

#### **DIRECTIONS**

Leave the recreation ground and head through the centre of the village, Leicester Road, High Street and Saddington Road, continue out of the village and head in the direction of Saddington. Just before entering Saddington bear right and follow the long straight road that heads towards the Shearsby crossroads. After approx 1.5 miles take the right turn heading back towards Fleckney, passing the well fortified Rowley Fields Farm!!! Join the road that comes in from Arnesby and re-enter Fleckney via Main Street passing The Golden Shield and the church. Take the back way via Wolsey Lane and The Forge estate before re-emerging on Leicester Road and hence back to the recreation ground





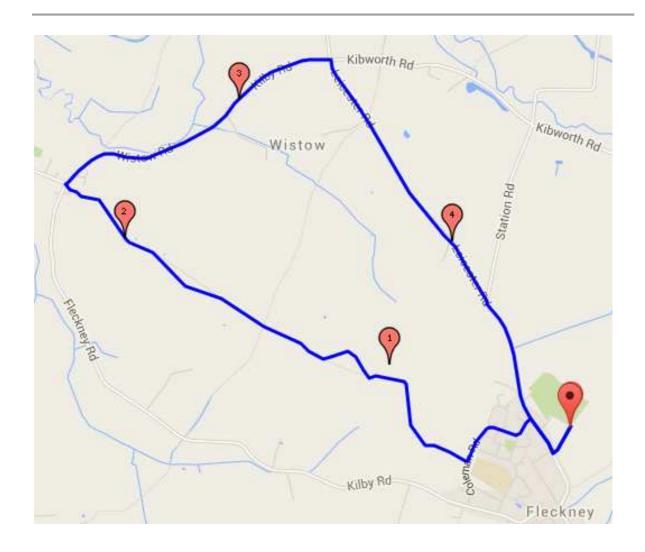
STR 44 - Coleman Road - Kilby - Wistow

Group 2 - 4.8 miles

www.gmap-pedometer.com/?r=4406375

#### DIRECTIONS

Cross Leicester Road and follow Coleman Road. Take the footpath that goes across the fields towards Kilby and Wistow. Cross the bridleway and carry straight on over the stile toward Kilby. Upon reaching Kilby turn right and follow the road towards Wistow. At the Wistow crossroads turn right back toward Fleckney and follow the road all the way back to Fleckney.





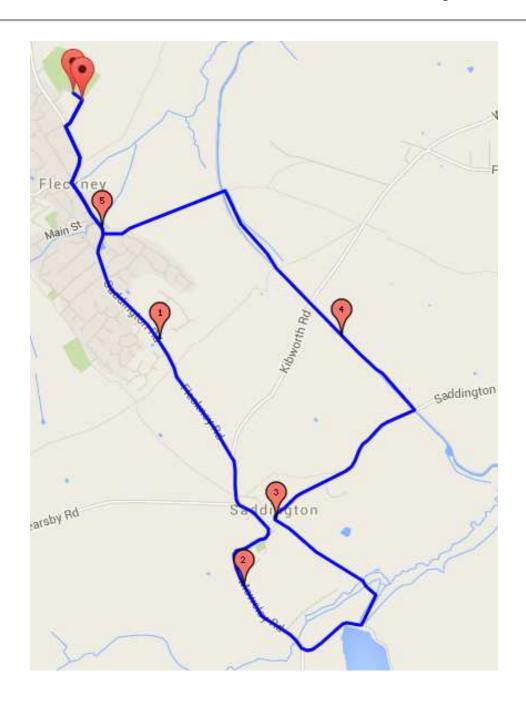
STR 48 - Saddington - Reservoir - Millenium Wood

Group 2 - 5.4 miles

www.gmap-pedometer.com/?r=3904587

#### Directions

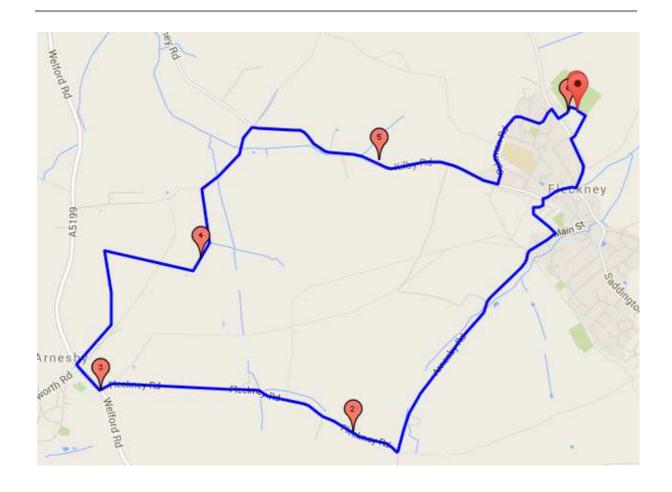
Follow Leicester road through Fleckney and on to Saddington. Stay on the main road through Saddington and down the hill. At the bottom of the hill take the left turning to Saddington Reservoir. At the end of the Reservoir (near the boat house) follow the footpath that runs next to the stream, after about 100m turn left and follow the Leicestershire Round back to Saddington. Turn right and take the road down Saddington Hill. Turn left onto the canal and follow the path over Saddington tunnel to Millenium Wood. Follow the footpath back across the field to Kibworth Road and return to the recreation ground.





STR 50 - Arnesby - Kilby Road

Group 2 – 6 miles





STR 74 - Saddington Tunnel - Canal - Cranes Lock

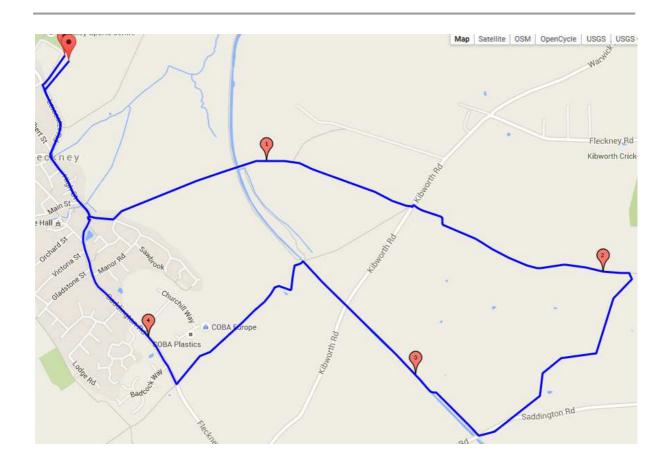
Group 2 – 5 miles





STR 89 - Millenium Wood - Mill Lane - Canal - Saddington Tunnel (XC)

Group 2 – 4.8 miles





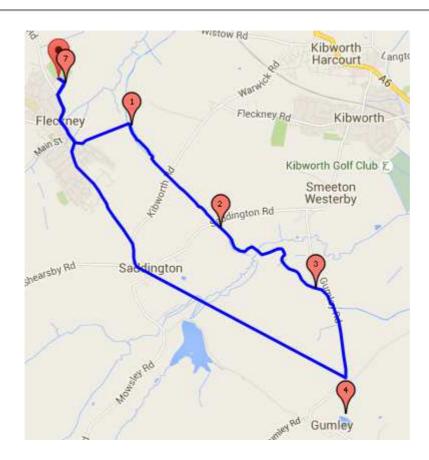
STR 22 - Canal - Smeeton Gorse

Group 3 - 7.2 miles

www.gmap-pedometer.com/?r=3727350

#### DIRECTIONS

Exit the recreation ground and turn left onto Leicester Road. Continue through the centre of the village passing the Co-op store etc. Turn left onto Manor Road and then the next left the cul de sac - Kibworth Road. Go through the gate and follow the footpath through the fields to the pedestrian bridge over the canal. After the canal take care to cross the sleepers and join the path that runs alongside and to the left of the canal. Follow through two fields and then just at the point where the Saddington Tunnel starts go through a gap in the hedge and follow the path over the tunnel crossing the Fleckney to Kibworth road with care. Now pick up the canal towpath and continue under the bridge carrying the Smeeton to Saddington Road and press on for one and half miles before exiting the towpath at the Smeeton to Gumley road bridge. Now briefly join to the road uphill towards Gumley exiting the road onto the footpath to the right just before the road bends right towards Gumley. Follow the footpath as it winds its way towards Smeeton Gorse. Ascend the steep hill to emerge at the hilltop at Smeeton Gorse near the bench on the Leicestershire Round course (Note extensive views!) Pressing on follow the ridge path that leads through various fields before descending steeply downhill and then uphill again back to Saddington village. There is now a choice - For the most direct route take the road back from Saddington to Fleckney via Saddington Road, High Street and Leicester Road. If you prefer largely off road due to footwear preference then take the Saddington to Smeeton Road, descend Saddington Hill, join the canal towpath and retrace your steps from earlier via the Saddington tunnel overpath, the Millenium Woods and through the fields back to Kibworth Road Fleckney and hence back to the recreation ground.





STR 30 - Arnesby - Bruntingthorpe - Shearsby

**Group 3 – 10.4 miles** 

www.gmap-pedometer.com/?r=3770229

#### DIRECTIONS

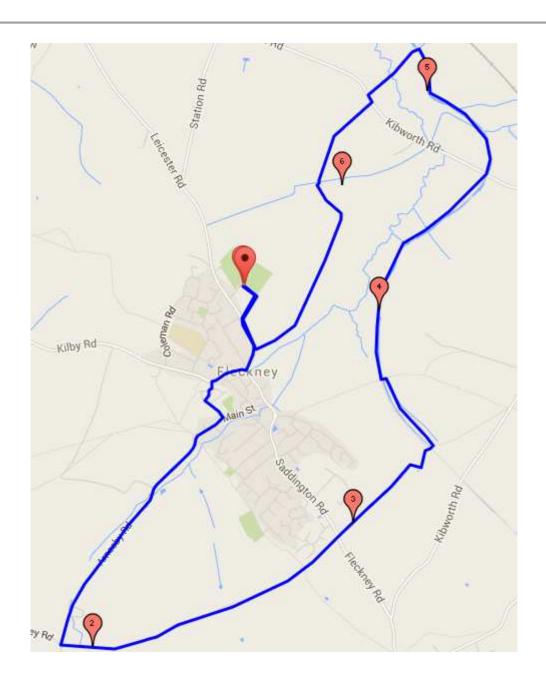
Leave the recreation ground via Leicester Road, the Forge Estate, Wolsey Lane and emerge on Main Street. Leave Fleckney via Main Street and follow directions out to Arnesby. Cross the main Welford Road with care and enter Arnesby village, keep to the edge of the village following the main road out of Arnesby and then half a mile outside the village branch left and downhill following directions to Bruntingthorpe. After a mile and a half branch left again still heading towards Bruntingthorpe. Upon reaching this village head through the main street for its entire length bearing steadily left as you leave Bruntingthorpe passing the Proving Ground and now picking up the road that leads to the Shearsby crossroads passing The Shearsby Bath en route. Go over the crossroads with great care and carry straight on with a steady ascent as you head in the direction of Saddington. After one and half miles turn left and start heading back towards Fleckney reentering the village via Main Street and now retrace your steps all the way back to the Recreation Ground.





STR 41 - Main St - Canal - Wistow Grange

Group 3 - 6.8 miles





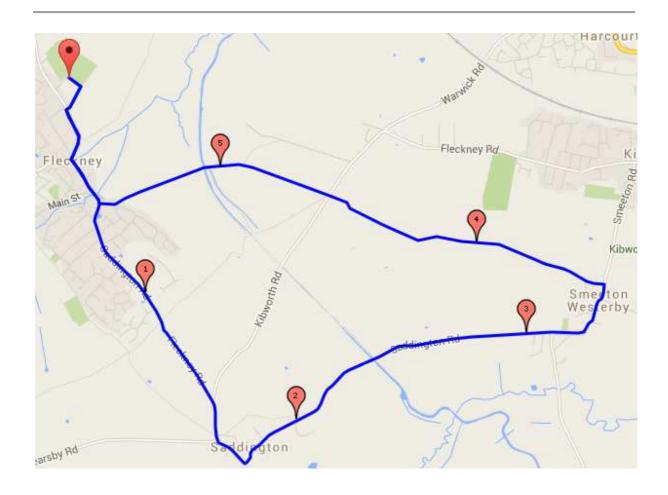
STR 43 - Saddington - Smeeton - Mill Lane - Millenium

Group 3 – 6 miles

www.gmap-pedometer.com/?r=4396831

#### DIRECTIONS

Leave recreation ground and run through Fleckney up to Saddington. In the village turn left onto Smeeton Road and carry on to Smeeton Westerby. At The Kings Head in Smeeton turn left onto Mill Lane. Follow Mill lane until you eventually reach the Fleckney Road. Cross over the road and follow the field path which eventually takes you across the canal. Continue on until you reach Fleckney. Turn right at the road and retrace your outgoing route back to base.





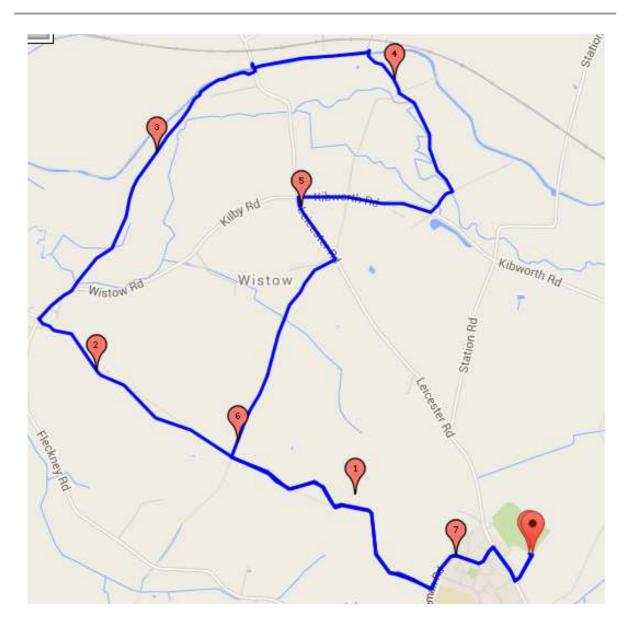
STR 45 - Coleman Road - Kilby - Canal - Wistow

Group 3 - 7.4 miles

www.gmap-pedometer.com/?r=3845858

#### DIRECTIONS

Cross Leicester Road and follow Coleman Road. Take the footpath that goes across the fields towards Kilby and Wistow. Cross the bridleway and carry straight on over the stile toward Kilby. Upon reaching Kilby turn right and follow the road towards Wistow. Shortly after leaving Kilby there is a footpath on the left. Take the footpath over the bridge in the middle of the field and continue until you on the footpath until you reach Newton Lane. Turn left, go over the canal and then take the track on the left of the road that takes you onto the towpath. Turn left along the canal and follow the towpath until the next bridge. Leave the towpath and follow the road left down toward Wistow. Go past the church and at the corner take the footpath (which roughly follows the stream) to Wistow Church. Turn right and follow the road to Wistow and take the bridlepath back toward Fleckney. At the top of the big hill take the footpath to the left (the path we originally started on) and follow it back to Fleckney.





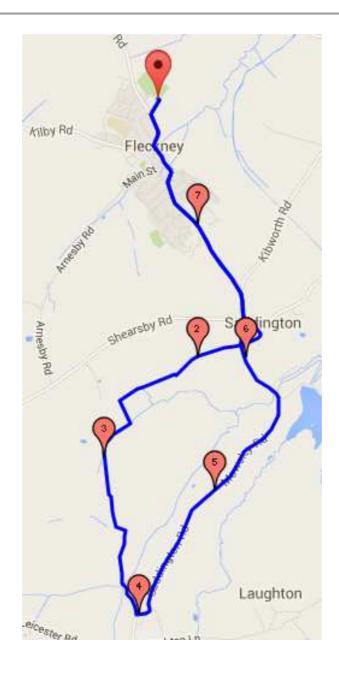
STR 49 - Saddington - Mowsley (XC)

Group 3 - 7.8 miles

www.gmap-pedometer.com/?r=4432097

#### Directions

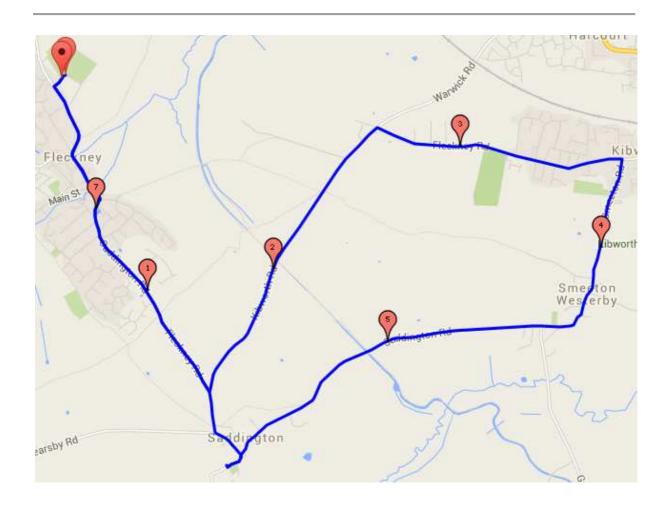
Follow Leicester Road through Fleckney to the Shearsby Road (just before entering Saddington). Take the footpath on the corner of the Leicester Road / Shearsby Road junction. Go along the top of the first field, over the stile and then take the footpath to the right that heads down the field. Go over the stile and run along the edge of the field for about 100-200m before going over the stile in the hedge that you've been running beside and take the footpath to the left. When you get near the farm take the footpath to the left and carry on that path to Mowsley. When you reach the houses go down the path between the houses. When you reach the road turn left and follow the main road down the big hill back towards Saddington and then back down Leicester Road to Fleckney.





STR 55 - Fleckney - Saddington - Kibworth - Smeeton - Saddington

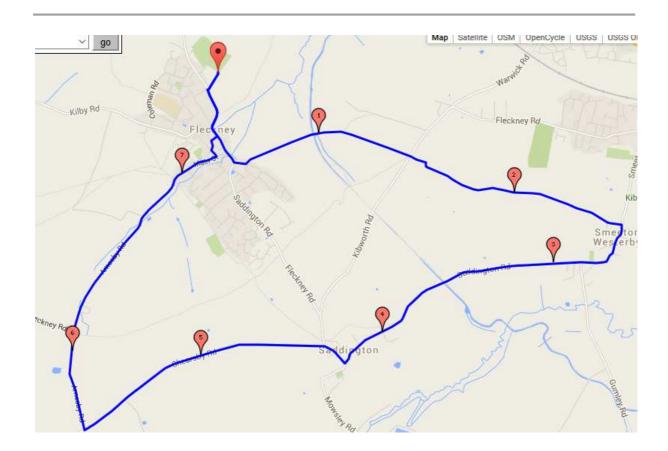
Group 3 – 7.5 miles





STR 75 - Mill Lane - Saddington Tunnel - Arnesby Turn

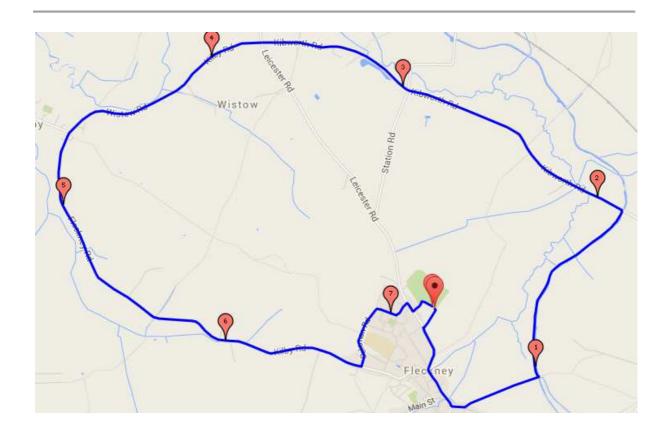
# Group 3 – 7.6 miles





STR 80 - Canal - Kibworth Road - Wistow - Kilby

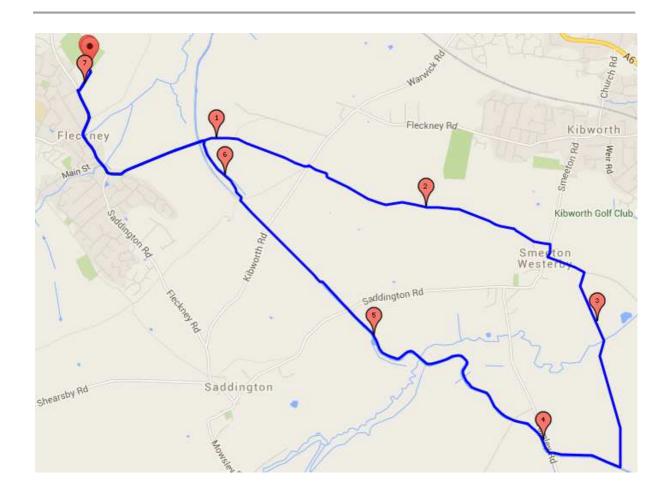
Group 3 – 7.2 miles





STR 106 - Mill Lane - Debdale Lane - Canal

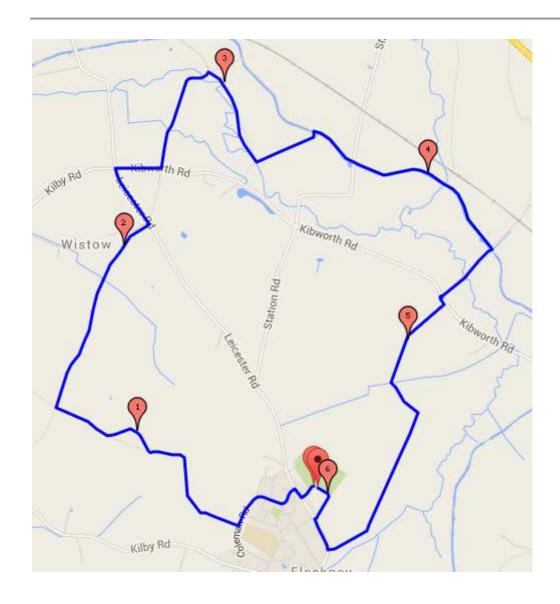
Group 3 - 7.1 miles





STR 107 - Wistow - Canal - Allotments

Group 3 – 6 miles





### Start from the Garden Centre, Wistow

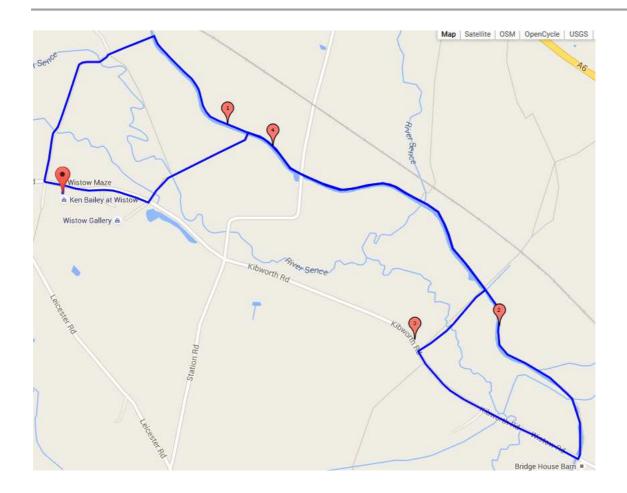
STR 10 - Wistow - Canal

Group 1 - 4.64 miles

http://www.gmap-pedometer.com/?r=3675461

#### DIRECTIONS

Leave the garden centre and cross straight over the Kilby to Kibworth and follow the road heading in the direction of Newton Harcourt, after half a mile the road bears right and after a couple of minutes running bears back to the left. At this point leave the road and join the footpath heading in the direction of the canal. Cross the canal via the footbridge and then take the steps down to the towpath turning right in the direction of Kibworth. Follow the towpath for approx a mile and a half until coming to Kibworth Bridge Locks. Leave the towpath here and turn right onto the road heading back in the direction of Wistow. After half a mile leave the road turning right onto the footpath which heads back to the canal. Head over the footbridge and turn left to join the towpath back to Wistow. Follow the towpath passing once again under the road bridge and then after approx 200 metres leave the towpath at the next foot bridge (this is the one before the one you used to join the towpath originally). Follow the footpath in the direction of Wistow church passing to the right of the church grounds and then go over the stile to rejoin the road for the last 200 metres back to the car park.

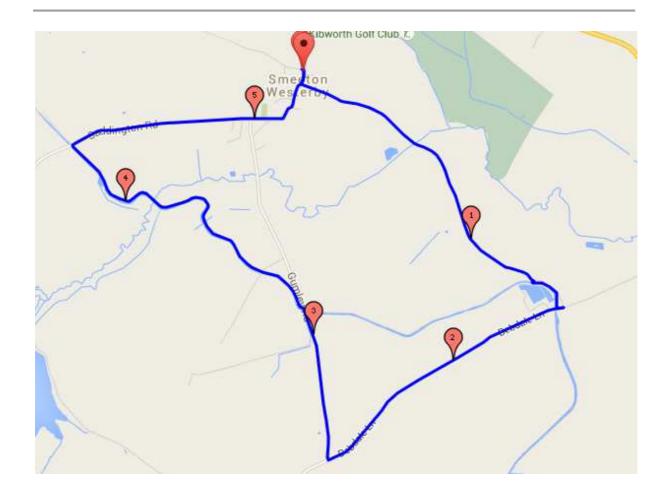




Start from the King's Head, Smeeton

STR 108 - Smeeton - Debdale - Kennels - Canal - Saddington Road

Group 2 – 5.3 miles





Start from the Gumley 'top'

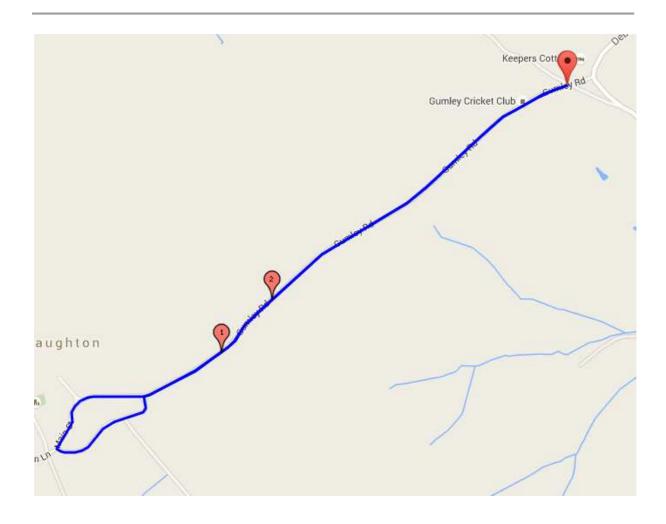
STR 11 - Laughton

Group 1 - 2.68 miles

http://www.gmap-pedometer.com/?r=3678062

#### DIRECTIONS

Leave on the road in the direction of Laughton passing the cricket pitch. Upon entering Laughton bear left and follow the back road around the village, keep bearing right until you rejoin the Laughton to Mowsley road. Now turn right and pass through the centre of Laughton. Leave Laughton and retrace your steps all the way back to Gumley.





Start from the Gumley 'top'

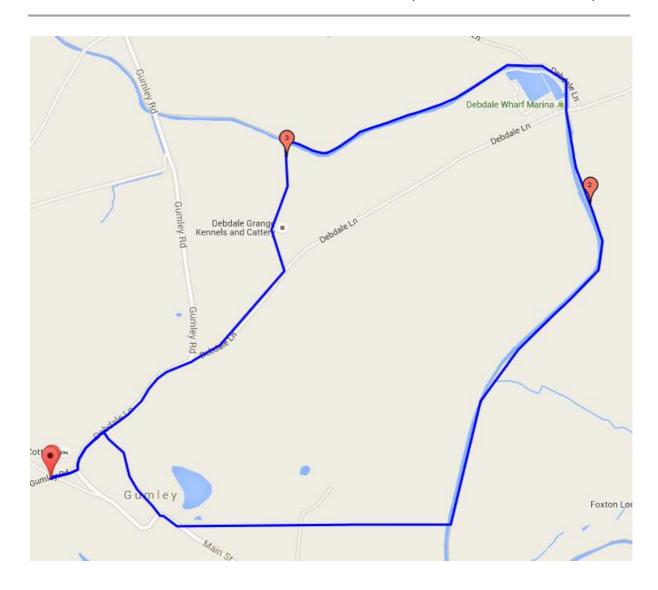
STR 12 - Kennels

Group 2 - 3.88 miles

http://www.gmap-pedometer.com/?r=3678086

#### DIRECTIONS

Leave in the direction of Smeeton but after 100 metres turn right and join a footpath that heads into the wood that adjoins the grounds of Gumley church. Emerge near the gates to the church at the top of Gumley's main street. Head straight on but after 100 metres turn left heading steeply downhill along a footpath that heads to the canal. Across the canal via the footbridge and turn left towards Debdale Wharf. Continue for a further half mile after Debdale Wharf and then cross the canal via another footbridge and then follow a steep path uphill emerging on the Debdale to Gumley road near to Debdale Kennels. Turn right and follow the road for the last three quarters of a mile back to the rendezvous point.





Start from the Gumley 'top'

STR 13 – Laughton – Theddingworth Rd

**Group 3 – 6.13 miles** 

http://www.gmap-pedometer.com/?r=3678089

#### DIRECTIONS

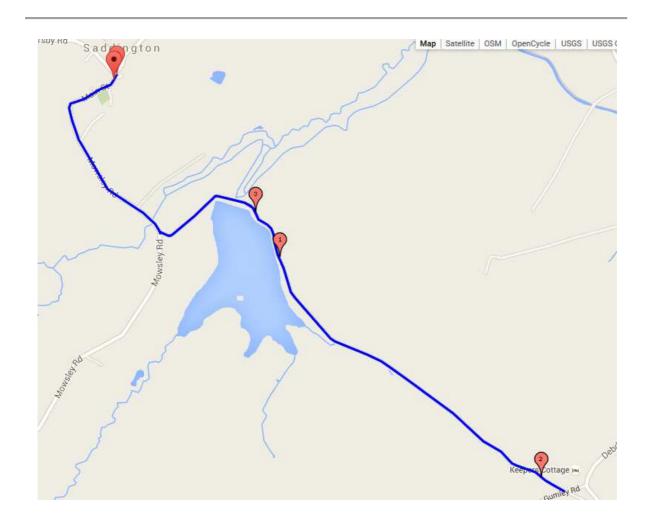
Leave on the road in the direction of Laughton passing the cricket pitch. Upon entering Laughton bear left and follow the back road around the back of the village. After 100 metres turn left and continue for one mile until reaching a T Junction. At the T junction turn right and follow this road for about a mile and a half before reaching another T junction with the Theddingworth to Mowsley road. Turn right and head to Mowsley. Upon reaching Mowsley turn right towards Laughton. Keep straight on in Laughton retracing your steps back to Gumley





STR 60 - Reservoir - Gumley Hill

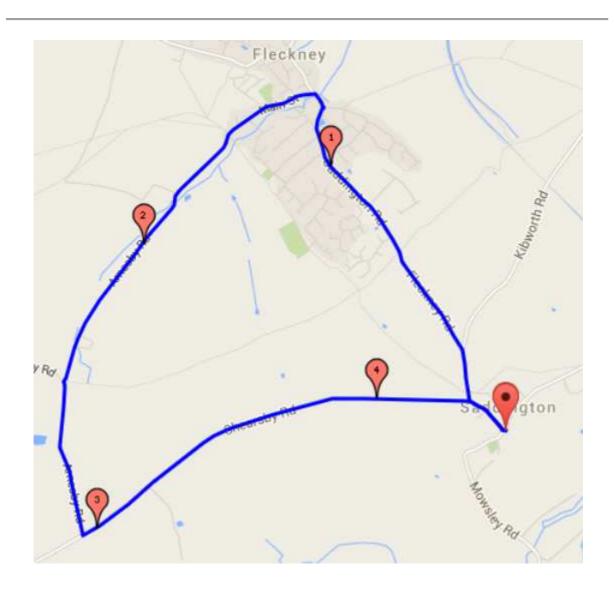
Group 1 – 3.8 miles





STR 67 - Saddington - Fleckney - Main St - Shearsby Rd

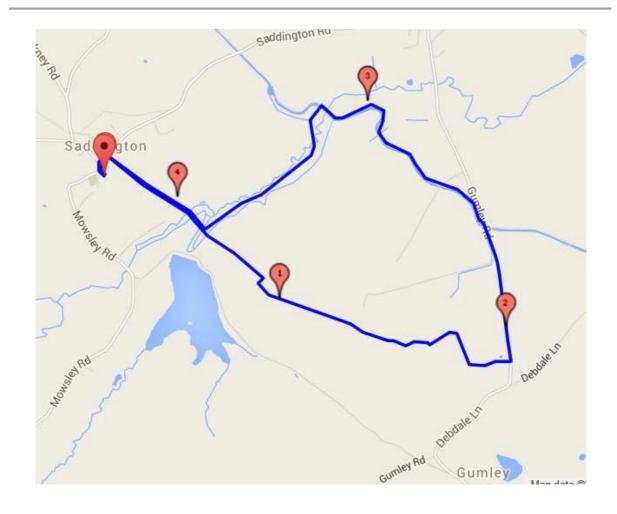
Group 1 – 4.3 miles





STR 73 - Gorse - Gumley - Canal

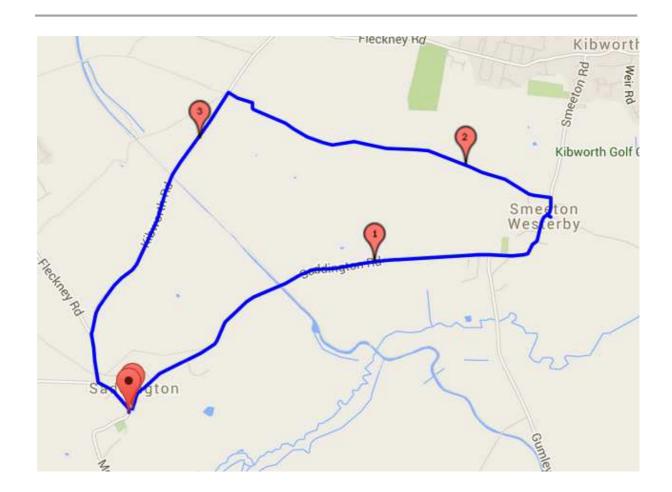
Group 1 - 4.3 miles





STR 77 - Smeeton - Mill Lane - Kibworth Rd

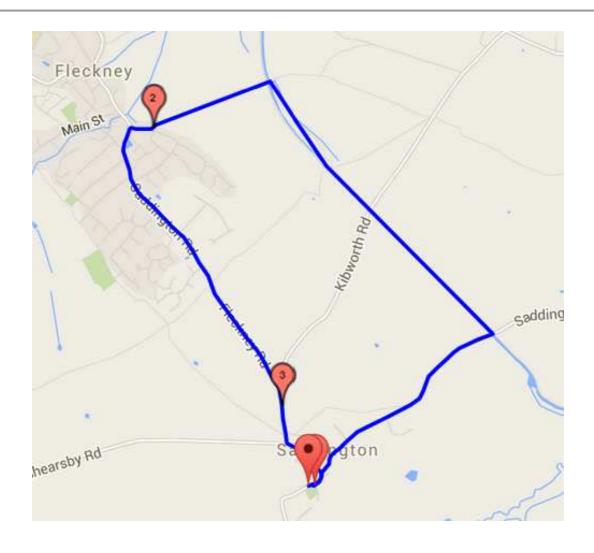
**Group 1 – 3.9 miles** 





STR 81 - Canal - Saddington Tunnel - Millenium Wood - Fleckney

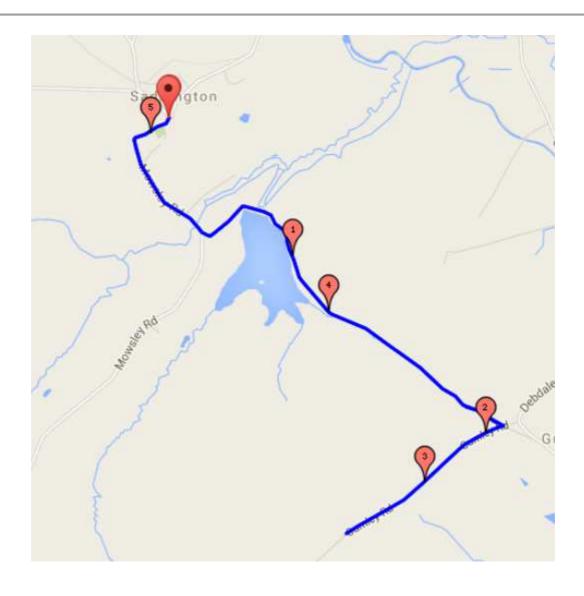
Group 1 – 3.3 miles





STR 61 - Reservoir - Gumley Hill - Cricket Pitch

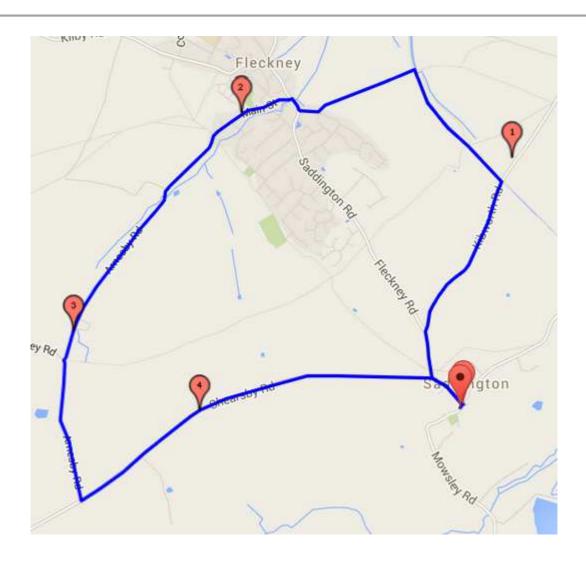
Group 2 - 5.0 miles





STR 68 - Saddington Canal Tunnel - Fleckney - Main St - Shearsby Rd

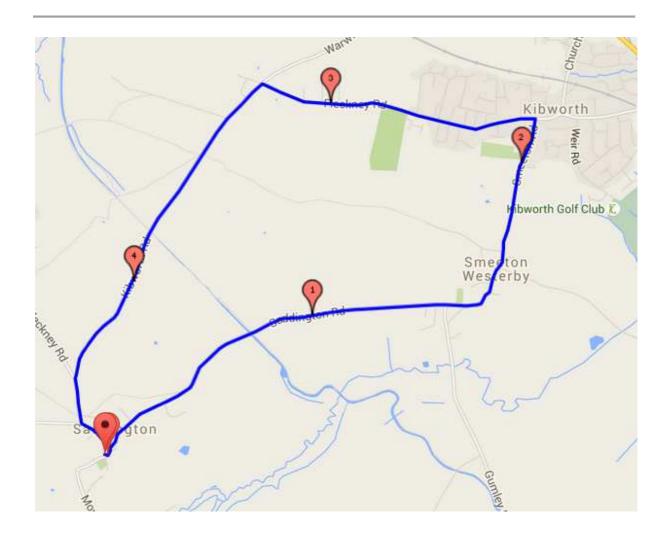
Group 2 – 4.9 miles





STR 78 - Smeeton - Kibworth - Kibworth Rd

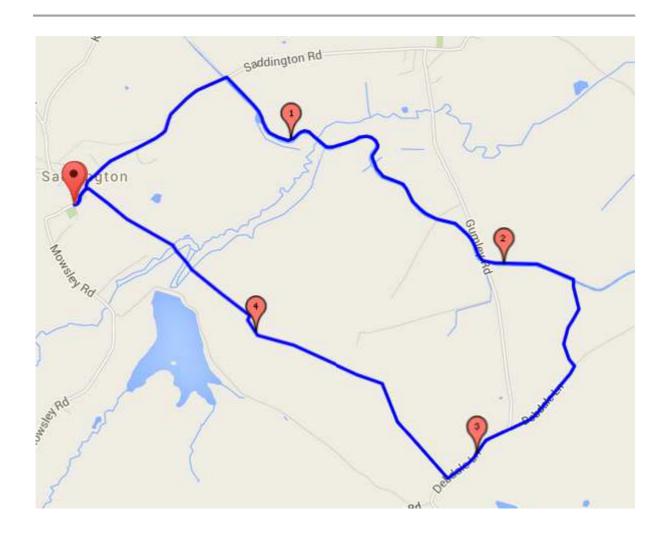
Group 2 - 4.6 miles





STR 82 - Canal - Kennels - Gorse

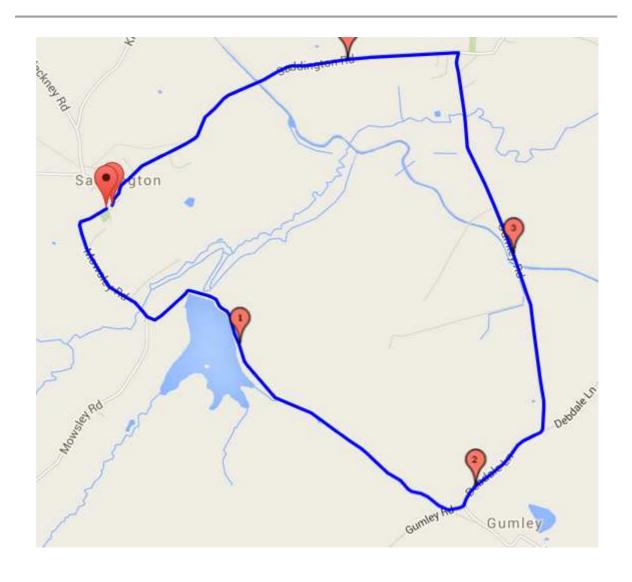
Group 2 - 4.8 miles





STR 85 - Kibworth 6 Loop

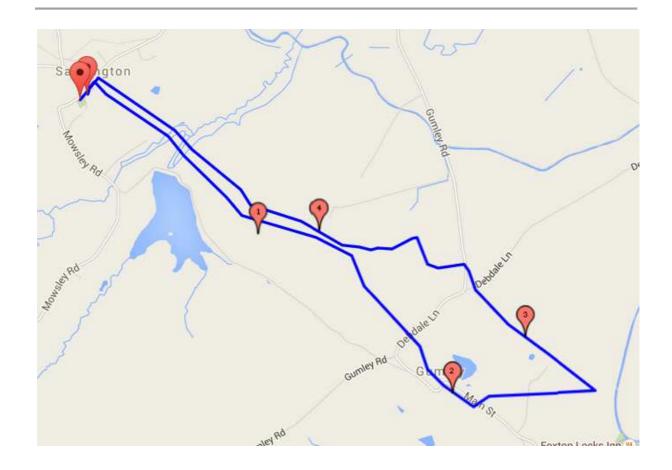
Group 2 - 4.9 miles





STR 92 - Gorse - Gumley - Canal - Gorse (XC)

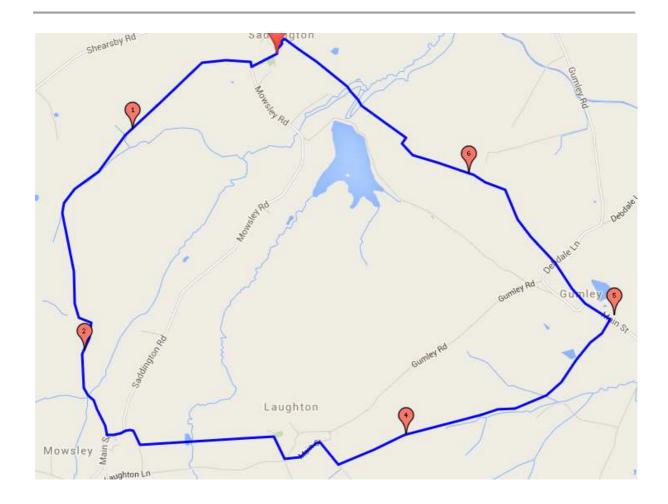
Group 2 – 4.9 miles





STR 66 - Saddington - Mowsley - Laughton - Gumley

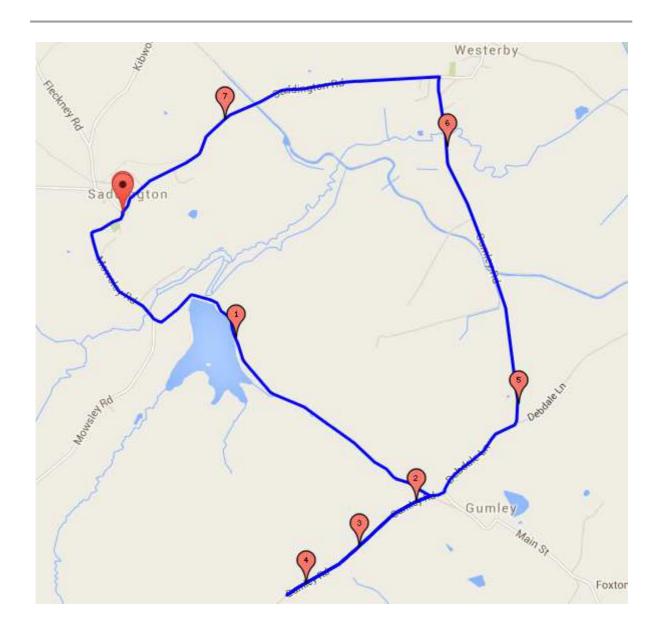
Group 3 - 7.0 miles





STR 62 - Reservoir - Gumley Hill - Cricket Pitch - Smeeton

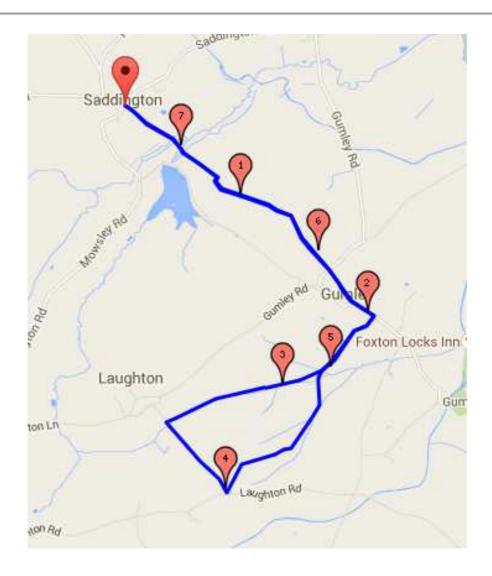
Group 3 – 7.5 miles





STR 69 - Gorse - Gumley - Laughton and back (XC)

Group 3 - 7.4 miles





STR 70 - Gorse - Gumley - Laughton - Gumley Wood

Group 3 - 8.0 miles





STR 79 - Mowsley - Laughton - Smeeton Gorse

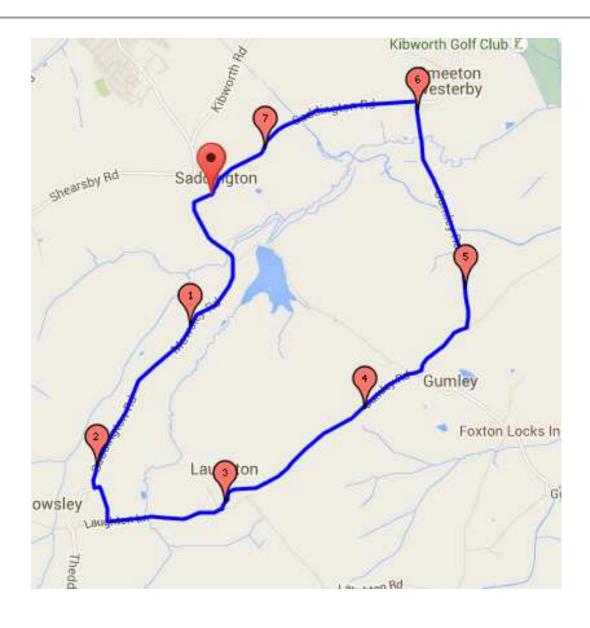
Group 3 - 6.1 miles





STR 90 - Mowsley - Gumley - Smeeton

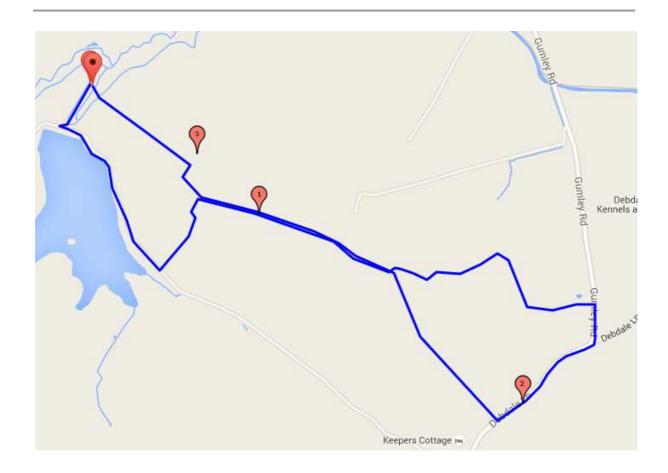
Group 3 - 7.4 miles





STR 93 - Ian's XC Gorse Hill Circuit (XC)

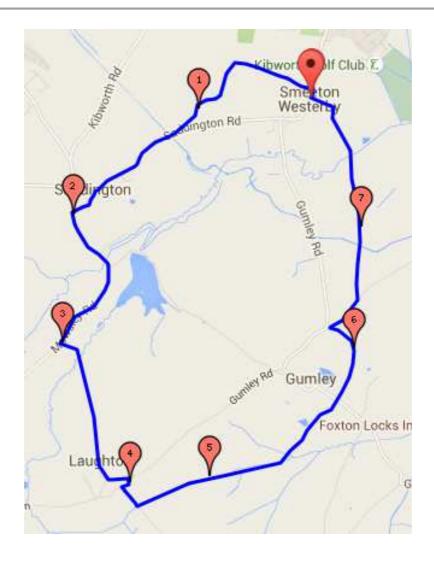
Group 3 – 3.2 miles





STR 94 - Laughton - Gumley - Kennels - Smeeton - Mill Lane - Saddington

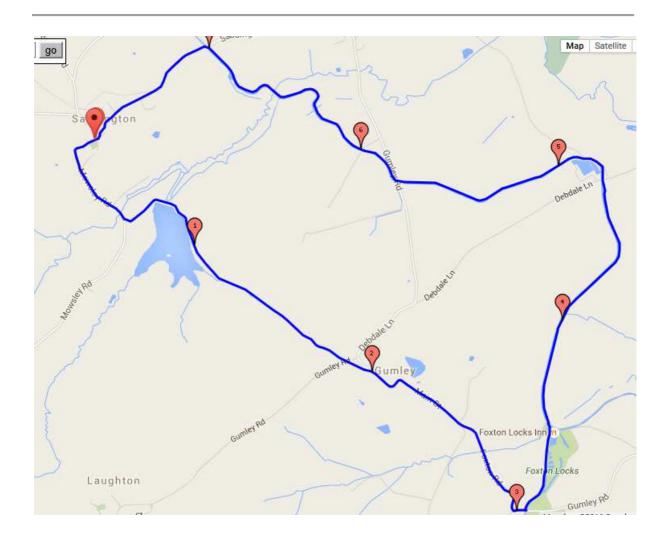
Group 3 - 7.8 miles





STR 103 - Foxton Locks - Canal - Saddington Hill

Group 3 – 7.7 miles





STR 104 - Gumley Hill - Foxton Locks - Leicestershire Round

Group 3 – 6.2 miles

