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Active Rutland WALKING & CYCLING FESTIVAL 2019

Saturday 18th May - Friday 31st May 2019

www.activerutland.org.uk/walkingandcycling



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WALKING & CYCLING FESTIVAL

Saturday 18th May - Friday 31st May 2019

Sport and physical activity is an important part of all our lives but keeping active can be difficult. The Walking and Cycling Festival which launches on Saturday 18th May involves fun, friendly walking and cycling based physical activities, designed for individuals and families to move more often.

The two weeks will see over 30 sessions for all ages and abilities to try including country walks, mountain bike ride, electric bike demo day and much more!

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.

For more information on local activities and to check out the festival timetable, visit www.activerutland.org.uk/walkingandcycling.

#RutlandWalkingCycling



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RUTLAND ROUND

Saturday 18th May - Friday 24th May

WALKING & CYCLING WEEK

Saturday 25th May - Friday 31st May

RUTLAND ROUND

Saturday 18th May - Friday 24th May

65 Miles in 7 Days

The Rutland Round kick starts the first week of the Walking and Cycling Festival covering 65 miles over 7 days. Walk the county boundary, occasionally delving in to see beautiful market towns and Rutland Water. Whether you would like to take part on one day or the whole week, please book your place on www.activerutland.org.uk/rutlandround.



DATE	LOCATION	DISTANCE
Saturday 18th May	Oakham - Wardley	9.5 miles
Sunday 19th May	Wardley - Seaton	12.5 miles
Monday 20th May	Seaton - Geeston	10.5 miles
Tuesday 21st May	Geeston - Tickencote	10 miles
Wednesday 22nd May	Tickencote - Thistleton	11 miles
Thursday 23rd May	Thistleton - Whissendine	7 miles
Friday 24th May	Whissendine - Oakham	5 miles

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WALKING & CYCLING WEEK

Saturday 25th May - Friday 31st May

The second week of the festival includes a number of walking and cycling based activities across the county which are suitable for all ages and abilities. There are lots of activities to choose from to get out and about with your family, friends or on your own, everyone is welcome. Just turn up and take part, no booking required.

It's a perfect opportunity to meet new people with similar interests, explore different areas across the county and refreshments are available on many of the walks and rides.

Please note most walks allow well behaved dogs on leads however please call 01572 720936 to check beforehand.

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DATE	ACTIVITY	TIME	VENUE/ MEETING POINT	COST
SAT 25TH MAY	Electric Bike Demo Day	10.00am - 4.00pm	Rutland Cycling, Whitwell	Free
	Keiser Spin Booking Recommended	10.00 - 10.45am	Uppingham School Sports Centre	£6
	Lyddington Walk 8 miles	10.00am	The Old White Hart	Free
	Saturday Cafe Bike Ride 25 miles	10.00am	Rutland County Council	Free
	Langham Walk 5 miles	2.00pm	The Wheatsheaf	Free
SUN 26TH MAY	Keiser Spin Booking Recommended	9.30 - 10.15am	Uppingham School Sports Centre	£6
	Greetham Walk 9.5 miles	10.00am	Greetham Valley	Free
	Empingham Walk 5 miles	2.00pm	The White Horse	Free
MON 27TH MAY	Ryhall Walk 5 miles	10.00am	Ryhall Village Hall	Free
	Ketton Walk 5 miles	2.00pm	Ketton Sports and Community Centre	Free
	Empingham Walk 3 miles	6.00pm	The White Horse	Free

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MON 27TH MAY	Keiser Spin Booking Recommended	7.00 - 7.45pm	Uppingham School Sports Centre	£6
	Keiser Spin Booking Recommended	8.00 - 8.45pm	Uppingham School Sports Centre	£6
TUES 28TH MAY	Barrowden Walk 5 miles	10.30am	Barrowden Green	Free
	Market Overton Walk 4 miles	2.00pm	The Black Bull	Free
	Keiser Spin Booking Recommended	6.00 - 6.45pm	Uppingham School Sports Centre	£6
	Ryhall Walk 4.5 miles	6.00pm	The Green Dragon	Free



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WED 29TH MAY	Keiser Spin Booking Recommended	9.30 - 10.15am	Uppingham School Sports Centre	£6
	Braunston Walk 6 miles	10.00am	The Blue Ball	Free
	Braunston Walk 4 miles	2.00pm	The Blue Ball	Free
	Morcott Walk 5 miles	6.00pm	The Country Lounge	Free
	Keiser Spin Booking Recommended	6.30 - 7.15pm	Uppingham School Sports Centre	£6
THURS 30TH MAY	Manton Walk 5 miles	10.00am	The Horse and Jockey	Free
FRI 31ST MAY	Keiser Spin Booking Recommended	9.30 - 10.15am	Uppingham School Sports Centre	£6
	Launde Walk 4 miles	10.00am	Launde Abbey	Free
	Oakham - Leighfield Loop Mountain Bike Ride 12.5 miles	10.00am	Rutland County Council	Free
	Greetham Walk 4.5 miles	2.00pm	Greetham Valley	Free

LOCAL CLUBS

WALKING

Harringworth Walking Group

www.harringworthvillage.org

Ketton Healthy Walking Group

www.activerutland.org.uk/walkingforhealth

Leicestershire and Rutland Ramblers Walking Group

www.lrwg.org.uk

Nordic Walk It

www.nordicwalkit.co.uk

Oakham Healthy Walking Group

www.activerutland.org.uk/walkingforhealth

Rutland Ramblers

www.ramblers.org.uk/rutland

Rutland U3A Walking Groups

www.u3asites.org.uk/rutland

CYCLING

Oakham Cycle Centre

www.oakhamcyclecentre.co.uk

Rutland Cycling

www.rutlandcycling.com/rides

Velo Club Rutland

www.veloclubrutland.co.uk

DID YOU KNOW ABOUT...

Free Cycling Courses for Adults

- Develop your skills and confidence to cycle safely on and off the road.
- Starts in a traffic free environment.
- Individual tuition or small group sessions.
- Basic bike check and maintenance.
- Delivered by national standard instructors.
- For more information contact travel4rutland@rutland.gov.uk or 01572 758248.



Rutland Trails

Rutland Trails is a guided walking holiday company taking in some of Rutland's finest scenic routes and footpaths, using independent hotels and guest houses along the way and showcasing a range of other activities the county has to offer. They provide tailored walks for individuals, group walks and host team building events. For more information please visit www.rutlandtrails.co.uk.



RUTLAND
TRAILS

RUTLAND WALKING FOR HEALTH GROUPS

Getting active can be difficult, but we're here to help!

Rutland has two weekly Walking for Health groups across the county, which are short, over easy terrain and open to everyone. The walks are free, nearby and help you get active and stay active at a pace that works for you. In addition, there are monthly dementia friendly walks available in Oakham, please call 01572 720936 for more information.

The walks are led by friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends with tea and coffee available afterwards. Just turn up and have a go!

walk
this
way



Oakham Healthy Walking Group

Mondays 10.15 - 11.00am

3 mile route

Meet at St John & St Anne (South Street)

Glenys Laidler - 01572 724361

Ketton Healthy Walking Group

Thursdays 2.00 - 3.00pm

1 and 3 mile routes

Meet at Ketton Sports and Community
Centre

Ron Tilley - 07922 268971

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Active Rutland would like to pay special thanks to everyone involved in the Walking and Cycling Festival, whether that be as a leader, volunteer, participant or advertiser. Without your support, it would not be possible to put this event on, so thank you!

This physical activity guide has been produced by Active Rutland to provide information about the activities available during the Walking and Cycling Festival. Whilst every effort has been made to verify activities, Active Rutland cannot be held responsible for the accuracy of the data and any rescheduled or cancelled events.


**Active
Rutland**



Rutland
County Council

Active Rutland

Rutland County Council, Catmose,
Oakham, Rutland, LE15 6HP

T: 01572 720936

E: activerutland@rutland.gov.uk

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