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Active Rutland WALKING, CYCLING & OUTDOOR FESTIVAL

Saturday 9th - Sunday 24th October 2021

www.activerutland.org.uk/walkingandcyclingfestival



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WALKING, CYCLING & OUTDOOR FESTIVAL

9th - 24th October 2021



The two week festival launches on Saturday 9th October with over 20 sessions for all ages and abilities, including countryside walks, casual bike rides, nordic walking and more. Whether you take part regularly or on the odd occasion it will be great to see you there, everyone is welcome.

This year we will be asking you to book ahead for all activities so that we can manage numbers safely. Booking is available on www.activerutland.org.uk/walkingandcyclingfestival.

Most of the walks and rides finish at a pub or cafe if you wish to stop however we advise you bring refreshments for the duration of the activity. Please come suitably dressed for the activity.

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RUTLAND ROUND

Saturday 9th - Friday 15th October

The Rutland Round kick starts the first week of the festival covering 65 miles over 7 days. You will have the opportunity to walk the county boundary and occasionally delve in to see beautiful market towns and Rutland Water. You can take part on one day, a few days or the whole week. To find out more about meeting points, transport or to book your place, please visit www.activerutland.org.uk/rutlandround.

WALKING, CYCLING & OUTDOOR FESTIVAL

Saturday 16th - Sunday 24th October

The second week of the festival includes a variety of walking, cycling and outdoor based activities throughout the county which are suitable for all ages and abilities.

You can join with the family, walk the dog, explore new routes and areas as well as meet new people with similar interests. Please note most walks allow well behaved dogs on leads however please call **01572 720936** to check beforehand.

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WEEK 1 - RUTLAND ROUND

This year marks 21 years of the Rutland Round so why not make 2021 the year you complete it? It is a circular route of the entire county of Rutland, starting and finishing in Oakham. If you enjoy walking and are looking for an extra challenge, get yourself booked on and give it a go. The 65 mile route will be split into 7 days, delivered by volunteer walk leaders sharing their knowledge along the way. You can book to complete the full route or simply select one or more sections.

Book your place
www.activerutland.org.uk/rutlandround

DATE	LOCATION	DISTANCE
SAT 9TH OCT	Oakham - Wardley	9.5 miles
SUN 10TH OCT	Wardley - Seaton	12.5 miles
MON 11TH OCT	Seaton - Geeston	10.5 miles
TUES 12TH OCT	Geeston - Tickencote	10 miles
WED 13TH OCT	Tickencote - Thistleton	11 miles
THURS 14TH OCT	Thistleton - Whissendine	7 miles
FRI 15TH OCT	Whissendine - Oakham	5 miles

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WEEK 2 - WALKING, CYCLING & OUTDOOR FESTIVAL

Book your place

www.activerutland.org.uk/walkingandcyclingfestival

DATE	TIME	ACTIVITY	MEETING POINT	COST
SAT 16TH OCT	10.00am	Lyddington Walk 8 miles	The Old White Hart	Free
MON 18TH OCT	2.00pm	Ketton Walk 5 miles	Ketton Sports and Community Centre	Free
TUES 19TH OCT	10.00am	Rutland Water Walk 6.5 miles	Rutland Water Edith Weston Car Park	Free
	10.30am	Barrowden Walk 5 miles	Barrowden Green	Free
WED 20TH OCT	10.00am	Braunston Walk 4 / 6 miles	The Blue Ball	Free
	6.30pm	Oakham Moonlight Walk 8 - 9 miles	Oakham Train Station	Free
THURS 21ST OCT	10.00am	Manton Walk 5 miles	The Horse and Jockey	Free

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DATE	TIME	ACTIVITY	MEETING POINT	COST
THURS 21ST OCT	10.00am	Langham Walk 5 miles	The Wheatsheaf	Free
	1.00pm	Nordic Walking Taster (Poles Provided)	Ketton Sports and Community Centre	Free
	6.00pm	Empingham Walk 3 miles	The White Horse	Free
FRI 22ND OCT	10.00am	Launde Walk 4 miles	Launde Abbey	Free
	2.00pm	Greetham Walk 4.5 miles	Greetham Valley	Free
SAT 23RD OCT	9.30am	Nordic Walking Taster (Poles Provided)	Uppingham Middle Field, Newtown Road, LE15 9TS	Free



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LOCAL CLUBS

Want to join a regular session, check out what Rutland has to offer:

WALKING

- **Age UK Rutland Dementia Walks:** www.ageuk.org.uk/leics/about-us/our-locations/offices-leicestershire-rutland
- **Harringworth Walking Group:** www.harringworth.org/activities
- **Ketton Healthy Walking Group:** www.kettonssportsc.co.uk/healthy-walking
- **Leicestershire and Rutland Walking Group:** www.lrwg.org.uk
- **Morcott Walking Group:** www.morcott.wordpress.com/groups-clubs
- **Nordic Walk It:** www.nordicwalkit.co.uk
- **Oakham Healthy Walking Group:** www.activerutland.org.uk/walkinggroups
- **Oakham Wombles:** www.facebook.com/groups/215046632663867
- **Rutland Ramblers:** www.ramblers.org.uk/rutland
- **Rutland U3A Walking Groups:** www.u3asites.org.uk/rutland/page/112194
- **Rutland Water Junior Parkrun:** www.parkrun.org.uk/rutlandwater-juniors
- **Rutland Water Parkrun:** www.parkrun.org.uk/rutlandwater
- **South Luffenham Walking Group:** www.southluffenham.org/index.php/south-luffenham-walking-group

CYCLING

- **Adult Cycle Training:** www.rutland.gov.uk/my-community/transport/road-safety/road-safety-training
- **Breeze Rides:** www.letsride.co.uk/breeze
- **Oakham Cycle Centre:** www.oakhamcyclecentre.co.uk
- **Rutland Cycling:** www.rutlandcycling.com/rides
- **Sigma Sports:** www.sigmasports.com/events-rides-runs
- **Velo Club Rutland:** www.veloclubrutland.co.uk

OTHER ACTIVITIES

- **Active Rutland:** Get in touch with us on activerutland@rutland.gov.uk or 01572 720936 for more information on activities available locally
- **Active Together:** www.active-together.org/find-a-sport-or-activity
- **Rutland Information Service:** ris.rutland.gov.uk



GET ACTIVE YOUR WAY

Active Rutland is here to support you to get active in your own way. Getting out in the fresh air for a walk, run, or cycle is a fantastic way to not only improve your physical health but your mental wellbeing. From miles of footpaths and cycle tracks, to local parks and woodlands right here on your doorstep, Rutland has so much to offer.

There's lots of activities available on our website from our virtual festival earlier this year to try in your own time, including walking and cycling routes, family activities and more.

CONTACT US

Want to become more active and don't know where to start? Get in touch and we'll help you find something that you enjoy.

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