

National Forest Trail 26 miles*

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The Good Cycling Code

- *Be courteous! Give way to pedestrians*
- *Remember that some people are hard of hearing or visually impaired. Don't assume they can see or hear you.*
- *Carry a bell and use it.*
- *Where there are wheelchair users and horse-riders please give way.*
- *Follow the country code. Respect other land management activities, such as farming or forestry and take litter home.*
- *Keep erosion to a minimum if off road.*
- *Be self sufficient – in remote areas carry food, repair kit and waterproofs*
- *Be safe, wear a helmet and cycle within your capabilities*

Happy Cycling!

Route: Moira, Donisthorpe, Acresford, Netherseal, Coton in the Elms, Rosliston, Caldwell, Catton, Croxall, Edingale, Lullington, Overseal and Spring Cottage.

Distance: 26 miles *with 11, 18, 21 and 23 mile options.

Start/Finish: Conkers Waterside, Moira

- 1 Leaving Conkers Waterside (Bath Lane) by the main entrance turn left and follow the road to the left to turn right into Moira Furnace, an early 19th century iron-making furnace. On the site are interactive displays, stories from former workers, like kilns and crafts shops, with boats trips play area and a team room. From the car park climb up to the right of the furnace to turn right along the canal towpath. Turn right at the footbridge and follow the path into Donisthorpe Woodland Park. Then turn left onto the Ashby Woulds Heritage Trail near Short Heath and follow the blue arrows over the bridge to Acresford Road, Donisthorpe.
- 2 After leaving Donisthorpe Woodland Park turn right and pass Donisthorpe's 19th century church built of grey sandstone and the Turks Head. Continue ahead, road bears left at the Engine pub on your right, down the hill to the crossroads at Acresford.
- 3 Turn right through Acresford and TAKING GREAT CARE join the A444 over the bridge into South Derbyshire to turn left at the Cricketts pub into Netherseal. To your right a glimpse is had of a picturesque pool containing a variety of wildlife, then St. Peter's Church also on your right with the almshouses opposite. Follow the road round to the right past The HOLLY Bush inn to turn left onto Clifton Road and right into Hunts Lane. The road narrows as you climb out of Netherseal (radio mast on the horizon) when you should pause a moment to get your breath and look back over Netherseal into the Mease Valley. At the T-junction with a grassy triangle turn right towards Overseal.

- 4 At the next T-junction the 11 mile route turns right following the signs back to Overseal – go to paragraph 8. All other routes turn left towards Coton and then take the right fork signposted Coton in the Elms past Grangewood Fencing Supplies. Further along on the right is Grangewood Farm Forestry Woodland where walking and horse riding are permitted but not cycling. You are welcome to explore on foot. At the crossroads turn right to Botany Bay following the road through the hamlet towards Rosliston. After the hamlet on your left is the Beehive Farm Woodland planted in 3 phases 1995, 1997 and 2001 containing a wide variety of trees with pathways round the fishing lakes. At the end of the woodland as you enter Rosliston is the Honey Pot Tea rooms and craft workshops, highly recommended for a refreshment stop with a small farm zoo behind.
- 5 Continue along the road for 100 metres after the café to the next junction where the 18 mile and 23 mile routes continue straight on over the mini island past the Plough Inn and turn left into Catton Lane – go to paragraph 6. The 21 mile and 26 mile routes turn right towards Caldwell and left in $\frac{1}{2}$ mile into Caldwell village. Cycle straight through the village past The Royal Oak Inn with Drakelow power station in front. Turn left towards Drakelow/Rosliston at the junction and left again at the crossroads towards Rosliston. Along this road on your left is Rosliston Forestry Centre having some pleasant walks through the developed woodlands, a variety of craft workshops and a tea room. Continue on into Rosliston past the Bulls head to turn right into Catton Lane.
- 6 Head toward Catton/Croxall out of Rosliston for about one mile to the next crossroads where the 18 mile and 21 mile routes turn left into Coton in the Elms to follow the road through to Lullington – go to paragraph 7. The 23 mile and 26 mile routes carry straight on at the crossroads toward Catton/Croxall. Take care down the hill to turn left into Catton Park with the smart Catton Hall on your right. Catton Hall, worth a visit but limited opening in the summer. Watch out for pheasants in the park and be sure to view a pretty fishing lake on your right as you leave the parkland. If you have time cross the River Mease bridge and turn right under the railway bridge and over the River Trent to turn right at the island to visit the National Memorial Arboretum – their vision is to become a unique haven of remembrance, contemplation and the United Kingdom's living and lasting memorial to celebrate and commemorate those who have served, died or suffered in the Service of their Country. There is a café on site. Then retrace your route back to the River Mease bridge to turn right into Croxall Road. The main route turns left into Croxall Road towards Edingale just before the bridge over the River Mease. Stop to admire the strange dovecote in Croxall Hall grounds. Continue on through Edingale, noting the roofed spire on the church on your right, past the Black Horse Inn and straight over the mini-island towards Lullington. Turn left at the next junction towards Coton in the Elms and then right in $\frac{3}{4}$ mile down the small lane opposite Lady Leys Farm. Turn right again at T-junction into Lullington joining the 18 mile and 21 mile routes.
- 7 On your right is Lullington Hall famous for having the first gas lighting in the area manufactured in a small plant attached to the hall. The Colvile Arms also on your right as you enter Lullington make cyclists very welcome. Continue on to the church and grass triangle to stop for a moment to admire this picturesque village centre, particularly in the springtime when the whole area is covered in flowers. Turn left at the triangle following the signposts to

Overseal.

- 8 On the way you will pass Grangewood Nurseries on your right which contains a pleasant little café called Patsy's Party open at weekends. Continue on with a left turn downhill into Overseal to cross the A444 with care into Woodville Road at the Robin Hood Inn. Follow the road through Overseal to Spring Cottage and just after passing the Navigation Inn turn right down the Ashby Woulds Heritage Trail (used to be the road to the station). After the motorised vehicle barrier turn left on a small path between the ponds – sometimes a little overgrown – turn sharp left at path junction round the field under the old railway bridge and back into Conkers Waterside.

