

Protecting our footpaths since 1887



Leicestershire Footpath Association Journal

Summer/Autumn 2026

For Leicestershire Walkers



www.lfa.org.uk

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Thursday Walk Organiser and Associate Diane Billings

Saturday Walk Organiser and Associate Bill von Anrep

Journal Editor and Associate Janina Holubecki

Associate Barbara Constantinou

Email: lfa.members2021@gmail.com

To contact a specific committee member, please put FAO and their name in the title of your email.

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This issue of the LFA Journal is dedicated, with thanks, to all the healthcare workers who've kept us walking over the years – including LFA Member Ashok Jethwa.

Front cover photos: Top – LFA Saturday Group near Houghton on the Hill by Kirti Emmerson; Bottom – On the LR+40 between Hose and Harby (see pages 4-5 & 6-7). All photos by the Editor unless otherwise indicated.

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Where I'm Coming From

Welcome to your 'Walking and Health' themed LFA journal. The positive effect of walking on our health has long been one of my 'hobby horses' and I was all ready to write a fact-packed article on the subject. It would bristle with figures regarding such things as calorific expenditure, resting heart rate and muscle mass.

To complement it, I had asked members of the walking groups to give me some short quotes on personal health benefits from walking. As I read them, I began to realise that my technical article was redundant. The members' 'sound bites' say everything that needs to be said. Our new Life Member, Roy Denney, has written a poem about walking that sums up what it's all about for many of us. And our Chair, Simon Constantinou, rounds off this edition with his own reflections on why he walks.



It's hard to put a price on the public benefits delivered by footpaths, but maybe it's time for the LFA to try. According to GOV.UK, our population is around 20% less active than in the 1960s. If current trends continue, it will be 35% less active by 2030. And this physical inactivity is currently estimated to cost the UK £7.4 billion annually (including £0.9 billion to the NHS alone). Sport England project an even higher figure: a potential annual cost of £20 billion to the public purse!

Walking is, of course, just one of many ways to get physically active. But it's cheap, requires little or no special equipment and often brings added mental health benefits that other 'sports' may not, such as spending time in nature and socialising with others. And it's not just about getting exercise. According to the Wildlife Trusts, just being in nature can truly improve your physical health and your mental well-being (and ultimately save the NHS money). They've listed dozens of scientific studies on their website that prove it. And it's footpaths that get us out into nature.

So, if we are to continue to make a case for getting funding for repairs and improvements to our footpath network, then we must surely use these arguments. And instead of doing the bare minimum, we should strive to make the footpath network as welcoming and accessible as we can. If people new to walking can have an enjoyable and trouble-free walk, they are more likely to repeat the activity; conversely, if they encounter impassable ditches and dangerous stiles and cannot see which way to go, the opposite is likely to be true.

Some members will hopefully be encouraged by the articles on Walking and Recovery. After the copy deadline had lapsed, I was surprised to find myself having to nag our Secretary, Cindy West. As the recipient of a new hip only weeks before, I expected her to be taking it easy; perhaps even finding more time for writing while she recuperated. Cindy eventually replied to apologise for the lateness – but she'd been walking the Rutland Round! So she found herself with another article to write. Prepare to be inspired!

Janina Holubecki, Editor

Extending The Leicestershire Round

Steve Charlish, Vice Chairman



As announced at the AGM in February 2026: to celebrate the Leicestershire Footpath Association's 140th Anniversary, we are extending the Leicestershire Round (LR). You may be aware that the original LR was created in 1987 to be about 100 miles long – to celebrate 100 years since the LFA's establishment in 1887. The LR has become a very successful, well-known long-distance walking trail and has been used by many walkers over the last 39 years. That made our design brief very clear: do not interfere with the existing Round!

In response, we have designed a route that attaches to the original Round as a separate, extra route. The new route comprises about 40 miles of walking in the fabulous Leicestershire Wolds, in the Melton and Belvoir area. This autonomous route will be called the 'LR+40' – or simply the '+40' – as it extends the existing Round. **We'll be holding a '140 Years' party to launch our new route on June 10th 2027, so put this date in your diary!**

The +40 is similar in format to the original LR: you can complete it in four 10-mile linear walks; or in any number of shorter walks. (See also pages 6-7.) We will be producing a dedicated map for the +40 and a separate badge that will be ready for the launch.

The +40 has been nine months in the making so far. A lot of walking and other work has been done, but there is a lot more to do before the launch date, including putting unique waymarkers along the whole route. We formed a sub-committee to work on the +40 extension and I would like to take this opportunity to thank the sub-committee and fellow walkers for all the work they have put in so far.

Leicestershire County Council (LCC) are now backing us fully on this project and have set aside a budget to bring the +40 route up to a 'gold standard' trail, with easier stiles, gates, bridges and easier signage.



Above the Vale of Belvoir – photo by Steve Charlish

We also understand that the County Council has applied for footpath-crossing funding for signage and other work at dangerous crossings in the next financial years 2027/2028 and 2028/2029. So we are hoping to see an improvement in safety provision at footpath crossings of major roads in the future. (See also page 18.) The LFA has much to celebrate from our lobbying work. I would also like to acknowledge with grateful thanks the officers of the Rights of Way team at LCC for their continued cooperation and support regarding the many issues that we report to them.

Details of the launch party on the 10th June 2027 are still being finalised. Further details will follow in the Annual Report. We are looking for a celebrity to open the proceedings: if you know someone suitable who would be willing to be involved, please let me know.



Near the start of the +40 at Frisby on The Wreake

Leicester Museums and LFA

We also intend to have a historical display of LFA items at the +40 launch party. And these items could be seen by an even wider audience, because Leicester Museums have, in principle, agreed to help us celebrate our 140th Anniversary next year. We are working on a number of ideas, but **we urgently need your help with this!**

Have you got any old LFA photographs, books, walking guides, maps, old waymarkers or other LFA items that you can loan to us for a possible Leicester Museums display about LFA history (and also for the launch party)? The museum is also looking at the possibility of putting a permanent information board about the LFA somewhere in Leicester.

If you can help, please drop me an email at gblch@aol.com

Testing Times!

Short Circular Walks along the Leicestershire Round +40

Janina Holubecki

The 32 short circular walks along the original 100 mile Leicestershire Round (LR) didn't exist when it opened in 1987. They were first published in 2000 as a book to celebrate the millennium and have proved very popular. As well as being shorter than the suggested 10-mile linear stages of the Round – being circular, they also pose less of a logistical challenge.

The LR+40 extension explores the Leicestershire Wolds. In my opinion, an underrated area – in an already underrated county! But it's an area I enjoy walking in and it seemed a shame to wait another 13 years before producing circular walks along the new extension. However, we were rather short of time if the new walks were to be ready for the LFA's 140th birthday celebrations...

I already had several favourite circular routes that I thought would tie in with the LR+40. (As with the original 32 short circulars, the 'brief' was to include a section of the Round within each circular walk.) So, to keep it simple, I decided to follow my mum's favourite maxim of "If you want anything doing, do it yourself!" I also thought that, if I wrote the walks, the 'voice' and style would be the same throughout.

But writing walk instructions is only part of the process. The other vital part is the testing of the instructions by people other than the author! So, many thanks to the following Walk Testers for their feedback so far: Cindy West, Tony McLeavy, Neal and Elaine Priestley, Beata Habrowska, Ken Brockway, Nick Adams and Marysia Holubecki-France.

When the original short circulars were recently checked and rewritten by a team of LFA volunteers, it was decided not to re-publish them in book form, as walk instructions can go out of date so quickly. Instead, they are all available as PDF downloads from the LFA website, where any amendments can easily be made. The same will be true of the new +40 short circulars, once they have been tested and the feedback incorporated.

WANTED! More walk testers! If you'd like to be part of this LFA 140th Birthday project and discover some new walks at the same time, please email: lfa.members2021@gmail.com and write "LR+40 Circulars" in the subject line. I will then email you the chosen draft(s) for testing. For example, do the written instructions work on their own without the aid of a map or other navigation device?

There are seven new walks to choose from.

Villages in **bold** are actually on the +40 route. The suggested starting point(s) are underlined. If they are not on the +40, they have been chosen for their facilities – parking, pubs, shops etc. (The intention is to promote local businesses wherever possible.)

Asfordby Kirby Bellars **Frisby on the Wreake** 5.5 miles. **Two** shorter options of 3 miles each are also available. Joins up the beginning and end sections of the +40 at Frisby. Choice of start.

Grimston **Saxelbye** **Wartnaby** 5.5 miles. The Saxelbye - Wartnaby stretch is on the +40 route.

Harby **Hose** 6.75 miles.

Up and down the Wolds escarpment, returning on the +40 from Hose to Harby. Joins the Eastwell circular walk on a short stretch of the Cross Britain Way, so these two walks could be combined to make a longer walk of around 11 miles.

Redmile **Barkestone Le Vale** Total 7 miles.

A flat, easy to navigate 'Figure of eight' walk comprising two 3.5 mile loop options, going in opposite directions from Redmile. One of the short walks has NO STILES. The full walk incorporates 3.5 miles of the +40 (on footpath and Grantham Canal towpath).

Muston Woolsthorpe by Belvoir 5-6 miles.

Incorporates a short section of +40 in and out of Muston plus sections of Grantham Canal/disused railway. NO STILES on main route. And, shock horror, some of the walk is in Lincolnshire!

Eastwell **Eaton** 6 miles.

From Eastwell to the edge of Eaton, then back round to Eastwell, partly on the +40. Can be combined with the Harby walk to make a longer circular of around 11 miles.

Ab Kettleby **Holwell** 4.5 miles.

From Ab Kettleby south to Holwell, joining the +40 near the Holwell nature reserves (which can be added on as an extra loop). Return to Ab Kettleby on the +40. A shorter option of 2.5 miles is also available.

I look forward to hearing from you – and getting your feedback!



The Wolds escarpment above Hose, on the Harby walk

News From The Round

David Williams, Leicestershire Round Co-ordinator

Whilst out and about on the Leicestershire Round (LR), it's obvious from the comments of those I meet that it continues to be a popular – and for some a pleasurable – challenge to complete the whole route. That, in part, is down to the endeavours of the volunteer wardens and members of the task team, with the support of the Rights of Way team at County Hall. This has been echoed by an email recently sent to the LFA website, which I'd like to share.

"I just wanted to pass on my enormous thanks and gratitude via this email to the Association for the fantastic 'Leicestershire Round'.

A group of friends from across the border in Keyworth, Notts. have just completed the Round. It has taken us 2 years, doing one or two legs over an occasional weekend, with a stopover in a local hotel.

The Round has been a fantastic opportunity to get together and to experience the beautiful countryside and pretty villages of Leicestershire.

We found the Round well marked and very well kept. The guide book was great and very informative.

Overall, a great experience, so thank you to whoever created the Round in the first place and to those who continue to ensure it is available for people in the future.

**Thanks,
Chris"**

As you know, I'm always on the lookout for additional LR wardens and task team members, even more so with the exciting addition of the LR+40.

The wardens, having adopted a section of the LR, are the eyes and ears of the scheme, passing on information about problems affecting the route. Most problems are then rectified by the task team members, after being reported to County Hall. It's expected that the wardens visit their section at least once a year and, if they feel able, do some light cutting back of vegetation at stiles and gates, if necessary.

To complement the information supplied by the wardens, the task team was introduced to carry out low level tasks, once it became apparent that these wouldn't be classed as a priority because of financial cutbacks. Having been authorised by the County Council, the team's role includes clearing overgrown vegetation and reinstalling fallen waymark posts etc. Usually operating once a month and working in a team, most tasks have been completed within 4 hours.

I'm sure like me, all the team members find the role rewarding and feel they are doing something that is making a difference and of benefit to our fellow walkers. Please do join us.

If you would like more information about either scheme, please get in touch. You will find my contact details on the inside front cover.

Also see Page 16 – The Leicestershire Round in 24 Hours!



Clockwise from top left:
Lionel B. Tom B. and Vikki C. in action;
Deryck S. having reinstalled a waymark post;
Tom, Steve C. and Lionel having cleared a path
at Rearsby. Photos by David Williams.

LFA Members Talk About Walking and Health

Walking has helped me stay active, clear my head and improve both my physical and mental wellbeing, even after setbacks. Taking things one step at a time and keeping a regular walking routine has helped me build strength, confidence and resilience. **Ray**

Walking is so good for all aspects of a fulfilled life.....physical, mental and social. **Josie**

Since retiring, walking has helped me to lose weight substantially and I've met lots of new people. **John**

I started walking at 66 and still at it at 88, so it is good for your health.... certainly good for my mental health. **Roger**

Love the countryside, the amazing people and the welcome. Started walking in retirement and love every minute of it. I can walk further than I thought possible and have met so many lovely people. **Juliette**

The exercise is always good for health but mentally it is good to have something to look forward to. Good company and always good support. **Pat and John**

Stay alert and mobile in good company, whatever the weather! **Marie**

The wonderful camaraderie within our walking group, together with being in the scenic great outdoors and being at one with nature is incredibly good for my mental wellbeing. Seasonal variation is inspiring and always brings things to look forward to, together with a mixture of walking challenges. I always feel a different person at the end of a walk! Calmer and happier!
My main health issue is high bad cholesterol level. Hill and brisk walking increases my heart rate, which in turn is beneficial for raising good cholesterol level, which I very much need. As far as walking and the ageing process goes... If you don't use it, you lose it! **Barbara**

A good reason to get up in the morning.
Great company and many excellent walks.
I enjoy the banter! **Allen**

Friendship, fresh air,
fitness and lovely
countryside. **Jenny**

Mentally, walking gives us headspace. The company and
banter keep us going. **Lynne**

Walking keeps me going
and friends look after
me. **Gerald**

Tuesday walkers are the best
group of people. I've had such
pleasure in their company over
the last 15 years. **Michael**

15+ years walking with this group.
Wonderful walks. Opens our eyes to
countryside and villages. During this
time, I've had various surgeries but
short and longer walks were
something to recover for. Keeps me
fit, active, chatty and alert. Tuesday
lunches are good for health too!
Maggie

Walking across fields
Always quickens the blood,
Lets me stretch my muscles
and
Kick off that daily slouch.
I feel recharged and
rebalanced as I
Notice nature's annual
cycles of
Growth.

From the NHS website - " You can
tell you're walking briskly if you can
still talk but cannot sing the words
to a song." Does anyone remember
'The Happy Wanderer'? **Dilys**

Lets me catch up with
Friends
And get to know new people!
Averil



The Tuesday Group
Photo by
Steve Charlish

Walking and Recovery – Hip Hop!

Cindy West

As for many 'more mature' walkers, negotiating stiles and rough ground became something of a challenge as my arthritic hip lost more and more of its range of movement. The time had come for a replacement.

As the operation date moved ever closer, I resolved to be as fit as possible, as all the advice I saw said that recovery is quicker and fuller the fitter you are prior to surgery. So, I continued to take my usual morning walk of about four miles and a more challenging eight mile one weekly. I had been advised that not only was it good to have strong, healthy hip, thigh and buttock muscles, but also good upper arm strength to ensure I could manage the challenge of coping with crutches. Walking with poles up some of our lovely Leicestershire hills provided that practice for me and equipped me with as much muscle power as possible.

Operation day came and went smoothly and I was up and walking round the same day. The day after was discharge day. I'd been issued with crutches; I'd practiced walking and negotiating steps; and I'd been given leg and hip exercises to do. So now it was up to me!!

Walking is my pleasure, my escape from stresses, my time to experience the lovely gifts that the natural world has to share and my way of keeping healthy and fit. I was keen to ensure I wouldn't be parted from it for long. My goal was to walk the Rutland Round with friends. This was planned for eight weeks after my surgery. But thirteen miles a day for five days was going to be a challenge!



Cindy and friends on the Rutland Round – photo by Elaine Priestley

My first week post-surgery saw me walking ever increasing circles around the block and after a week I was walking two miles a day – albeit very slowly and carefully, as I tried hard not to trip over my crutches. Two weeks and I had doubled my daily mileage. After three, I had been promoted to using just one crutch and ventured along the canal towpath, sharing my walk with herons, egrets, ducks – and of course lots of dogs and their owners.

A month into my recovery and I happily walked five miles and abandoned the crutches, using my walking poles to keep me upright over the rough ground. Walking with friends is always a joy and after five weeks I shared their company on a weekly walk of around eight miles. Things were looking good for me to reach my goal. Indeed, my rehabilitation walks were challenging but fun as I celebrated negotiating my first stiles, overgrown footpaths and steeper hills – pain free.

The time had come to realise my goal of walking The Rutland Round. I was as ready as I could be. Tired and hot at the end of each day, I basked in the glory of achievement.



Cindy negotiates a stile with her new hip, while testing Redmile LR+40 short circular walk route.

Photos by Tony McLeavy.



Walking and Recovery

At the time of writing, my replacement left hip is 15 months old and my replacement right knee is 11 months old. Thanks to the NHS/Spire, both procedures went to plan... and I'm very pleased with the results. I've been called 'bionic' on many occasions and indeed, I have beeped significantly at border security!

Walking five or six miles with the Tuesday group was always easy until the dreaded osteoarthritis set in. Then you realise that it's either give up, or get something done. It's certainly true that hips are easier than knees and I can honestly say that the hip is 'like it's never been done' – it's that successful! The knee was a whole different experience. A long, painful recovery. But now my knee looks like a proper knee, albeit with a barely visible scar.

I'm not yet confident enough to walk with the main group on Tuesdays, but I walk with the short walkers confidently and with no pain. For that I am grateful. One day I hope to do the five miles!

I was a county athlete as a teenager and a PE teacher for many years, so the benefits of exercise are obvious to me. It's always pleasing to see so many members managing physical challenges, walking as far as they are able and maintaining fitness.

Carolyn Scott
(Tuesday walk coordinator)

Walking has always been my 'go to' remedy for health recovery. Having had two massive medical events in my life, walking has helped me get back from the brink. My method is very simple, start immediately and I mean immediately, however impossible that may seem, then build upon that result and increase the walking load every day.

Steve Charlish

When I found out that I would have to undergo 6+ months of cancer treatment, I was dismayed as as I knew about the potential side effects of chemotherapy and radiotherapy. However, as a keen walker, I was 'match fit' – and that helped me to tolerate the treatments fairly well. I was also able to carry on with my daily, 1-2 hour, hilly walks throughout treatment and only missed three – though I sometimes took a bus and walked back downhill! Daily walks in nature also gave me perspective and kept me positive. Even if I sometimes didn't feel like going for a walk, I always felt better for it.

Janina Holubecki

Our New Life Member

Cindy West, Secretary



The Committee of the LFA are delighted to announce that Roy Denney has accepted their offer of becoming a Life Member of the LFA, in order to acknowledge the outstanding contributions he has made to the Association.

Roy has been a committee member since 2017 and has given generously of his time and great expertise. He has fulfilled the roles of Chairman, Vice Chairman and Editor with skill and commitment. He stepped up to ensure we had sufficient committee members to secure our survival as an organisation, for which we are very grateful. The LFA has benefited from his representation to, and membership of: The Ramblers Association, The Leicestershire Access Forum, The National Forest Committee and The Charnwood Geopark.

Roy is a gifted cartographer and he has produced a number of maps on behalf of the LFA, including the second edition of the Charnwood Forest Regional Park map. His skills and experience in establishing and organising local, national and international orienteering, running and cycling events have contributed to his overall support and challenge to the LFA.

As the author of many local and national magazine and journal articles, Roy was our capable editor of the LFA newsletter for a number of years. He continues to be a passionate advocate for walking, maintaining footpaths and accessing the benefits of the outdoors. We very much appreciate him and the outstanding contributions he has made to the Leicestershire Footpath Association. Thank you, Roy.

**To walk in the autumn when daylight is dim,
and in the winter, the sun e'er so thin.
To ramble in spring, birds rejoicing in song,
or in the summer when days are so long.
To walk by that lakeside or meandering brook,
enjoy what's around you, take time to look.
Sit on a high hill, man's world is so small,
All your cares fall away, no matter at all.**

Roy Denney



The Leicestershire Round in 24 Hours!

Just as the LFA journal was being prepared, we were contacted by Rob Eberlein, who wanted to tell us about a charity challenge he'd be taking on at the end of August:

"Starting at midday on Saturday 29 August 2026, I'll be attempting to run the full Leicestershire Round continuously – approximately 100 miles – with the aim of returning to Newtown Linford within 24 hours. Other runners will be joining me for different sections, alongside a support crew operating across ten checkpoints around the route.

As the Leicestershire Footpath Association created the Round and continues to play such an important part in looking after and promoting it, I wanted to make you aware of what we are doing. Thank you for the work you do to protect Leicestershire's rights of way and maintain such an incredible route. It will be a privilege to attempt the full Round while raising money for an important local charity."



The challenge is raising money for Wishes4Kids, a Leicester-based charity that grants wishes for children and young people with life-limiting or terminal illnesses.

If you'd like to make a donation, Rob's fundraising page is:

www.justgiving.com/page/robsfundraiser

If you'd like to find out how Rob got on, check out the LFA News section of our website!

National Forest Walking Festival

Dave Pollard

The National Forest Walking Festival ran in the last two weeks of May and this year LFA added six walks to the programme. I am pleased to report that all the walks went off without any problems. We attracted quite a few non-LFA members, and we hope that some at least will consider joining us. I would like to thank everyone who offered to lead a walk and all those who took part. I hope you all enjoyed being part of the festival and that you will consider offering to lead a walk as part of next year's programme.

At the recent evaluation meeting for the National Forest Walking Festival 2026, The LFA contribution received very positive feedback – Ed.

Seen On Our Walks – Dovecotes

Janina Holubecki

Dovecotes can be free standing or in lofts – or built into the outside of a building, for example in the gable end. In England, the creation of dovecotes can be traced back to the Norman period. Until the seventeenth century, the right to keep doves was a privilege enjoyed exclusively by the aristocracy. Lords often showcased their right to keep doves by placing dovecotes in highly visible positions on their estates.

Doves (also known as pigeons) were originally kept to provide fresh meat – also eggs, feathers and manure. The birds and their eggs could be accessed from inside the dovecote by climbing up a ladder to the 'pigeonholes'.

There's a fine 18th/19th century example of a dovecote at Church Farm, Wartnaby – on the LR+40 route. Built of the local honey coloured ironstone, it has a pyramidal slate roof and 3 tall narrow ventilation slits. (See photo below.)



Left – The dovecote at The Old Vicarage, Whissendine;
Below – Inside the dovecote at John Clare Cottage, Helpston, Northants.



A Footpath Network

Ken Brockway

We often hear of the highway network; it will usually refer to roads and travel by a vehicle. It is assumed that when travelling in a car, one road will lead to another and our journey will be seamless on tarmac.

We may forget that the highway network also includes other routes where use is restricted to those on foot or horseback. In the case of these lesser highways, they often rely on highways with higher user rights for links. We do not have a stand-alone footpath network, because linking our off-road paths too often relies on crossing or using a road. While in years gone by this may have been acceptable, as the roads get busier and safety for traffic is prioritised by 'Highway Engineers', the safety of other users can get ignored.

Our walk leaders, when mapping out a route, will soon realise the increasing limits on our walking opportunities. It may be acceptable for a lone walker to take care of their own safety when crossing a busy road or walking along a road to link inconvenient footpath locations, but completing the essential risk assessment will soon show it is not a safe route for a group walk. Our choice of walking locations is being cut up by unsafe roads.

It's all down to money. Take a look at the map of the M6 east of Garstang – an early section of motorway. Every single footpath crosses the road by its own bridge. Look at later major roads where footpaths are diverted for a considerable distance alongside the road to an essential road bridge. This makes our use of the path less attractive, with traffic noise and added distance. Even worse, as at Mountsorrel on the A6, we are expected to cross the busy dual carriageway, climbing over the barrier in the central reservation. See footpath I51, which the statement says is from Public Footpath I47 at Cossington to Leicester Road, Mountsorrel. My OS map fails to offer an alternative, but local walkers have made a path – although that remains unrecorded and hence unprotected.

While the Leicestershire Footpath Association offer members some fine walking opportunities, a small band of the membership now and since 1887 work hard to protect and improve the footpath network. Long may this continue.



The Road to Health and Pleasure Through Walking

Simon Constantinou, LFA Chairman

My first claim to fame came early in my life. When I was just a few days old, I appeared in the Northampton Chronicle. The piece informed the good people of that fine town that the heaviest baby ever recorded at Northampton General Hospital had been born and weighed 13lbs.

The story passed down to me, with some relish, was this. My father, like most men in the early 1950s, did not choose to witness an event they felt was entirely the sole business of womanhood.

So, on that memorable day, my father rang the hospital and spoke to a ward nurse:

“Has my wife had the baby yet?” he asked, to which the nurse replied:

“Baby? She’s had a little elephant!”

A description which was not far from the truth, as this photo of me taken just three months later testifies. My cheeks were so massive that my eyes squinted to make room for them. I looked like a miniature sumo wrestler.



So, you won’t be surprised to know that I have always had a weight problem. At one point in later adulthood, I weighed 19 stones.

Fortunately, I have successfully reduced my weight since then to an acceptable level. I am no longer obese, as I was 20 years ago; I am now slightly overweight, as the experts would say. Also, my Type 2 diabetes is now well managed and I have fully recovered from operable lung cancer.

I put all this down to two things: moderate exercise and walking with the LFA, which I have been enjoying since 2015. I’m not a young man: I’m in my mid seventies. However, I can tell prospective walkers that, as well as the undeniable health benefits, walking with the LFA is a very pleasurable and social experience. You make new friends and enjoy that friendship for many years. It introduces you to the wonderful villages and beautiful countryside of our amazing county. You also get to learn about one of the best and most well-maintained footpath networks in the country.

I highly recommend this uplifting and splendid activity. If you're interested, go to our website, www.lfa.org.uk, where you'll find a membership application form.

Joining the LFA and going walking is a great way to enjoy the outdoors whilst making friends in a great social gathering. This is brilliant from a wellbeing perspective. **Mark**



The LFA is an all round tonic. I've investigated all the countryside pubs and coffee houses. Tuesday's walks are the high point of my week. **Liz**

Started walking in 2015 after retirement. I look forward every week to getting out in the fresh air in the wonderful Leicestershire countryside. Keeps you young and you meet a lot of good friends. It's good for your brain as well, discussing various topics. **Alan**

Walking with the Leicestershire Footpath Association group has improved my mental health. Moving from my home town to my now home village was quite daunting, but I met some lovely new friends. One in particular introduced me to village life and the walking group. The additional exercise has helped me keep fit, shed a few pounds and maintain that weight, whilst enjoying the company and activities of my new village life in my mature years. **Denise**

I believe that walking with the LFA helps to keep me physically active in my 70s. Walking over varied landscapes in ever changing weather is more like a whole body activity: climbing over stiles of varying height and state of repair; teetering across narrow planks over streams and pulling your feet out of sticky clay when crossing ploughed fields. Mentally, it's the most relaxing and enjoyable experience. Varied landscapes with their plants and animals; fields stretching away into the distance and the sky above. The weather is never boring - heat, cold, rain, hail... Add to that great companionship and interesting conversation. I'm quite sure that walking with the LFA is good for my health. **Hanne**

Photo by Brian Green



If you enjoy walking in Leicestershire – join us!
www.lfa.org.uk