



THE NATIONAL FOREST



Medium  
6.8 miles  
(11 km)

# Monks and moorings

A scenic walk taking in woodlands, canals and historic places.



# Exploring the National Forest


Located right in the heart of the country, the National Forest embraces 200 square miles of the Midlands. It spans parts of Derbyshire, Leicestershire and Staffordshire, and aims to link the two ancient forests of Charnwood and Needwood.


After centuries of coal mining and clay extraction, the closure of the pits in the 1980s left a scarred and derelict landscape. Now, more than a quarter of a century later, millions of trees have been planted, breathing life into the landscape and its communities – turning a landscape from black to green. This bold regeneration shows how trees can transform not only the landscape, but also, vitally, people's lives and the local economy.



To find out more about the National Forest and how you can get involved, visit:

**nationalforest.org**

 @NatForestCo

 @the.national.forest

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The National Forest Company  
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National Forest Company, Enterprise  
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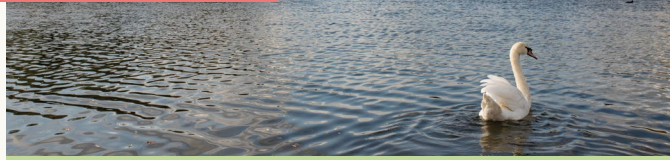
# Walking in the National Forest

There are hundreds of miles of paths and trails to explore in the National Forest, and plenty of places accessible for all ages and abilities. Grab your walking boots, your trainers or your dog and head out into the woods for a walk or a run, or try your hand at orienteering or geocaching.

Follow gentle trails through vibrant young woodlands and nature-rich ancient forests. Discover more about the area's heritage or just let a canal towpath take you to the nearest pub lunch.



## Walking highlights



### Branston Water Park

This site was created when gravel extraction ceased in the early 1950's. Rather than being filled and returned to farmland, nature has been allowed to reclaim the site and the large lake is home to resident and migratory birds and waterfowl. There are several such sites now along the Trent Valley, which continues to provide sand and gravel for construction projects across the country.



### Sinai Park House

Sinai is of historic importance, with its holy spring and views over the main River Trent crossing point. It has been a Roman outpost; a medieval manor with a hilltop moat (Scheduled Ancient Monument); a C14th monastery; a hunting lodge in 1605, when the central section of the house was built, with east and west wings later additions. Sold as a Co-op farm in 1905, it is now managed by the Sinai Park House Trust with plans for restoration as a wellbeing and learning centre.

### Battlestead Hill

This is reputed to be the site of a bloody battle between the Angles and Danes. It is an ancient woodland and contains indicator species such as dog's mercury, bluebells and yellow archangel, and has carpets of primroses and celandines in spring.



### Off route highlight

**Burton upon Trent** is a vibrant market town, well renowned for brewing and beer production. Along with numerous pubs and microbreweries, it features a wide range of attractions such as the Broomhouse Arts Centre, National Brewery Centre, Stapenhill Gardens and the Washlands. The home of national football is located at St George's Park, just outside the town.



## Be a responsible visitor to the National Forest



To get the most out of your visit, please follow some simple rules:

**Respect other people** · Consider other people enjoying the outdoors · Leave gates and property as you find them and follow marked paths

**Protect the natural environment** · Leave no trace of your visit and take your litter home · Keep dogs under effective control

**Enjoy the outdoors** · Plan ahead and be prepared · Follow advice and local signs



# Monks and moorings

Medium length



**Distance:** 6.8 miles (11km)

**Time:** Allow 3 hours

**Path type:** Unsurfaced paths, tracks, woodland trails and canal towpath. Stiles. Sturdy footwear recommended.

**Use with map OS Explorer**

**245 The National Forest**

**Start at:** Branston Water Park, Lichfield Road, Branston, DE14 3HD

**OS Grid Ref:** SK217210

**Latitude:** 52.786521

**Longitude:** -1.6790459

**what3words:**

/// manliness.curtail.rebounder

**Alternative route**

**Start at: Point 9** – Shobnall Leisure Complex car park, Shobnall Road, Burton upon Trent, DE14 2BX

**OS Grid Ref:** SK232238

**Latitude:** 52.811463

**Longitude:** -1.6570866

**what3words:** /// bath.enjoy.lights

**1** From **Branston Water Park** car park, walk back to the access drive and take the stone path to the right, and follow around the lake. After approx. 800m, bear left through a gap next to a gate, and turn right to join the bridleway to the canal towpath at **Tatenhill lock**. You are now also following the **National Forest Way** and **Silver circuit walk**.

**2** Cross the bridge and follow the surfaced path between two lakes. Continue as the path becomes a grass track to reach farm buildings. Cross the second bridge to reach Branston Road.

**3** Cross the road and follow the footpath to go through a gate. A short distance after the gate bear right (leaving the **Silver circuit walk**, but staying on the **National Forest Way**) on a grassy path uphill to a solitary tree. Continue ahead past a bench and viewpoint, and follow a grass path down through a plantation into a mature wood.

**4** The path bears right and dips down to a large beech tree, rising up to meet a junction of paths. Turn left, then right to leave the **National Forest Way**, just after a set of steps. Follow the path uphill, taking the steps to your right and walk uphill to go through a gate. Take the unsurfaced path along the side of the escarpment, turning left after 200m at the path junction, and through the trees to meet the public footpath.

**5** Turn right, following the footpath along the ridge until you reach a wooden bridge and a stile on the right. Go over the stile and turn left keeping parallel with the hedge on your left, follow the footpath through the wood and after approx. 250m take the right path fork. Continue on this path, known as the Friars Walk (can be muddy in winter), through **Sinai Park Wood**.

*After approx. 1km, look out for a track to the left at a gap in the trees which will take you through a metal gate to the restored Chalybeate Well (an 18th century plunge pool) and moat in the grounds of Sinai Park House, a private residence.*

**6** Continue on the track down the hill, to meet the drive to Sinai Park House at a stile and gate, and follow the drive to Shobnall Road.

**7** Cross the road and walk up Reservoir Road until you reach a kissing gate on the right leading into **Oaks Wood**. Follow the path to climb up through the wood, descend by a flight of timber steps, through a timber gate and follow the surfaced path to reach **Outwoods Park**.

**8** Leave **Outwoods Park** by the footbridge over the A38 to enter Shobnall Fields Recreation Ground. *(If you started from Shobnall Leisure Complex, turn right after 100m and follow the path back to the car park).* Go along the avenue of lime trees to the canal bridge.

## Map Key

Trail route	Parking
Footpath	Bus stop
Bridleway	Pub
Road	Café
Permissive path	Shopping
Woodlands	Public toilets
Rivers and lakes	Restaurant
Buildings	Arts and entertainment
Route marker	Museum
Point of interest	

**9** Cross the bridge and turn right to follow the canal towpath towards Shobnall Marina.

**10** From Shobnall Marina continue along the canal towpath, over a small hump-backed bridge, and follow the canal for approx. 4km towards The Bridge Inn at Branston.

**11** Continue on the towpath past The Bridge Inn until you reach the entrance to Branston Water Park car park and the end of the walk.