



Medium
5.5 miles
(9km)

Mythaholme & memorials

A walk exploring the history of the Trent Valley from mediaeval times to present day.



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
-  @NatForestCo

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The National Forest Company
Charity No. 1166563

National Forest Company, Enterprise
Glade, Bath Yard, Moira, Swadlincote,
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THE NATIONAL FOREST



Mythalholme & memorials

Medium length

Distance: 5.5 miles (9km)

Time: Allow 3 hours.

Path type: Unsurfaced paths, tracks, farmland and tarmacked sections. Stiles. Sturdy footwear recommended.

Use with map OS Explorer 245 The National Forest

Start at: National Memorial Arboretum, Croxall Road, Alrewas, Staffordshire, DE13 7AR
Check website for opening times nma.org.uk (Parking charges apply).

OS Grid Ref: SK181145

Latitude: 52.728145

Longitude: -1.7326140

what3words: /// grid.investors.dizzy

Map Key

	Trail route		Parking
	Footpath		Bus stop
	Bridleway		Pub
	Road		Café
	Woodlands		Shopping
	Rivers and ponds		Public toilets
	Buildings		Museum
	Route marker		Picnic area
	Point of interest		Cinema

1 Starting from the Arboretum car park, leave through the main gate and turn right along Croxall Road (also the **National Forest Way**), past Alrewas quarry, to the A38. Turn left and follow the footway parallel to the carriageway up the slip-road to the roundabout. With care, turn right (signposted Kings Bromley and Rugeley) along the tarmac footway. Ignore the first right turn to Alrewas and carry straight on.

2 Turn right into Alrewas along Fox Lane. Cross over Main Street to Post Office Road, passing the war memorial on the right. Follow Post Office Road past The Crown Inn to the T-junction.

Alrewas is one of the oldest recorded communities in the Midlands, with a church noted here since 822. It was a fording point of the rivers Tame and Trent on an important trading route. The village developed to support the trade people, especially during times of flood. In medieval times, a salt road from Cheshire to London passed through Alrewas, and the A38 to the east of Alrewas follows the route of Ryknild (or Ickneild) Street, a Roman road.

3 Turn left over the canal bridge and then immediately right onto the towpath. Go past Alrewas Lock and cross the black and white metal footbridge over the mill stream. The **National Forest Way** turns left here, but continue along the towpath and over a series of narrow metal footbridges.

St. Leonard's Church is accessible from the public footpath on your left just before you reach the bridge. The east arch of the tower of the church dates back to 1200 AD, and the rest of the building from the 14th century. The lost mediaeval village of Wychnor is on the higher ground opposite the church.

4 Pass under the bridge and continue along the towpath to Wychnor Lock. Cross the canal bridge and follow the towpath (with the canal now on your left) to pass under a small road bridge and keep ahead. Immediately after bridge number 41, turn right and climb up the grass bank (*take care – this is steep and can be slippery in wet weather*). Step over the metal crash barrier onto the tarmac footway. Then turn right and cross the canal bridge.

5 Follow the road to Catholme as it loops to the right and cross the A38 road bridge. After about 100 metres take the lane to the right (signposted Catholme) and follow this as it bends to the left as far as a T-junction before some farm buildings.

6 Turn right here (at a wooden fingerpost) and, ignoring any side tracks, follow the track past Barton Quarry and over the railway.

The rich sand and gravel deposits in the Trent Valley have been extracted since the 19th century. As the gravel extraction ceases, these areas will be gradually returned to nature and provide a new wetland habitat, like at Tuckleshome and Croxall Lakes Nature Reserve. These gravel pits have produced important archaeological finds dating back to the ice age, including the remains of a woolly rhino, mammoth, reindeer, wild horse and a wolf as well as plants and beetles.

7 Turn right at a wooden fingerpost (50m after the railway bridge) and follow the track that runs parallel to the railway line. At the end of the track fork right to cross the blue Mythalholme footbridge and turn immediately left to follow the grass path along the River Tame.

8 Turn right at the picnic area, with Mac's woodland on your right. Follow the path with the river on your left, under the railway bridge, onto the Royal National Lifeboat Institute Memorial. From here you can bear right across the grass to pick up Millennium Avenue; turn left and follow it back to the main buildings, shop and restaurant and onto the car park – your start point. Alternatively you can explore the wider grounds of the Arboretum, following the signposts back towards the centre.