This May is National Walking Month! Whether you walk to work or on your day off, find time this May to get active outside. Check out all the available group walks, events and route you can take part in this May!
Regular group walks take place weekly in and around Kettering. A great opportunity to get active, meet new people and explore some of Kettering’s hidden gems. For more information, see the list of walks and contact details below.

**KETTERING**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>10am</td>
<td>Holiday Inn Car park</td>
</tr>
<tr>
<td>Thursday</td>
<td>11am</td>
<td>The Green Patch</td>
</tr>
</tbody>
</table>

For more information call Vicky Bowden on 07703 720652 or email Vicky.Bowden@groundwork.org.uk

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>12.30pm</td>
<td>Outside the Cornmarket Hall</td>
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</tbody>
</table>

For more information call Aba Wilson-Morkeh on 07725 685090 or email abawilsonmorkeh@gmail.com

**BURTON LATIMER**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday</td>
<td>2pm</td>
<td>Burton Latimer Library</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>10am</td>
<td>Burton Latimer Library</td>
</tr>
</tbody>
</table>

For more information call Vicky Bowden on 07703 720652 or email Vicky.Bowden@groundwork.org.uk
Great Cransley

**Distance:** 3 miles  
**Time:** Approx. 75 minutes  
**Start Point:** Church Ln, Kettering, NN14 1FX  
**Additional information:** The Three Cranes public house offers refreshment or explore Great Cransley Church. The small village of Great Cransley, located off the A43, offers a peaceful village walk across the countryside of Kettering. During the course of the walk, Cransley church and its stunning stained-glass windows can be seen throughout. Parking is available in the village.

Twywell Hills & Dales

**Distance:** 1.25 miles  
**Time:** Approx. 45 minutes  
**Start Point:** Twywell, Kettering, NN14 4AW  
**Additional information:** A short walk to Cranford offers food and refreshment at The Red Lion or The Old Forge Tea Rooms. Located just off the A14 at junction 11, the Twywell Hills & Dales is an idyllic natural reserve. Once used for quarrying iron ore, this reserve has now returned to its natural habitat full of wildlife. A short walk, but has loads to explore or stop and enjoy the beauty of the reserve. Parking is available on site.
Harrington
Distance: 5 miles
Time: Approx. 120 minutes
Start Point: High St, Harrington, Northampton, NN6 9NU
Additional information: The Tollemache Arms provides refreshment in the village of Harrington. The village of Harrington lies just north of the A14, between junction 2 and 3. The longest of the Walkers Guide routes, spanning across a number of quiet villages within the borough. Packed with sites, history, wildlife and much more. Parking is available in the village of Harrington.

Great Addington
Distance: 4.25 miles
Time: Approx. 120 minutes
Start Point: Main Street, Great Addington, Northamptonshire, NN14 4BJ
Additional information: The Hare and Hound Pub located in Great Addington and The Water Mill Tearooms located on the walking route. The Village of Great Addington is located outside the borough south of the A14, but offers a wide range of activities along this peaceful walk. From exploring the countryside and its wildlife, walk along the River Nene, and discovering the Blackthorn Lake Marina. Parking is available in the village of Great Addington.
Join the Kettering & District Ramblers Club over May for one of their walks. A great opportunity to explore new walks and areas of the borough in a friendly group environment. To book a place, please see contact details below;

**Grendon Lakes**
(Duration: 6 miles)
Thursday 16th May, 09:45 meet
Contact information: Walk Leaders Sue & Peter - 01536 357676

**The Wharf Inn, Welford**
(Duration: 5.5 miles)
Saturday 25th May, 09:45 meet
Contact information: Walk leaders John - 01536 520832 & Julie - 07867994185

**The Olde Three Cocks, Brigstock**
(Duration: 5-6 miles)
Thursday 30th May, 09:45 meet
Contact information: Walk Leaders Roger - 01536 669618
Option to order food is available, please contact Roger for more information
This May is National Walking Month! Whether you walk to work or on your day off, find time this May to get active outside. Check out all the available group walks, events and route you can take part in this May!

**Lake Avenue Circuit**
Kettering Swimming Pool - Bowling Green Road - Northampton Road - Lake Avenue - Thurston Drive - left BEFORE Abbotts Close - Headlands - Kettering Swimming Pool
Approx. time - **50 mins**
Approx. steps - **5,400**

**London Road Circuit**
Kettering Swimming Pool - St Mary’s Road - Piper’s Hill Road - Windmill Avenue - between KRFC and Tresham College - London Road - Kettering Swimming Pool
Approx. time - **35 mins**
Approx. steps - **4,300**

**Meadow Road Park**
Kettering Swimming Pool - Sheep Street - George Street - Saunders Close - Meadow Road Park - Meadow Road - High Street - Kettering Swimming Pool
Approx. time - **15 mins**
Approx. steps - **1,500**

**Cemetery History Walk**
Join the Friends of Kettering Art Gallery & Museum for a fascinating walk and talk around London Road cemetery. The walk starts at 10am on Thursday 16th May, lasting approximately 90 minutes. Suitable for anyone aged 12+ and the walk will cost £5 on the day.
For more details or to book a place please contact davidbrowndoc40@gmail.com or barbara.a.lewis@ntlworld.com
Below are some local points of interest worth going to visit that you can walk to, or around.

**Alfred East Art Gallery**
The gallery is 2 minutes away and entry is FREE. The display of artworks is changed from our permanent collection a minimum of four times a year.

**Manor House Museum**
The gallery is 2 minutes away and entry is FREE. Covering the history of the Borough, the Museum is packed with fascinating objects including Archaeology, Natural History, Geology and Costume - find out what makes Kettering unique. There are also monthly lunch time talks.

**Boughton House**
This stately house is located northeast of Kettering (NN14 1BJ), and holds one of the most amazing collections of fine art, furniture, tapestries, porcelain and carpets. Also, take your time to explore some beautiful landscaped gardens, woodlands and the grand country park which surround the house. Open May Bank Holiday Weekend  25th - 27th May 12pm - 5pm (last entry at 4pm).

**Rushton Triangular Lodge & Hall**
Located in the village of Rushton (NN14 1RP), the Triangular Lodge and Hall offers some stunning architecture and gardens. Packed fully of the history of Kettering and the Tresham family, this site is worth the visit. Easily accessible via walking routes form Rushton, Desborough, and Rothwell.

**Jurassic Way**
The Jurassic Way is a long distance recreational route that spans across Northamptonshire and more, totalling 88 miles. Originating in Stanford and leading down to Oxfordshire, the route follows a band of Jurassic Limestone (140-195 million years old) that runs along the Northamptonshire's northern boundary.