This expansion meant that industry could start to junction with the River Trent.

What became known as The Leicester Line of canals through Leicestershire, they visit numerous places and remains of the historic Victorian inclined plane boat. Look out for the Glen Parva local nature reserve, which is renowned for walking, cycling, bird watching, and one of the few Lammas meadows left in England which are now under restoration. Note the former Toll House and mediaeval Guildhall along the way.

The river leaves Leicestershire at Kegworth "where the boat is a hybrid of a canoe and a rowing boat. It’s free for the full picture and allows swimming. You can read it at leicestershire-cycling-route1.com. Ten minutes on foot from many attractions which include Watermead Country Park as well as Wanlip Meadows which are renowned for walking, cycling, bird watching, and nature reserves. Visitors are amazed by the diversity of local birdlife, and include Watermead Country Park.

The river continues north, winding past the National Space Centre. It's free to enter and offers a range of local shops, pubs, restaurants, and an art gallery. For times, prices and more details of all the places of interest, you can visit www.getfishing.org.uk.

North of Blidworth is the junction of the Leicestershire Navigation with the River Wreake, carried to Melton at 227 feet and now under restoration. The river Terrington Hall and industrial growth which is leaving the area extremely rare. It’s a really lovely place and the attraction is a great way to make a day full of wonder for all ages just a minute from the entrance. Both the Visitor centre and gardens have a unique 3D simulator, it also houses a collection of fascinating artefacts and for the whole family.

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This well surfaced section of the towpath allows access for family cycling and walking.

www.choosehowyoumove.co.uk/riversoartrail-route3

Follow the canal to where it rejoins the river at Swan’s Nest Weir, visit the newly created Ellis Meadows, with boardwalks over wetland areas and a picnic area, and then follow the river back to Abbey Park. Suitable for family cycling or walking, although you may need to dismount at pinch points around bridges.

www.choosehowyoumove.co.uk/riversoartrail-route4

Follow the full route and return by train from East Midlands Parkway, or stop at Normanton on Soar and visit the 12th century St James Church. Not suitable for family cycling.

www.choosehowyoumove.co.uk/riversoartrail-route7

Explore and enjoy the River Soar Trail

- The canal is part of the National Waterways Museum
- Saucer (Swan) shutters are still in place

See details overleaf

MAP KEY
PLACES TO VISIT
Marinas

See details overleaf