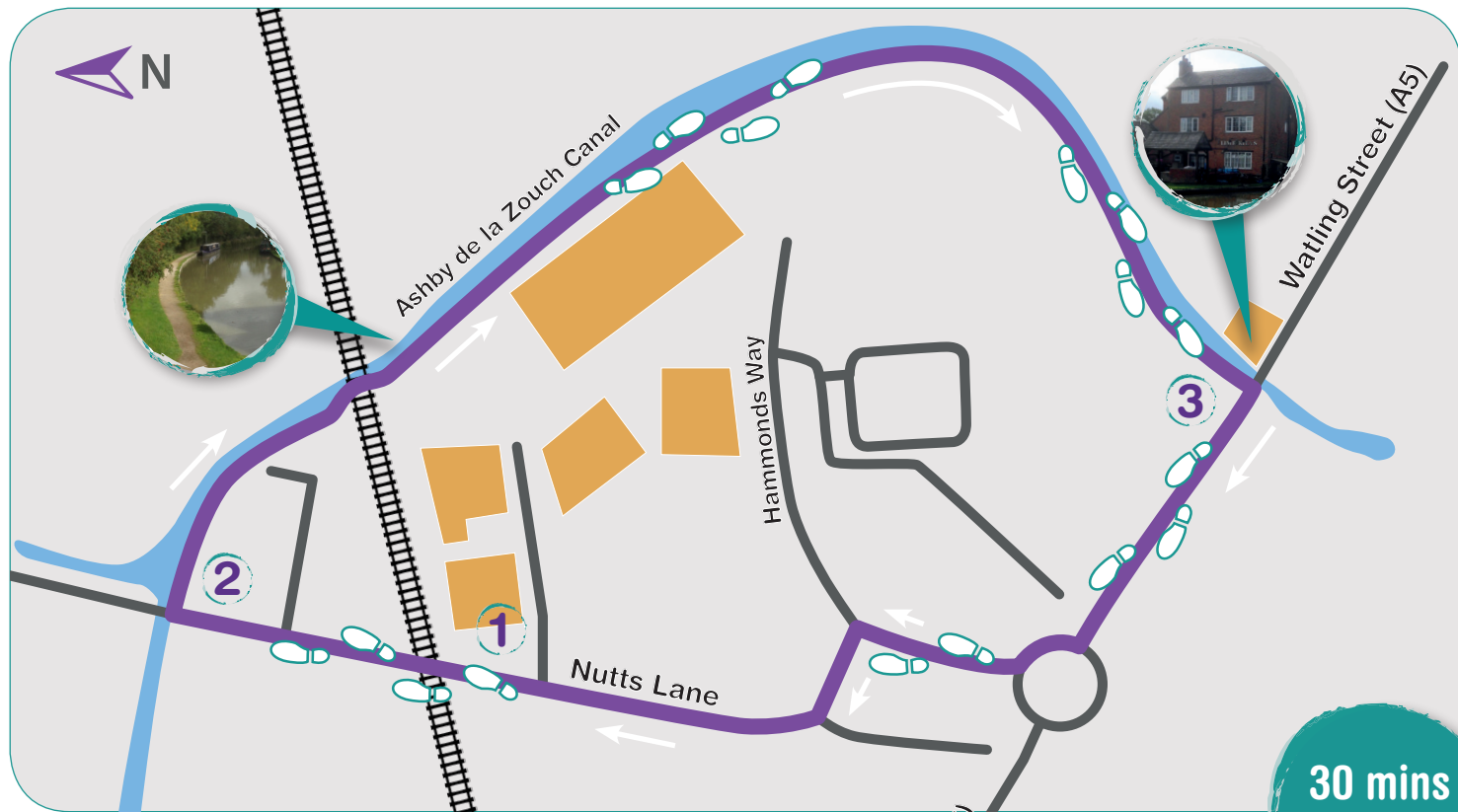


Ashby Canal & Lime Kilns

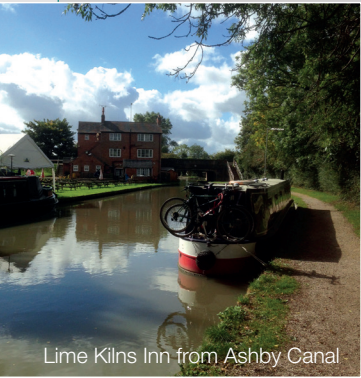


30 mins
1 miles

Quick Tips

Walking 30 minutes a day helps with weight management

Ashby Canal & Lime Kilns



Route Guide

This route takes in the Ashby Canal which was opened in 1804 under an Act of Parliament in the reign of George III and leads to the Lime Kilns Inn which gives an indication of the history and usage of this canal. Lime kilns were built in locations that were a favourable distance from the raw materials and their onward distribution, hence the location on the A5.

- 1 Turn right out of Hammonds Nutts Lane site onto Nutts Lane.
- 2 Go under the bridge and head up towards the traffic lights. Turn right onto the towpath that runs alongside the canal until you reach the Lime Kilns Inn.
- 3 Take the steps up to the A5 and turn right again following the pavement back to the roundabout. Turn right into Nutts Lane. Where Hammonds Way bears round to the right, cross over and turn left back onto Nutts Lane.



Nutts Lane / Logix 2

Quick Tips

1m = 2000 steps – 20% of the way to the recommended 10,000 steps