

Stage 1 – Breaston to Chellaston (Start to Checkpoint 1) Distance 10.5 miles

1. Start on **BREASTON PLAYING FIELDS**, head up through gates cross immediately onto right side of Longmoor Lane. Turn right onto **RISLEY LANE** and by **NAVIGATION INN**, cross road and follow **NATIONAL CYCLE ROUTE 6**. After 300 yds cross track then straight on, old **DERBY CANAL CYCLE ROUTE 6**. After 0.7 miles a small wood is met on the **L**. Take the path **L** across the 4 concrete slabs (MW) through the wood to the gap in the hedge and then half **R** on the diagonal path/track across the field. Go **R** through the large gap and along the broad grass strip with the hedge on your **R**. At the mud/brick road turn **L** and follow it over the railway bridge, going down the street with the large factory and Clock Tower on your left. At the main road turn right, then cross over after 20 yards to go down **LODGE STREET** (just before the Coach and Horses). At the sharp R bend, go straight on following the footpath sign (**DN**) between the white house and the brick wall. Follow footpath until reaching a pumping station on **WILNE LANE** where you turn **L**.
2. After 100 yds take the footpath on the **L** over the stile (**DN, & CIRCULAR WALK 4**). Follow the path, cross stile, crossing one bridle path (**DN**) via stile slightly to **L (A)** and continuing straight on. Footpath is on top of a grass embankment with gorse bushes & stone bridleway below and parallel on R railway bridge, going down the street with the I At end of embankment, drop down to stile and continue straight with hedge on right and bridle way parallel other side of hedge, until stile to road **WILNE LANE** again.
3. Turn **R** on **WILNE LANE (DN,MS)**, and when the **RIVER DERWENT** is reached turn sharp **L** (Public footpath sign to **SHARDLOW**) past a **PRIDE OF DERBY ANGLERS SIGN** and follow the river downstream for a few yards before crossing river on footbridge.

4 Follow the path from the bridge straight across the large field **aiming for a brick house, observe ditch 50 yds parallel to your left** exit onto **WILNE LANE** via a metal stile by the gate on the **L**. (**DN** on signpost)

5. Join and follow tarmac of **WILNE LANE** through a **R** and **L** bend in the midst of the few houses of **GREAT WILNE**.

6. Continue down the road until **SHARDLOW** is entered. Cross the bridge over the canal in front and take the track immediately **L** down to the canal towpath and turn **L** under the bridge number **2**. (**HERITAGE WAY** sign on pipe). The canal is on your right!

7. **NOTE:** The canal towpath is now followed **WEST** for around 6 miles, there are canal mile posts with distance from Shardlow.

You will pass bridges 3A, 4, 5, 5a, etc , keep going until Swarkstone lock where you leave the canal at bridge **14**.

By bridge 12 observe canal mile post, Shardlow 5 / Preston Brook 87.

NOTE THERE IS A BWB Watertap At Weston Lock, BWB Key Required.

8. Pass under the railway line **BRIDGE 13A** and then approach **SWARKESTONE LOCK (BRIDGE 14)**

LEAVE THE CANAL by turning **R** over **BRIDGE 14** following **CYCLE ROUTE 6 TO DERBY**

9. The cycle path passes under the A50 once more follow the main path, **IGNORING DIVERSION**. Cross new but unopened road between construction fences and carry on to **CP1**.