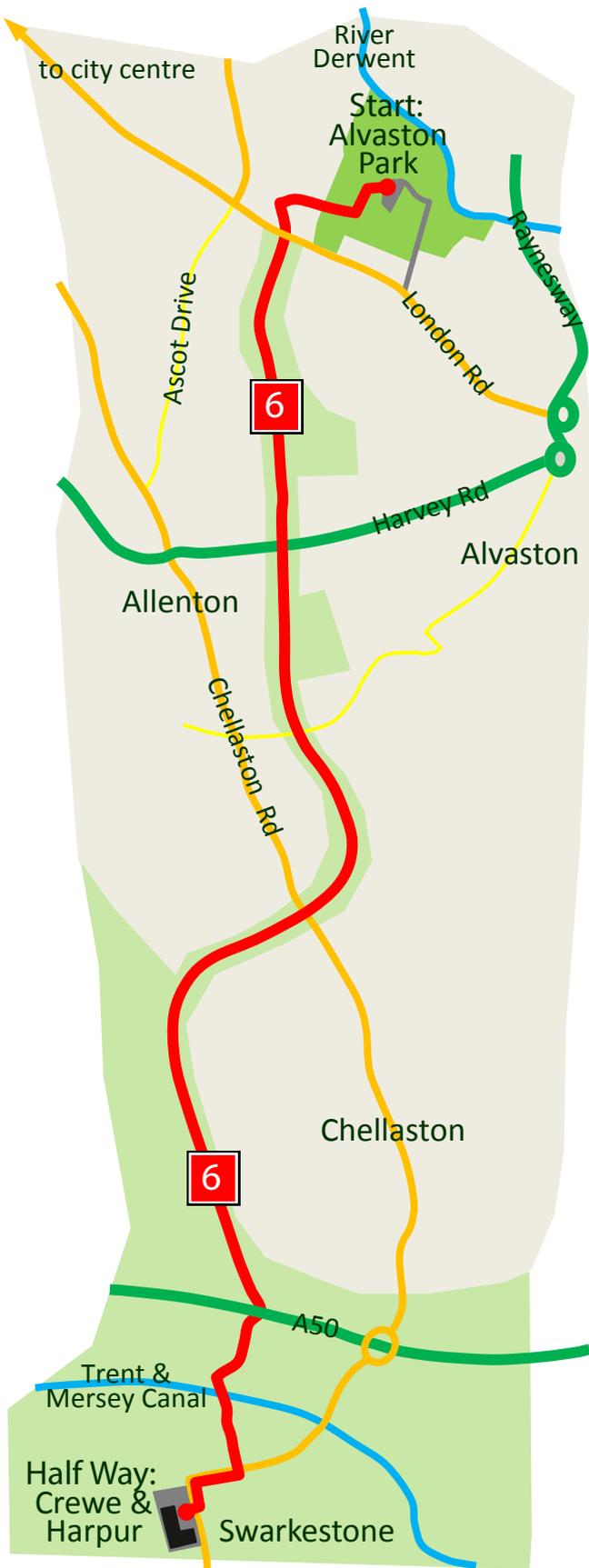


Distance: 9 miles  
Time: 3 Hours  
Calories: 650  
Fitness Level: High

## The Old Canal Walk



This walk is a long one! Follow the leafy and peaceful path of the old Derby Canal all the way from Alvaston Park to the [Crewe & Harpur](#) pub in Swarkestone. It mainly follows Route 6 of the National Cycle Network, so it's really easy to navigate. You will enjoy tree lined paths, tranquil canals and a pub for refreshments.

It's very flat as it follows the path of an old canal so no real hills to climb but it's 4.5 miles each way so you need to have stamina and it will probably take you most of a morning or afternoon. Perfect for anyone looking for a real challenge.

Follow our simple directions:

1. Start at Alvaston Park, which has a large car park, is on bus route 41/42/44 from Derby or is 15 mins walk from Derby down the river path. It's postcode is DE24 8QQ.
2. Walk to left hand side of the big building in the car park and you'll find a footpath.
3. Walk down the footpath in a direction away from the building, back past the edge of the car park. Follow the path for about 120m or 500 feet and take the turning to the Right.
4. Follow signs for Route 6 towards Chellaston.
5. Stay on Route 6 for 4 miles until you reach the Trent and Mersey Canal.
6. Cross over the Canal, and walk onto the country road (Pingle Lane).
7. Walk to the end of Pingle Lane and turn Right onto Swarkestone Road.
8. Follow Swarkestone Road for about 5 mins around the left hand bend and you'll see the pub on the right.
9. Follow the same route home or you can catch the [61 bus](#) from the pub back to Derby.



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