# Walk 4 Swingate and Babbington

**4 miles.**

**This walk is also suitable for mountain bikes and is mainly on bridle paths and lanes. It will take 2 hours to walk at a leisurely pace and much less on a mountain bike. Good grip walking boots or shoes are recommended.**

1. Turn right as you leave Strelley Hall and continue to the very end of the lane/track, crossing the M1 near Holly Lodge. Follow the path to the left once over the M1 and as it bends right keep straight on. The water tower at Swingate can soon be seen in the distance.
2. The track joins a lane on the approach to Swingate, keep stratight on and you soon come to a right hand corner, look out for the narrow footpath that takes you straight on. Take this and you will come out on a lane. Turn left and walk past the water tower on your right.
3. Continue along this lane passing a cluster of bungalows on the edge of the village. The lane turns into a track and bends right. Ignore the first footpath sign on the left and continue along the track. You will see Ilkeston and good view over into Derbyshire to the left. After about 200m turn left at the next sign to Cossall and Babbington village. (Mountain bikes go straight on here taking the next left to join the lane after passing Babbington Hall)
4. Walk straight on with the hedgerow on your left and go through 3 kissing gates, then with a hedgerow on your right walk past a house. A footpath sign guides you diagonally left onto a track and after 40m another signpost points right to join a lane.
5. Keep on down the lane for 500m passing a fork on the right that leads up to Babbington Hall. At a sharp right hand bend take the bridle path on the left signposted to Cossall Church and Strelley.
6. Keep on this bridleway as it gradually rises, passing woodland on the left. At the top you will see Spring wood in front of you and a farm on the left. At this crossroads turn right and walk down a wide farm road.
7. After about 500m there is a gate with a road to the right, keep straight on and after about 100m cross a road leading to a farm and carry on up the track. With a fence and horse field on your right, keep on the path as it climbs and curves slightly to join a lane.
8. With woodland on your left, walk along the lane, then cross over the M1 again and continue to the T-junction at the end and return to Strelley Hall.

