

## Key Info



Scan or visit  
[bit.ly/normanton-on-soar](http://bit.ly/normanton-on-soar)  
to find the map  
in Mapometer and  
download the GPX file

**Start & finish:**  
The Plough, Normanton-on-Soar  
LE12 5HB  
Roadside parking by the pub

**Time:** 1-2 hours  
**Distance:** 4.3 miles  
**Locks/Portages:** 0

A serene paddle along the picturesque Notts/Leics border. Meander along the River Soar taking in open landscapes, abundant wildlife and the natural setting of the river.

This paddle takes you through overgrown areas of the river only accessible by paddle power... a real opportunity to reconnect with nature and go on a little adventure!



- ① Put in at the pub where you will find a public launch point. There is also a commercial canal boat which runs from here.
- ② Paddle left as you put in, against the flow of the river, and admire the beautiful houses and church which back onto the river.
- ③ After around 1 mile the river splits. Take the left hand arm of the river and meander up, against the flow, and take in the picturesque views and wildlife along this quiet stretch.
- ④ The river gets narrow and shallow in certain parts, so take care passing through. Pass under one bridge and continue your paddle through this secluded part of the river.
- ⑤ Your turning point is the island at Stanford-on-Soar. This is a great little spot for a picnic.
- ⑥ Retrace your journey back – it's a gentle paddle with the flow. Finish at the pub where you began your paddle.



Find more  
paddling trails at:  
[gopaddling.info](http://gopaddling.info)



The Plough Inn – Food and drink available all week round  
<https://theploughnormanton.co.uk/>

Village of Normanton on Soar - Normanton on Soar, dating from the 11th Century (maybe earlier), is situated beside the river Soar at one of the most southerly points in the county of Nottinghamshire. This historic village is home to one of the last operating chain ferries in the country, the only lived in cruck building in Nottinghamshire and a 13th century Grade I listed parish Church.

Further information:

[https://en.wikipedia.org/wiki/Normanton\\_on\\_Soar](https://en.wikipedia.org/wiki/Normanton_on_Soar)  
<http://www.normanton-on-soar.co.uk/>

Visit our website  
[britishcanoeing.org.uk](http://britishcanoeing.org.uk)  
 for more information



## Safety and Licences

*We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.*

### Paddle Safe:

Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & suncream!

### Paddle Responsibly:

Respect the natural environment and other users:

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

**Licence Information:** The waterways in this trail are managed by the Canal & Rivers Trust and require paddlers to hold a licence. British Canoeing membership includes a full annual licence for this waterway - please take your membership card with you as this acts as your licence.

Non-members can either purchase a British Canoeing membership from [www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk) or buy licences direct from [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk)

