

What kind of paths will I find



Each walk card has a letter and number (for example **B3**) in the top right hand corner. It describes the slope and surface of the easiest part of the route in dry weather. There will be more difficult sections.

Slope:

- 1** = Gentle (up to 1:20)
- 2** = Quite gentle (up to 1:16)
- 3** = Fairly steep (up to 1:12)
- 4** = Steep (up to 1:8)
- 5** = Very steep (over 1:8)

Groundwork

is a leading environmental regeneration charity making sustainable development a reality in the UK's poorest neighbourhoods. Groundwork uses the environment as a means of engaging and motivating local people to improve their quality of life.

Surface (in dry weather):

- A** = Smooth (tarmac, paving, concrete etc.)
- B** = Quite smooth (short grass, compacted earth, compacted stone etc.)
- C** = Uneven (worn grass, loose stone, some ruts and tree roots, etc.)
- D** = Rough (long grass, soft earth, sand or gravel, severe ruts & tree roots, etc.)

Greenwood is Nottinghamshire's Community Forest. Set in 161 square miles, it is being created through a working partnership which is transforming the local landscape, making it a greener and healthier place to live. For further information telephone 01623 758231 or visit www.greenwoodforest.org.uk

If you are interested in joining one of the many Walking the Way to Health groups in your area, contact the Greenwood Team on 01623 758231

- Wear sensible shoes and clothing to suit the weather
- Wear something reflective in poor light
- Take care crossing roads
- Always walk towards oncoming traffic
- Tell someone where you are going
- Carry a mobile phone.

Before using these walk cards please read the information in this folder.



A Step Forward - Your guide to walking your way to health in Greenwood, Sherwood and beyond

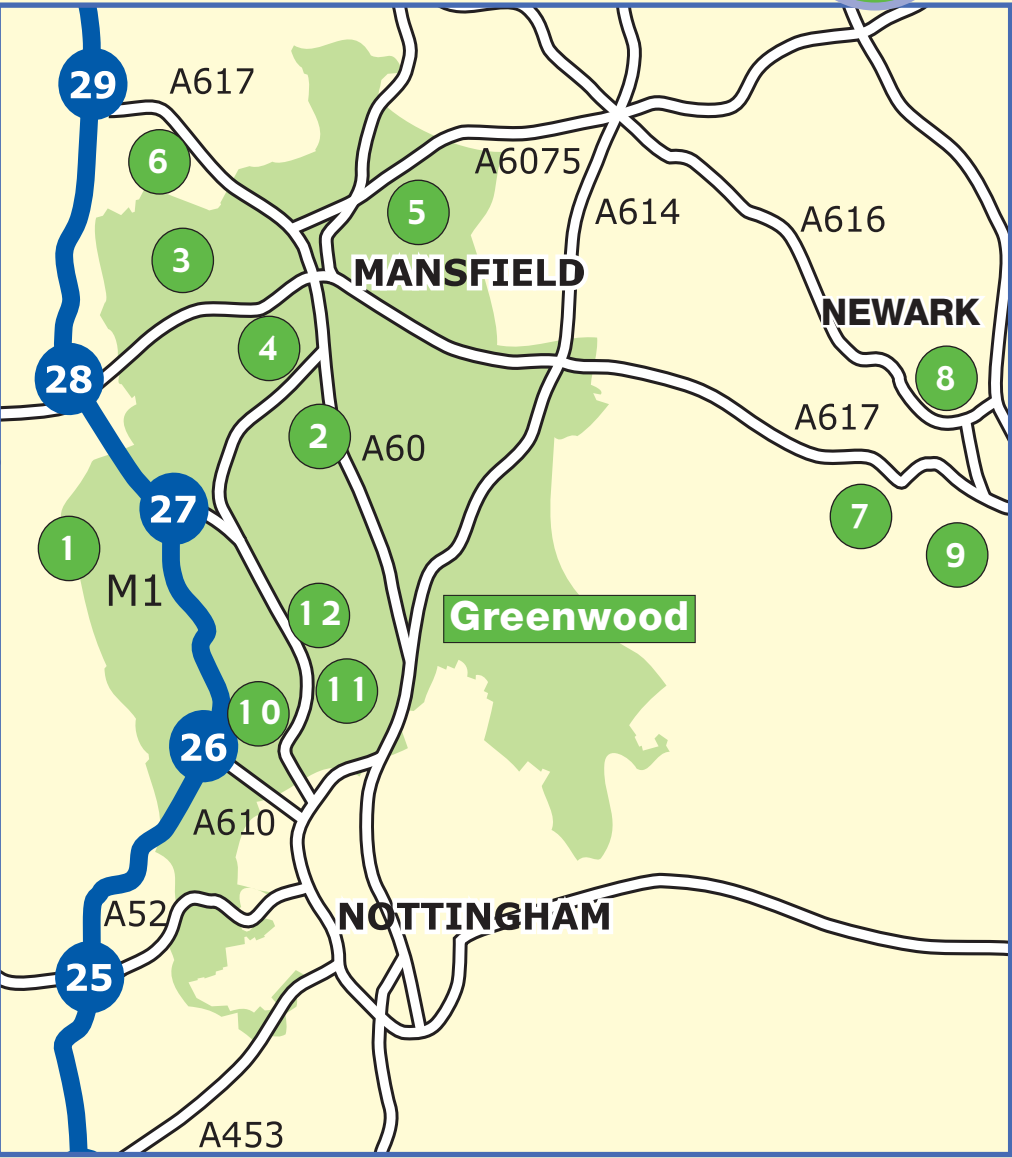


A Step Forward

Walking your way to health in Greenwood, Sherwood and beyond



Where to find the Walks



1. Jacksdale

2. Thieves Wood

3. Teversal Trails

4. Kings Mill Reservoir
5. Maun Valley Park

6. Rowthorne Trail

7. Fardon Marina

8. Newark Riverside
9. Balderton Lake

10. Eelhole Wood

11. Titchfield Park

12. The Ranges

Pacing Yourself for Health Benefits

Walking is a great way to improve your health and just about everyone can do it. Walking 30 minutes a day, 5 days a week can bring substantial health benefits, but even getting out into the fresh air can improve your health and make you feel great. If you have a health problem please seek medical advice before undertaking a walking programme. If you are not a regular walker, start gently. Gradually build up the distance you walk, then build up your speed.

Aim to walk at a pace where you feel a bit warmer and your heart is beating a little faster than usual. You should always have enough breath to talk while walking. There are sections marked on each map where you could try to build up your speed before returning to your normal pace.

Walking speed (mph)		Walking fast but not out of breath				
Men	Women	Under 40	40 - 55	55 - 65	65 - 75	Over 75
5.0	4.5	VF	VF	VF	VF	Wow!
4.5	4.0	F	VF	VF	VF	VF
4.0	3.5	F	F	F	VF	VF
3.5	3.0	JF	JF	F	F	F
3.0	2.5	UF	UF	JF	JF	JF
2.5	2.0	UF	UF	JF	JF	JF

VF = Very Fit F = Fit JF = Just Fit UF = Unfit

Walking the Way to Health is a national initiative of the British Heart Foundation and the Countryside Agency.

Cover photograph courtesy of Andy Parks.

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Features:

A circular walk around the Marina, a pleasant walk particularly picturesque in summertime when the site attracts lots of activity due to the picnic site. A chance to sit and watch the world go by as larger boats glide into the marina.

- Excellent opportunities for bird watching.
- Plenty of seating.

Opening Times:

- Farndon Marina has open access.

Location:

- Car Park at the southern entrance to the Marina, across from the public house on Wyke Lane, which serves food. There is also a restaurant close to the car park. O.S. Street Atlas ref. Page 138 C3.
- Buses: Pathfinder 91 from Nottingham, Roadcar 84 from Newark. Contact Traveline on 0870 608 2608.
- There is a small village shop at the end of Wyke Lane.

Paths and gates:

- There are two potential circular routes with other explorer paths that lead to Newark.
- Paths are generally worn grass with some ruts. Not all of the route is accessible to wheelchairs.



Features:

A circular walk in a tranquil spot with good access from several points including the National Cycle Route to the west.

- In particular the walk through birch woodland on the peninsular is very worthwhile especially in Autumn when there is a fine display of red and white spotted cap mushrooms (Fly Agaric). Other unusual sightings include kingfishers, great crested grebes and several terrapins sunning themselves on the banks.

Opening Times:

- Balderton Lake has open access.

Location:

- Car Park on Heron Way, and parking on residential streets surrounding the route.
- O.S Street Atlas ref. Page 140, A2, A3, B3 (Car Park)
- Buses: London Road 81, 82, 55, 602, Hawton Lane (adjacent to Londis): 82. Contact Traveline on 0870 608 2608
- Telephones on London Road (close to Grove Resource Centre or Sir John Hunt Primary School).

Paths and gates:

- Paths generally good with gentle slopes particularly adjacent to the National Cycle Route and on the southern most part where paths are compacted stone.
- Some gates are unsuitable for wheelchair access, however new paths have been constructed for easier use particularly for pushchairs.





Features:

A circular walk with good views over the River Erewash and the Derbyshire countryside beyond. This local nature reserve is managed by Notts Wildlife Trust and is a haven for butterflies.

- There is a play park along the route and good links to further footpaths on an explorer route.

Opening Times:

- Jacksdale Nature Reserve has open access

Location:

- There is a car park at the centre of the village, next to Jacksdale Community Centre opposite the war memorial.
- O.S. Street Atlas ref. page 182 A2.
- Buses: From Nottingham No.1 and from Mansfield no. 90 Trent Barton. Contact Traveline on 0870 608 2608.
- There is a small supermarket closeby. Jacksdale Garden Centre and coffee shop is a 10 minute walk along the Main Road.

Paths and gates:

- Paths are generally level and good (**B**) but a steeper gradient (**4**) over a long incline.
- There is plenty of seating, but the route is not accessible to wheelchairs.





Features:

- A small woodland adjacent to housing with a series of footpaths.
- A good starter walk.
- Views over fields towards Watnall brickyards
- Opportunities for bird watching.

Opening Times:

- Eelhole Wood has open access.

Location:

- Located to the west of Hucknall
- O.S. Street Atlas ref. Page 145 E2
- Buses: Contact Traveline on 0870 608 2608
- Public House (The Harrier) close by
- On road parking adjacent to the walk.

Paths and gates:

- Woodland paths can be muddy at times
- Mostly level gradient
- Some gates not accessible to wheelchairs.



Features:

- A large reservoir and area of natural beauty
- Provides habitats for a wide range of fascinating wildlife, and is ideal for peaceful walks, nature study and sailing on the reservoir itself.
- A birdwatchers paradise being abundant with a wide variety of land and water species.

Opening Times:

- Kings Mill Reservoir has open access.

Location:

- On the Mansfield and Sutton-in-Ashfield border
- Car parking on site
- O.S. Street Atlas ref. Page 101 E2
- Buses: Contact Traveline on 0870 608 2608
- Part of the Timberland Trail and Maun Valley Trail
- Close to Kings Mill Hospital and Superstore with café and toilets.

Paths and gates:

- Mainly good compacted stone, or tarmac paths with few gradients
- Wheelchair accessible from the car park to the east and north of the route.



Scale

Features:

- Part of the Maun Valley Trail, this walk offers views of mature woodland, grassland and the River Maun which is an important habitat for water voles.
- Good opportunities for bird-watching.

Opening Times:

- Maun Valley Park has open access.

Location:

- Located between Mansfield and Mansfield Woodhouse
- O.S. Street Atlas ref. Page 88 B1
- Buses: Contact Traveline on 0870 608 2608
- Car park off Old Mill Lane.

Paths and gates:

- Paths grassy or compacted stone and are mainly level.
- Wheelchair access from New Mill Lane (parking area).



Features:

- A trails network on the trackbeds of the former colliery
- Abundant wildlife and flora
- Coal Garden and picnic area, and Teversal Trail wood sculpture
- Links to Rowthorne Trail.

Opening Times:

- Teversal Trails has open access.

Location:

- Visitor centre with café, local heritage displays and toilets, tel: 01623 442021 for opening times
- Ample car parking at the visitor centre
- O.S. Street Atlas ref. Page 100 A4
- Buses: Contact Traveline on 0870 608 2608.

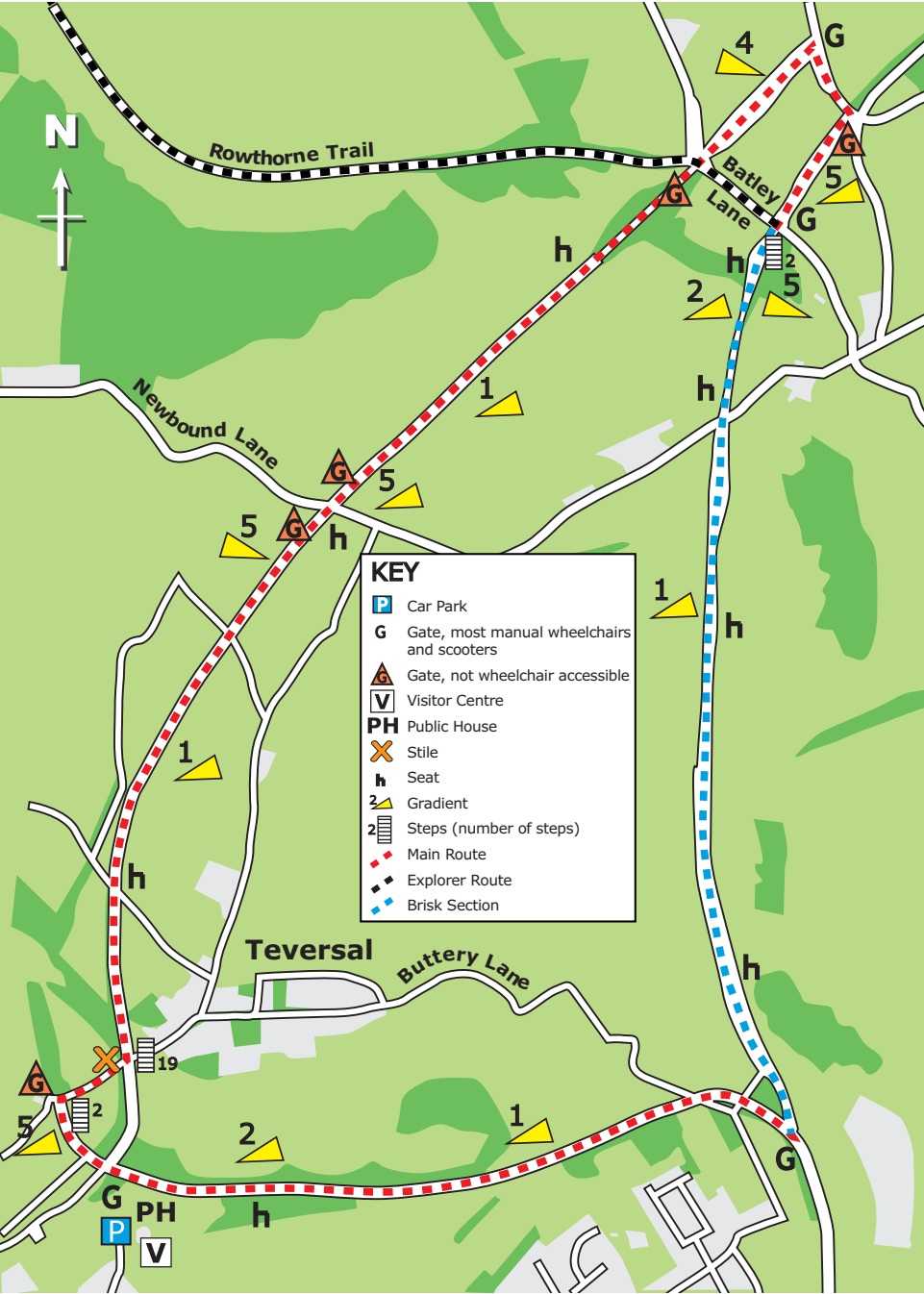
Paths and gates:

- Mainly good compacted stone, can be muddy in parts after rain
- Some steps
- Some steep inclines (5) to north and west of route
- Walk route to the west not accessible to wheelchairs.



Teversal Trail

Path type: A1



Scale

1cm = 1/4 mile

Features:

- A pleasant walk steeped in history and culture.
- Note the artisan cottages and forge on Mill Gate.
- Visit the award winning Wharf side and Millennium Bridge
- Bronze otters sculpture to the west of the castle.

Opening Times:

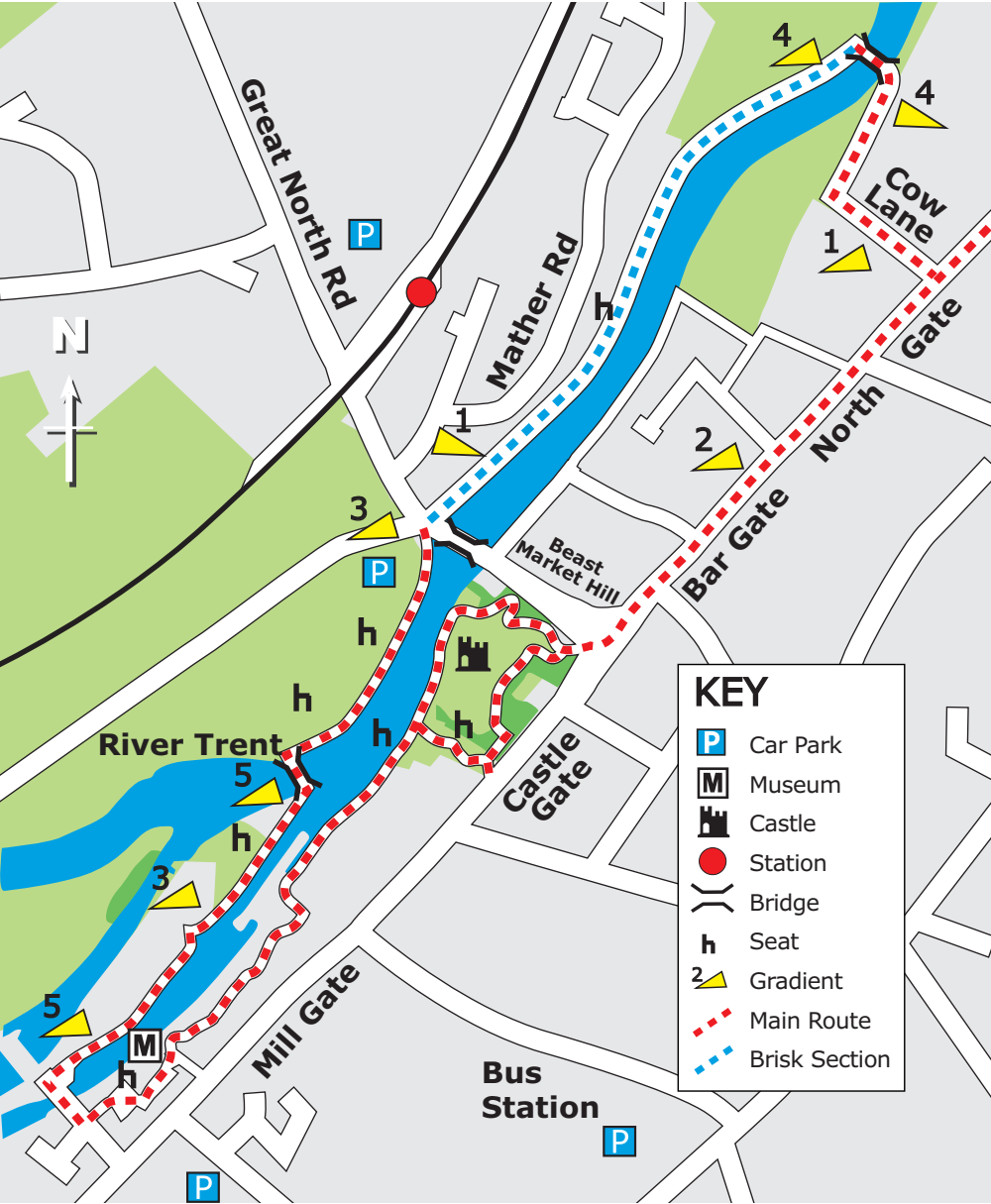
- Newark Riverside has open access
- Castle grounds close at dusk, telephone 01636 655765.

Location:

- Many areas for car parking
- O.S. Street Atlas ref. Page 124 C1
- Buses: Contact Traveline on 0870 608 2608
- Many cafes, tea rooms and public houses located close by in the town centre
- Toilets available through the day in Riverside car park and Balderton car park.

Paths and gates:

- The paths are mainly well surfaced
- Some steep sections especially bridges (5)
- Walk along Mill Gate/Castle Gate to avoid cobbles.



Features:

- The old Linby colliery site with a network of footpaths affords spectacular open views to Newstead, Linby and Papplewick and views of Linby Church.
- A wide variety of wildflowers and wildlife including skylarks and green woodpeckers.
- Links to Linby Trail (Break Free Greenwood Walks 2).

Opening Times:

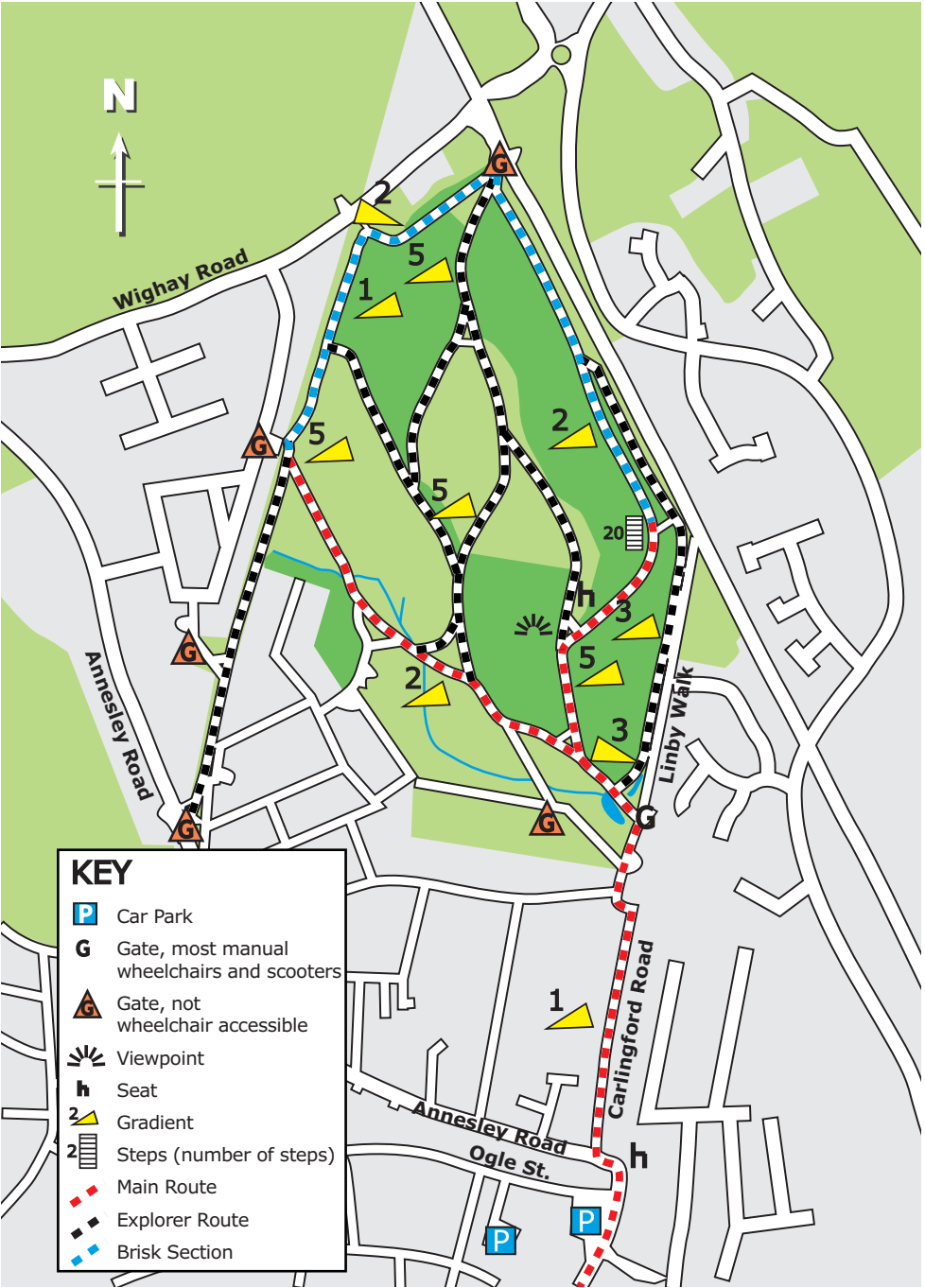
- The Ranges has open access.

Location:

- Car Park: Market Place
- Buses: Contact Traveline on 0870 608 2608
- O.S. Street Atlas ref. Page 146 A4.

Paths and gates:

- The gate on Linby Walk is accessible to wheelchairs
- There are some steep inclines
- Paths are generally good (2) but can be uneven on gradients.



Features:

- Interesting park with historical features dating from 1914. Includes the Zachariah Green Monument. Titchfield Park was a gift to the town by the Duke of Portland to mark the coming of age of his heir.
- A café and other facilities are due to be opened in 2007.
- Children's play area
- Picnic tables and seats

Opening Times:

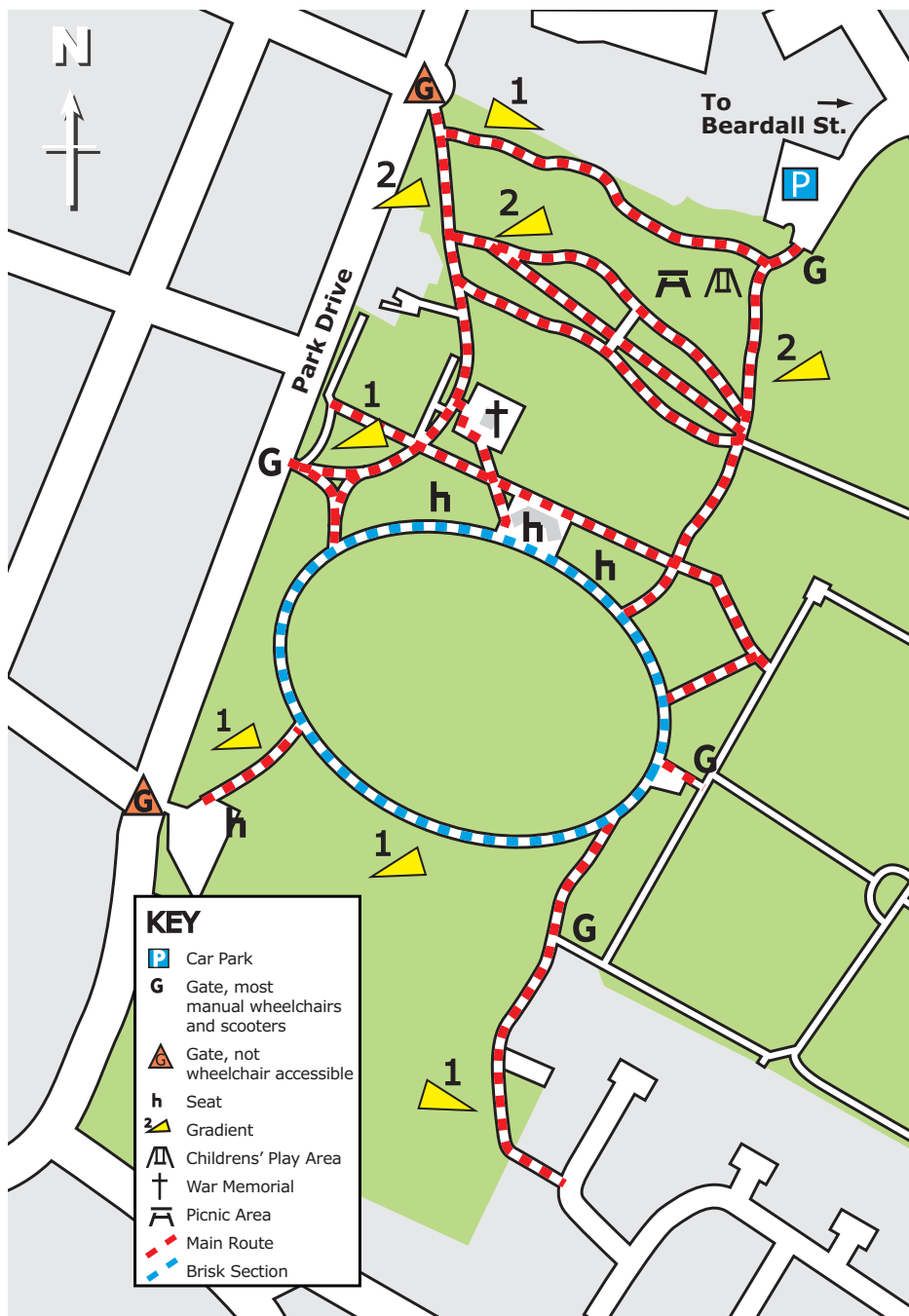
- Titchfield Park has open access.

Location:

- Located to the south-west of Hucknall
- O.S. Street Atlas ref. Page 146 A3
- Buses: Contact Traveline on 0870 608 2608
- Parking off Beardall Street

Paths and gates:

- Gate to west of park not accessible to wheelchairs
- Mostly even tarmac paths



Features:

- Pleasant walk through mature woodland which connects the villages of Pleasley and Rowthorne and Hardwick Hall.
- Attractive countryside wide view overlooking flower meadows and sheltered sunspots
- Distinctive wide variety of wildlife
- A wonderful network of reclaimed railway lines
- Part of the Pleasley Trails Network, links to the Meden and Teveral Trails.

Opening Times:

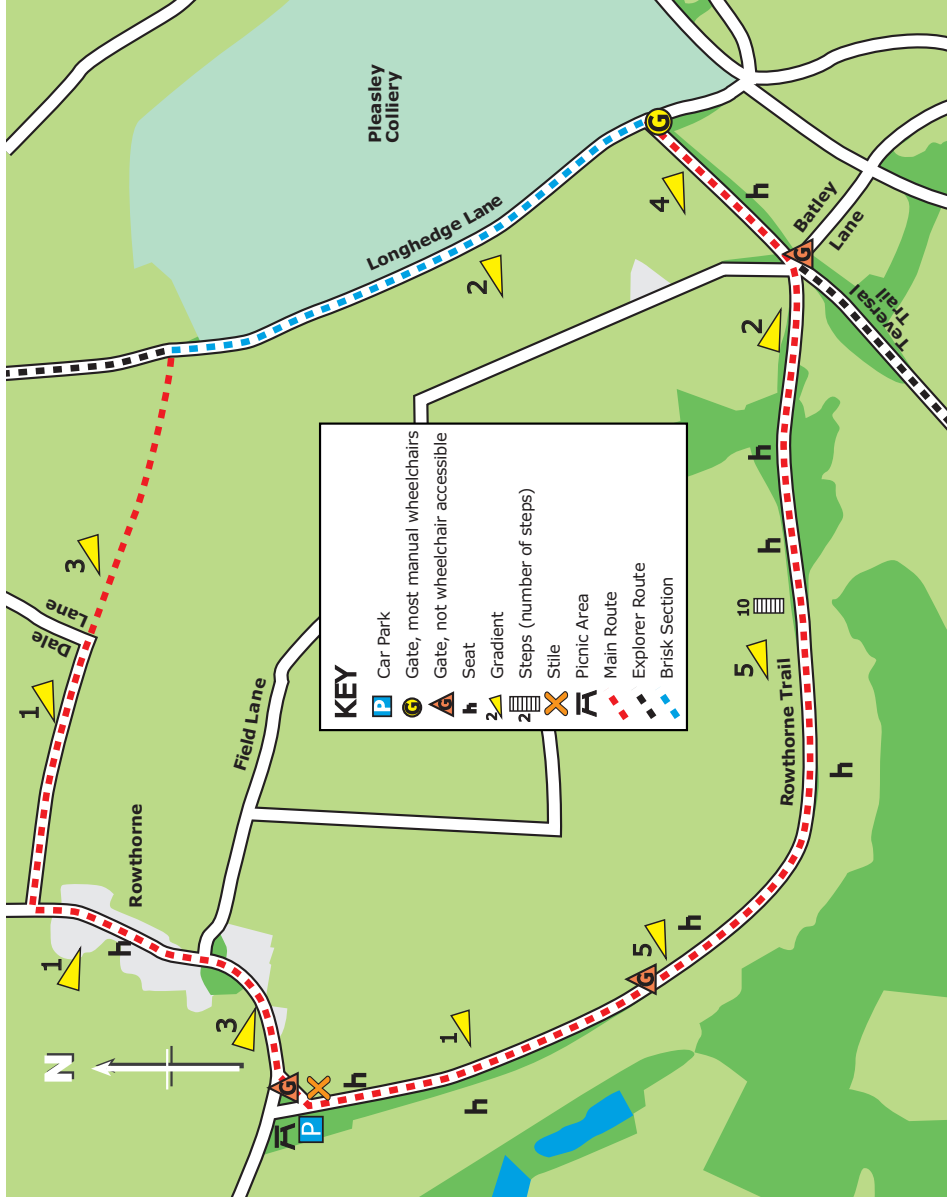
- Rowthorne Trail has open access.

Location:

- O.S. Street Atlas ref. Page 86 A3
- Buses: Contact Traveline on 0870 608 2608
- Car park on Rowthorne Lane
- Picnic area.

Paths and gates:

- Some steps, steep gradients and gates restrict this route for wheelchair users. Eastern and northern part of the route is accessible to wheelchairs but can be some steep inclines.
- Paths mainly good but can become uneven and muddy after rain.



Scale

Features:

Several trails through pine forest with interesting history including:

- Bessie Sheppard Stone, a memorial to Bessie who was murdered on the spot in 1817 aged 17. (Harlow Wood)
- Picnic areas.
- Part of the Royal Forest of Sherwood.

Opening Times:

- Thieves Wood and Harlow Wood have open access.

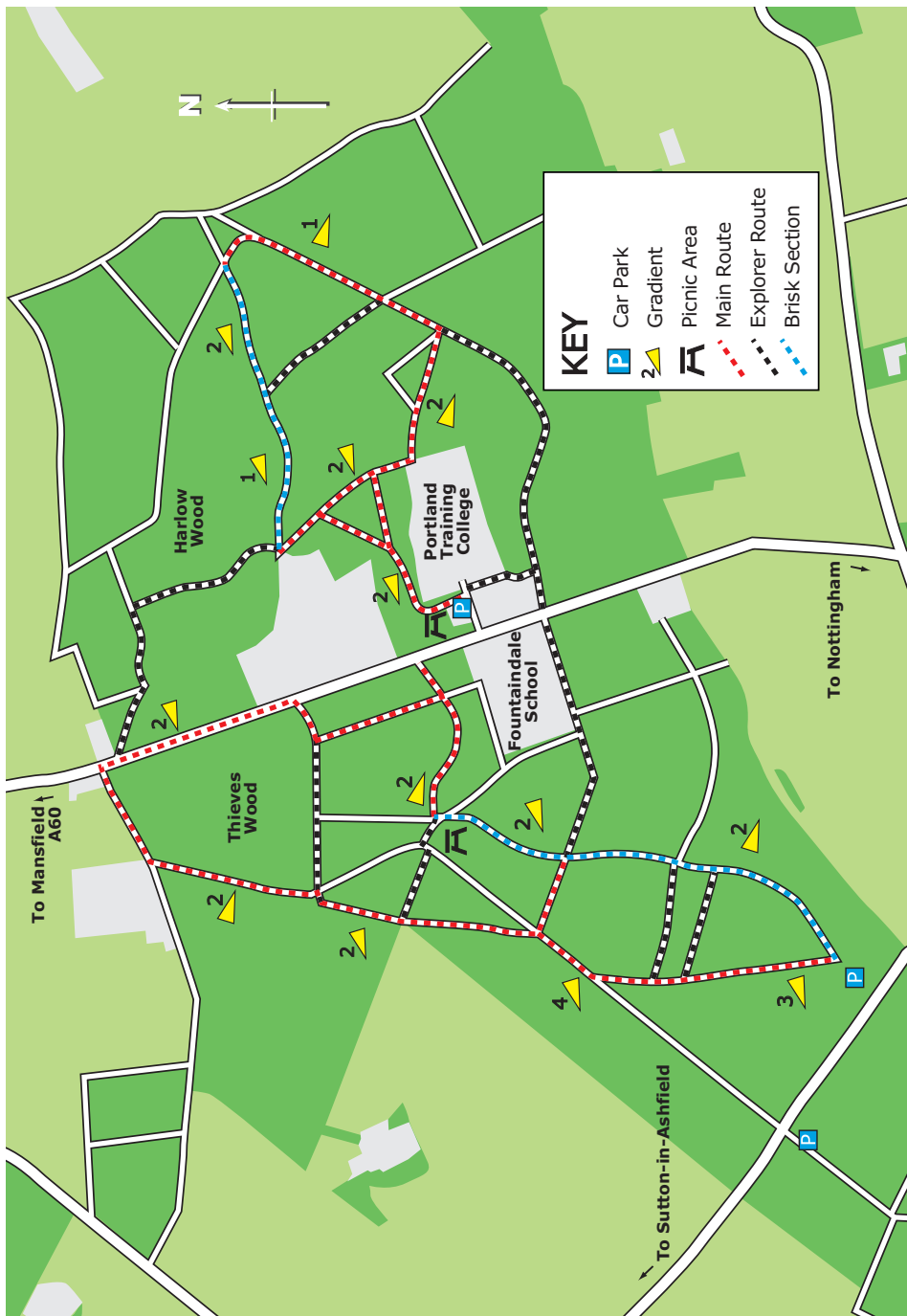
Location:

- To the south of Mansfield.
- Parking at Portland Training College.
- O.S. Street Atlas ref. Page 116 C3.
- Buses: Contact Traveline on 0870 608 2608.
- Café and gift shop including toilets is located at Portland Training College (Harlow Wood).

Paths and gates:

- Mainly level paths comprising compacted earth.
- Beware of traffic when crossing the A60.





Scale