



Explore Bestwood Country Park and the countryside on your doorstep in the Greenwood Community Forest



***Including events in
Bestwood Country Park and the
Green Estate January – June 2010***

o Nottinghamshire's Green Gateways

We all feel better for time spent outdoors in relaxing, green surroundings.

Take a stroll in the fresh air, walk the dog, let off steam with the kids, watch wildlife or just quietly appreciate the changing seasons. Green spaces, woodland and parks have so much to enjoy.

This booklet is about green places that are helping to create the Greenwood Community Forest and are open for everyone, all year round. These green places form Nottinghamshire County Council's 'Green Estate'.

We hope it will encourage you to get out and about, and discover Nottinghamshire countryside. Read on to find out about:

- Events
- Hands on Conservation
- Health Walks
- 'Friends of' groups
- Volunteering



o What is the Green Estate?

As well as the larger country parks in Nottinghamshire, there are many smaller green spaces, perfect for a quick walk, to feed the ducks or picnic under the trees. These sites are part of the County Council's "Green Estate". They are small pieces of land that often connect to each other and act as a green gateway into the countryside.

These sites are managed by Nottinghamshire County Council's Countryside Management Team and include old sites such as pit tips, disused railway lines, new and restored woodland, agricultural land and quarries. Sometimes they are off the beaten track, and can be muddy at certain times of the year, but well worth exploring.

More Information:

www.nottinghamshire.gov.uk/greenspaces/










o What is the Greenwood Community Forest?

These new community woodlands, parks and green spaces are helping to create the Greenwood Community Forest. This forest is growing tree by tree. In fact we have planted over 3 million trees to make new parks many on disused land that is right in the middle of where people live. The Community Forest is helping to make our towns greener places to live and healthier places to work.

This work is all being done by the partners of the Community Forest who work with each other and with local people. We invite people to help plant trees and encourage schools to use these new green spaces as outdoor classrooms. As well as walking, cycling and enjoying the outdoors, these sites are also great for wildlife.

For information about how you can get involved please contact the Greenwood Team on **01623 827 322** or visit: www.greenwoodforest.org.uk

Key

-  Visitor Centre
-  Refreshments
-  Toilets
-  Health walks
-  Walks
-  Cycling
-  Robin Hood Line close by
-  Education pack or ranger led visits
-  Horse riding is allowed on certain parts of some of the trails. If allowed, a permit is required on some sites.



1 Bestwood Country Park & Mill Lakes

Address: Alexandra Lodge, Northern Drive, Park Road, Bestwood Village, Nottingham, NG6 8UH

Parking: Bestwood Lodge Drive and Park Road

Contact: 0115 9273674

Visit: www.nottinghamshire.gov.uk/bestwoodcp

This 690 acre country park has so many different wildlife habitats it's almost like Nottinghamshire in miniature! From reclaimed colliery spoil heaps to ancient woodland that once formed the southern tip of Royal Sherwood Forest, and reed beds to heathland. There are many different landscapes here.

Miles of walking trails make this a great place to explore. It's also great for bird watching.



2 Dob Park

Parking: Washdyke Lane Lay-by, northern end of Hucknall Bypass

Contact: 01623 827329

Visit: www.nottinghamshire.gov.uk/greenestatesites

The first woodland to be planted in the Greenwood Community Forest, on former arable fields. This semi-rural site has hard and grass footpaths through woodland and wetland habitats.



3 Linby Trail LNR

Parking: Tilford Road, Newstead, Lay-by on Wighay Road, Linby

Contact: 01623 827329

Visit: www.nottinghamshire.gov.uk/greenestatesites

A 2km trail on a former railway cutting of the Great Northern Railway, which transported coal from local collieries until 1984. The trail connects Freckland community woodland and Newstead Abbey to Newstead village.



4 Moor Pond Wood

Parking: Lay-by, Papplewick Dam, off Linby Lane

Contact: 01623 827325

Visit: www.papplewick.org.uk

Moor Pond Wood is actually a cluster of small sites that together feature important remains of an early, mid 18th century, cotton mill along the River Leen. Now all that remains are well-preserved leats, sluices and dams.



5 The Ranges

Parking: Market Place, Hucknall

Contact: 01623 827329

Visit: www.nottinghamshire.gov.uk/greenestatesites

Created on the old Linby Colliery site, The Ranges has a network of footpaths and gives spectacular open views to Newstead, Linby and Papplewick.

A 15ft sculpture "Stick Man" keeps watch over the surrounding countryside.



6 Southwell Trail LNR

Parking: Station Road Southwell, Forest Links, Bilsthorpe

Contact: 01623 827 331

Visit: www.nottinghamshire.gov.uk/ourlnrs

Once part of the grand vision to create a railway from Southwell through to Derbyshire. The dream was never realised and the Southwell line was short-lived. The abandoned line grew wild with shrubs, trees and flowers and is now a prime corridor for wildlife and a peaceful gateway into the Greenwood Community Forest and historic Sherwood.



7 Teversal Trails LNR

Parking: Teversal visitor centre, Carnarvon Street, off Fackley Road, Teversal

Contact: 01623 442021

Visit: www.teversaltrails.com

The Teversal Trails network of footpaths, cycle ways and horse trails were created on former railway track beds, which once served the collieries in the area.



8 Tippings Wood LNR

Parking: Off Warsop Lane, Blidworth

Contact: 01623 827329

Visit: www.nottinghamshire.gov.uk/ourlnrs

Follow the locally named yellow brick road from Rainworth to Blidworth or venture further afield onto Boundary Wood. This site is a haven for dragonflies and damselflies. During the summer months see if you can spot a painted lady butterfly as she dances through the meadows.



Health Walks

Convalescing from an operation or a period of illness? Or just want to take the first steps towards getting fitter? Whether you want to lose weight, increase mobility, or just meet up with new companions for an easy-paced stroll, health walks could be just right for you.

Walks start at around a mile in length, and you can choose some longer walks as your fitness improves.

All walks are thoroughly checked first and are led by an experienced walk leader. There are regular health walks programmes at several of our green gateway sites.

Mansfield In Step

Sunday, Monday and Thursday at 10.00 am.

Contact: David Bird **tel: 07951 945407**

Hucknall Taking Steps

Wednesday mornings, contact: Patrick Arnold

tel: 07506 390471

Walk On to Better Health in Ashfield

Monday, Tuesday and Wednesday at 10.00 am,

contact: Joan Bacon **tel: 0115 9161805**

or email: joan_bacon@hotmail.com

o 'Friends Of' Groups

Many of our green gateway sites have 'Friends Of' groups. These are groups of like-minded people who've organised themselves to support their local park or green space. Some groups hold special events, walks and public activities. Others simply keep a watchful eye or get involved in fund raising, wildlife conservation or improvement projects. From building a website to going on a litter-pick, there are many ways to help. And if there isn't a Friends group in your area – why not start one!

To join a Friends' group in your area:

Silverhill Wood Action Network (SWAN)

Contact: Malcolm Frier 01623 550794

Friends of Tippings Wood, Blidworth

Contact: John Wood 077470 06452

Friends of Southwell Trail

Contact: friendsofsouthwelltrail@hotmail.co.uk

Friends of the Ranges

Contact: nimbus2114@googlemail.com

Friends of Moor Pond Wood

Contact: Stephen Walker on 0115 9630808

Friends of Bestwood Country Park

Contact: 0115 9273674

Join Our Mailing List

Want to join our mailing list and get future editions of this brochure mailed to your door?

Please fill in your details and return to the address below.

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ADDRESS:

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email:

Tel:

Please return this slip to:

Gill Grievson

Greenwood Community Forest

Mill Cottages, Rufford Abbey Country Park,

Ollerton, Nottinghamshire NG22 9DG.



Symbols

Look out for these symbols throughout the programme:



Adult supervision required. Under 18s attending these events must be accompanied by an adult.



Small charge for this event to help cover the cost of staff time and materials. All other events are FREE.



Some events have limited numbers and are ticket only.



These should be booked in advance, following the appropriate instructions, where you see either of these symbols.



Not suitable for dogs.

Please contact the venue for further information or advice about any mobility needs.

Please note that all outdoor events are subject to the weather and we may occasionally need to cancel or alter advertised activities accordingly.



Volunteering

Volunteering for hands on conservation work is a great way to make new friends, get fit and do something to improve your environment. So if you're over 18 get in touch today and find out more. Everyone's welcome and no previous experience is necessary as all tools and training are provided.

Tasks can involve anything from woodland conservation and hedgelaying in the winter to grassland and heathland management in the summer, but be prepared for anything!

Just wear suitable clothing and bring a packed lunch, willing hands and a sense of humour!

Contacts:

Lee Scudder **tel: 07753 850758**

e-mail: leescudder@hotmail.com

Practical conservation tasks in and around Moor Pond Wood held on Tuesday, Thursday and Sunday of each week.

Phil Kimbrey, **tel: 07753 850756**

e-mail: phil.kimbrey@nottsc.gov.uk

Practical conservation tasks in and around Dob Park held on Thursday each week and one Sunday a month.

Bestwood Country Park Rangers

tel: 0115 9273674 Regular volunteer sessions every Monday (except Bank Holidays) and the first Sunday of every month. We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest and other local countryside sites. Meet at Alexandra Lodge.

Bestwood Country Park

○ JANUARY

Monday 4th, 11th, 18th, 25th January

Monday Volunteer Task Days

10am – 3pm

See volunteer panel for details.

Sunday 17th January

Bird Feeders and Fat Balls!



1pm – 2.30pm

It's always worth providing food for birds in your garden, particularly during the cold winter months. Today we'll be making a special treat that the birds will love as well as a feeder made from wire and wood. **Please bring an old yogurt pot** if possible. £1.50 per child. *Meet at Alexandra Lodge.*

Wednesday 20th January

Health Walk

10.30am – 12 noon

These monthly walks provide an ideal opportunity to make friends and observe wildlife whilst benefiting from one of the best forms of exercise available. Walks are led at a gentle pace and last approximately 90 minutes, with stops en route and usually involve some slopes. *Meet at the Winding Engine House car park, Bestwood Village.*

Sunday 24th January

Hedgelaying Course



10am – 3.30pm

This traditional and ancient craft is the best way to manage a hedgerow making it stronger, longer lived and a better home for wildlife. Learn the essentials of laying and master the tools that make it possible in this continuing series of introductory courses. Please wear stout footwear and bring waterproofs and a packed lunch. Places are limited so pre-booking and pre-payment are essential by calling 0115 927 3674. £10 per day. *Meet at Alexandra Lodge.*

Sunday 24th January

Sweat Lodge



10.30am – 4pm approx

The sweat lodge is created from a covered dome of willow rods. Hot volcanic stones are placed in a central pit and doused with water and herbs creating a therapeutic steam that cleanses body and mind. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or email jason@turtlelodgehealing.co.uk. More information can be found at www.turtlelodgehealing.co.uk. A charge applies to this event.

○ FEBRUARY

Monday 1st, 8th, 15th, 22nd February

Monday Volunteer Task Days

10am – 3pm

See volunteer panel for details.

Sunday 7th February

Sunday Volunteer Task Day

10am – 3pm

See volunteer panel for details.

Sunday 7th February

Women's Hedge Laying



10am – 3pm

Join us for this women-only session where you will learn the ancient art of hedge laying and discover skills you never knew you had as well as things you never knew you wanted to find out. A jolly time is to be had as well a free cup of tea! All tools provided, please dress warmly, wear sturdy footwear and bring a packed lunch. Pre-booking is essential by calling 0115 927 3674. Meet at Alexandra Lodge.

Sunday 14th February

Hedgelaying Course

10am – 3.30pm

See 24th January for details.

Sunday 21st February

Sweat Lodge

10.30am – 4pm approx

See 24th January for details.

Wednesday 24th February

Health Walk

10.30am – 12 noon

See 20th January for details.

○ MARCH

Monday 1st, 8th, 15th, 22nd, 29th March

Monday Volunteer Task Days

10am – 3pm

See volunteer panel for details.

Sunday 7th March

Sunday Volunteer Task Day

10am – 3pm

See volunteer panel for details.

Sunday 7th March

**International Women's Day Walk
and Tree Planting**

10am – 12 noon

Mark this special day by walking in the footsteps of Nell Gwynne. Join us for a merry romp through the woods followed by a celebratory tree planting.

Meet at Alexandra Lodge.

Sunday 21st March
Bestwood Boundary Walk
10am – 1pm

Get to grips with Bestwood's unusual boundary shape on this 5 mile walk as we circumnavigate the outer reaches of this historic park including Mill Lakes. Learn something of the history of this boundary and Bestwood's original three thousand plus acres. We may also come across some signs of spring along our journey! *Meet at the Winding Engine House car park, Bestwood Village.*

Sunday 21st March
Sweat Lodge
10.30am – 4pm approx
See 24th January for details.

Wednesday 24th March
Health Walk
10.30am – 12 noon
See 20th January for details.

○ APRIL

Monday 12th, 19th, 26th April
Monday Volunteer Task Days
10am – 3pm
See volunteer panel for details.

Sunday 4th April
Sunday Volunteer Task Day
10am – 3pm
See volunteer panel for details.

Sunday 4th April **Easter Sunrise Service**



6am start

Join the congregations of St Marks and Emmanuel churches for this dawn service in the woods. Afterwards, join the group for a well-earned breakfast for a small charge, to be booked in advance. For further details and to book your breakfast please contact Rev Peter Huxtable on 0115 920 8879.

Sunday 4th April **Easter Egg Hunt**



11am – 12 noon

Solve the clues and win a chocolate-y treat! Clue sheets for this 45 minute trail through the park can be collected at Alexandra Lodge between 11am and 12 noon. £2 per trail sheet.

Sunday 18th April **Bestwood in Spring**

10am – 12 noon

Mother Nature is waking up and the birds and bees have got love on their minds. Look for signs of spring as leaves and petals unfurl and new life is brought into the world on this 2-3 mile walk. *Meet at the Winding Engine House car park, Bestwood Village.*

Sunday 18th April **Sweat Lodge**

10.30am – 4pm approx

See 24th January for details.

Wednesday 21st April **Health Walk**

10.30am – 12 noon

See 20th January for details

○ MAY

Monday 10th, 17th, 24th May

Monday Volunteer Task Days

10am – 3pm

See volunteer panel for details.

Sunday 2nd May

Sunday Volunteer Task Day

10am – 3pm

See volunteer panel for details.

Sunday 2nd May

Dawdling at Dawn



4.30am – 6.30am approx

The woodland world is waking up in more ways than one as summer arrives. Experience an early morning amble through the trees taking in Mother Nature's dawn chorus in all its glory. A feast of tea and toast awaits you on your return! Pre-booking and pre-payment are essential by calling 0115 927 3674. £2.50 per person. *Meet at Alexandra Lodge.*

Sunday 16th May

Bestwood and Beyond

– The Local Landscape



10am – 4pm approx

A chance to take in the green spaces around Bestwood including Mill Lakes, Linby Trail, The Ranges and Newstead Abbey with a Ranger as your guide along this 14 mile summer walk. With the trees just into full leaf this is one of the most beautiful times of year. Please bring a packed lunch and suitable clothing. **Please be prepared to pay £3.50 entrance fee to Newstead Abbey.**

Meet at Alexandra Lodge.

Wednesday 19th May

Health Walk

10.30am – 12 noon

See 20th January for details.

Sunday 23rd May

Sweat Lodge

10.30am – 4pm approx

See 24th January for details.

○ JUNE

Monday 7th, 14th, 21st, 28th June

Monday Volunteer Task Days

10am – 3pm

See volunteer panel for details.

Sunday 6th June

Sunday Volunteer Task Day

10am – 3pm

See volunteer panel for details.

Friday 4th June

Family Pond Dip

10am – 12 noon



Discover the dynamic and dangerous world that lies beneath the deceptively still surface of the water.

Grab a net and get to know your aquatic minibeasts and small fish. Pre-booking and pre-payment is essential on 0115 927 3674. £2 per child.

Meet at the Winding Engine House car park, Bestwood Village.

Sunday 6th June

Parks and Green Space Bike Tour

10am – 3pm approx

Join us for a summer cycle and meander through some of the various country parks, parks and conservation sites in the southern Sherwood Forest area. This cycle ride is approximately 16 miles long and therefore not suitable for small children.

Meet at Alexandra Lodge.

**Friday 18th, Saturday 19th
& Sunday 20th June
Sweat Lodge Summer
Solstice Camp**



Celebrate the Summer Solstice with a weekend of sweat lodges, ceremonies and healing as well as activities for children. For further information and to book a place please contact Jason Sewell at jason@turtlelodgehealing.co.uk or call 0115 956 9603. A charge applies to this event.

**Sunday 20th June
Green Woodworking Course
10am – 3pm**



This one day practical event revives traditional skills and will teach you how to split, shave and turn items from greenwood using simple tools. Use both a pole lathe and shave horse to fashion a choice of objects. Please bring a packed lunch. Pre-booking and pre-payment is essential on 0115 927 3674. £10 per person. *Meet at Alexandra Lodge.*

**Wednesday 23rd June
Health Walk
10.30am – 12 noon**

See 20th January for details.

Teversal Trails

**Monday 15th February
Teversal Trail Health Walk
10am**

Join Instep Health Walkers for this walk which includes some moderately steep gradients and some stiles. Meet at Teversal Trails Visitor Centre, Teversal, NG17 3HJ. Please wear clothing and footwear suitable for the weather conditions and route. For further details visit www.whi.org.uk or contact 07951 968366.

Sunday 28th February

Along The Lines

10.30am start



This circular 6.5 mile walk introduces the network of disused railway lines, which have been transformed into footpaths linking Teversal, Pleasley and beyond. Please bring a packed lunch and wear suitable outdoor clothing and footwear. This 4.5 hour walk is suitable for age 10 and upwards. For further details please contact Ashfield District Council's Ranger Service on 01623 757099 or email rangers@ashfield-dc.gov.uk

Meet at Teversal Trails Visitor Centre.

Silverhill Wood

Sunday 21st February

Grassland Management Task Day

10am start



Sapling removal on a valuable expanse of calcareous grassland, to enhance it as a haven for butterflies and wildflowers. Please wear sturdy footwear and suitable clothing. Pre-booking is essential on 01623 822447.

Moor Pond Wood

Wednesday 27th January

Bees and Beekeeping

7.30pm



Join the Friends of Moor Pond Wood to hear Michael Ward give you a fascinating insight into these hard-working creatures. Meet at Papplewick & Linby Village Hall, Linby Lane, Papplewick. Contact 0115 9632057 for details or email: mpw.papplewick@talktalk.net

Wednesday 24th February

Lets Talk Lichens



7.30pm

Join the Friends of Moor Pond Wood to find out about this astonishing partnership that creates a closely interwoven organism that can survive for thousands of years. Meet at Papplewick & Linby Village Hall, Linby Lane, Papplewick. Contact 0115 9632057 for details or email: mpw.papplewick@talktalk.net.

Boundary Wood

Sunday 31st January

**Wildflower Meadow
Management Task Day**

10am start



Help preserve this wildflower meadow by getting stuck in to the scrub that is slowly winning its challenge on our orchids and other species. Meet at Burma Road barrier. Please wear sturdy footwear and suitable clothing. Pre-booking is essential on 01623 822447.

Sunday 14th February

Coppice Management Task Day

10am start



Help the management of the woodland by joining us for a day of coppicing within the sections of our maturing woodland. Meet at Burma Road barrier. Please wear sturdy footwear and suitable clothing. Pre-booking is essential on 01623 822447.

Tippings Wood

Wednesday 31st March Pond Dipping 10am start



Delve into the murky depths to see what has woken up this spring. Please wear sturdy footwear and suitable clothing. £2 per person. Pre-booking is essential on 01623 822447.

Sunday 9th May Dawn Chorus Walk 5.30am start



Early but worth it! Find out which birds are thriving in Tippings Wood and learn to identify them by their song. Please wear sturdy footwear and suitable clothing. £2 per person. Pre-booking is essential on 01623 822447.



Public transport

Find out about buses and public transport, including timetables and prices:

Traveline: 0870 6082608

(minicom 0870 2412216),

available between 7am and 9pm daily.

Access information

Please contact sites direct to find out about access for wheelchairs and the mobility impaired. The information in this leaflet is available in other languages and formats – please contact us for help.



For general information relating to this brochure:

Contacting us

email conservation.en@nottsc.gov.uk

phone **08449 80 80 80**

fax **01623 827321**

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internet www.nottinghamshire.gov.uk

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