



- Vicar Water - 8 km (5 miles)
- Sherwood Pines - 12 km (7 1/2 miles)
- Sherwood Forest - 14 km (8 3/4 miles)
- Rainworth - 13 km (8 miles)
- Blidworth - 15 km (9 1/2 miles)

Cycling is great exercise. Start with short rides at first and gradually work up to longer and more frequent rides. Aim for about 30 minutes, cycling 5 times a week as you get fitter.

The Mansfield Timberland Trail
This safe and enjoyable route links King's Mill Reservoir with Vicar Water Country Park, an 8km (5 miles) ride through Mansfield and the Greenwood Community Forest, which takes about 3 hours.

The Timberland Trail from King's Mill joins up with the Sustrans National Cycle Route 6, (Dover starting point for a longer cycle ride to Sherwood Pines Forest Park, Rainworth, Blidworth, Sherwood Forest or even Clumber Park. From Vicar Water, the route is traffic-free, mostly on woodland and forest paths and is safe for families to use. Cycling route distances from King's Mill are approximately:

- A Step Forward - Walking your Way to Health in Greenwood, Sherwood and Beyond
 - Break Free Greenwood Walks
 - Break Free Greenwood Walks 2
- For more details or to request a walking pack, simply contact the Greenwood Partnership. Contact details on the back page.

Getting Active in Greenwood

Cycle Routes from King's Mill Reservoir

Follow the signs from the north eastern corner of the reservoir to find the Maun Valley Trail walk which follows the course of the River Maun. Approximate distances along this long-distance route are:

- Mansfield - 2.5km, 1 1/2 miles
- Maun Valley Park - 4.5km, 2 3/4 miles
- Clipstone - 8.5km, 5 1/4 miles
- Sherwood Pines Forest Park - 12 km, 7 1/2 miles

Want to walk somewhere else in Greenwood, Nottinghamshire's Community Forest? A series of free walks cards with maps are available, showing many other sites where you can get Active.

• A Step Forward - Walking your Way to Health in Greenwood, Sherwood and Beyond
- Break Free Greenwood Walks
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For more details or to request a walking pack, simply contact the Greenwood Partnership. Contact details on the back page.

Longer walks from King's Mill Reservoir

The walk around King's Mill Reservoir, 2.5 km (1 1/2 miles) is an excellent start if you're getting Active for the first time. It's mostly on flat, well-surfaced paths and there are plenty of benches and picnic tables where you can stop for a rest.

Keep a diary of your walks, time how long it takes you and try to increase your speed each time. Alternate gentle walking with short stretches of brisk walking, gradually increasing the time you spend walking more quickly, as you get fitter.

There's plenty to see as you walk, as many kinds of small birds and waterfowl are attracted to the lake and shore all year round. There may also be other activities on the lake while you're there, as both the Sutton-in-Ashfield Sailing Club and the Mill Adventure Base organise a range of events. Take a pair of binoculars with you to enjoy the fun!

The Visitor Centre, close to the car park, has a very good cafe and toilets, open from 10.30am - 2.30pm Monday to Friday

Walking at King's Mill Reservoir

Greenwood Community Forest



Park Life Activity Sites

- 1 Bestwood Country Park
- 2 Sherwood Forest Country Park
- 3 Sherwood Pines Forest Park
- 4 Vicar Water Country Park
- 5 Kings Mill Reservoir
- 6 Bull Farm Park
- 7 Bramcote Hills Park

Greenwood is set in 161 square miles of west Nottinghamshire from Mansfield in the north to Nottingham in the south, and from Eastwood in the west to Farnfield in the east. It joins historic Sherwood Forest in the northeast and curves round to Attenborough in the southwest.

With a working partnership the Community Forest is transforming the local landscape to make it a greener and healthier place to be. We are creating green spaces around towns for recreation and sport, providing new habitats for wildlife, making outdoor classrooms for environmental education and much more on the doorsteps of over a million people living in and around the towns of Nottinghamshire.

These new green spaces are right in the heart of communities and are used for informal recreation such as walking, cycling and enjoying nature. Funding for the Park Life project from Sport England via the Big Lottery Fund has meant that we can offer a programme of activity to suit groups, schools and individuals and encourage people to continue to use the sites for physical activity.

Greenwood Community Forest, 1-3 Diamond Avenue, Kirkby-in-Ashfield, Notts, NG17 7GN

Tel: 01623 758231
Email: greenwood@nottsc.gov.uk
Web: www.greenwoodforest.org.uk

Getting Active in Greenwood Community Forest

Getting Active will...

- lower your blood pressure
- control your weight
- strengthen your heart and lungs
- lower your cholesterol level
- help you cope with pain
- relax your mind, aid your sleep
- improve your mood and help you concentrate
- make your bones stronger
- make your whole body work better



at Kings Mill Reservoir

King's Mill Reservoir - How to Find Us

King's Mill Reservoir is managed by Ashfield District Council and lies on the boundary of Sutton-in-Ashfield and Mansfield

Ashfield District Council, Urban Road
Kirkby-in-Ashfield, Nottinghamshire NG17 8DA

Tel: 01623 450000
www.ashfield-dc.gov.uk
Email: customer.services@ashfield-dc.gov.uk

Rangers office at Portland Park Visitor Centre
Tel: 01623 721617

The main access and free car parking are signed off the A617 close to its junction with the A38.

Pedestrian access is also from King's Mill Hospital, the Maun Valley Trail, Sutton-in-Ashfield and Mansfield.

The nearest rail link is at Sutton Parkway Railway Station (1.9 km, 1.2 miles) or Mansfield Railway station, both on the Robin Hood Line from Nottingham to Worksop

Bus number 1MM provides a service to King's Mill Reservoir from Mansfield Bus Station or Sutton-in-Ashfield every 10 minutes during the day.

For bus or train information phone the Travel Hotline Tel: 0870 6082608

Ordnance Survey Reference: SK 514594
Landranger Sheet: 120

Prepare to Get Active

1 Wear sensible shoes or walking boots. Wear comfortable clothing to suit the weather and an extra top at the start, so you can remove clothing as you warm up. Never exercise when you are ill or if you have a cold, and stop if you start to feel unwell, dizzy or so breathless you can't talk.

2 Warm up first with exercises, then start with a gentle pace for 2-5 minutes, gradually increase the pace and the length of accelerated exercise, and decrease the amount of slower paced exercise. After 4 weeks or so, you are aiming for a ten minute increased exercise period within each 30 minute workout, 5 times a week. You can increase this as you get fitter. Slow down to a minimum pace when you're 5 minutes away from being back to the start, to cool down again, and do some stretching exercises to help prevent injury and strains.

3 Fill in the diary to show how you've improved and set yourself new targets as you work your way to fitness.

4 If you are cycling for the first time, **make sure your bike is the right size and roadworthy;** call in at your local cycle shop for a bike check. Begin riding somewhere quiet, away from main roads and wear bright or reflective clothing and a helmet. Gradually work up to longer and more frequent rides.

Exercising in the Park

You don't need special equipment to get fit in the park. Just use the things you find there to help you create your own fitness trail. Benches can be used for many stretching and strengthening exercises.

Always check with a doctor before you start an exercise programme. The exercises shown here are examples of how you could use a simple park bench during your 30 minute routine at the park. If you are not sure how to do the exercises shown, join an exercise class at your local Leisure Centre and learn how to do them properly.

Read 'Prepare To Get Active' to find out when to fit the stretches into your routine to help benefit your flexibility and to prevent muscle strains.

Abs = Stomach Muscles

Exercise 1: Front Raise, Overhead Press and Bicep Curl



Front Raise: Sit on bench, abs in and spine straight. Hold water bottle in right hand and raise arm up to shoulder level. Hold 2 seconds and repeat other side.



Overhead Press: Hold water bottle in right hand, elbow bent, and extend arm overhead. Repeat other side.



Bicep Curl: Hold water bottle in right hand and, with abs in and spine straight, curl bottle towards shoulder. Repeat other side.

Exercise 2: Leg Extension, Hip Flexion and Inner Thigh



Leg Extension: Sit on bench, abs in. Extend left leg until level with hip. Hold for 2 seconds, repeat other side.

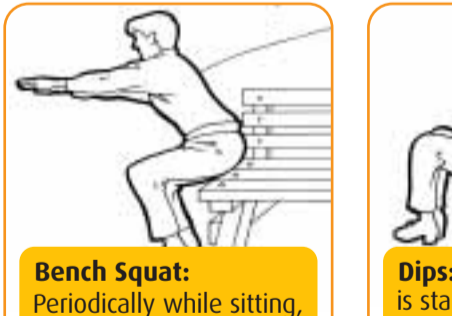


Hip Flexion: Sitting on bench, lift left foot off the floor a few inches, knee bent. Hold for 2 seconds and repeat other side.

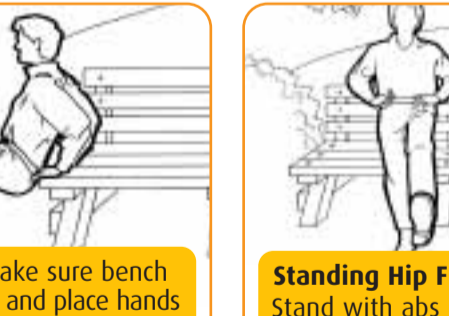


Inner Thigh: Place full water bottle between knees and, keeping abs in, squeeze bottle gently. Repeat.

Exercise 3: Bench Squat and Tricep Dips

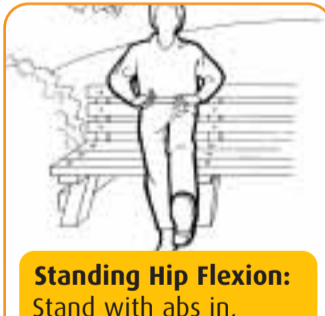


Bench Squat: Periodically while sitting, lift your bottom off the seat and hover over bench for 2-3 seconds. Stand up and repeat.

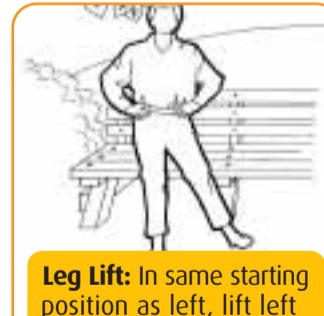


Dips: Make sure bench is stable and place hands next to hips. Move hips in front of bench and bend elbows, lowering body until elbows are at 90 degrees. Repeat.

Exercise 4: Standing Leg Exercises

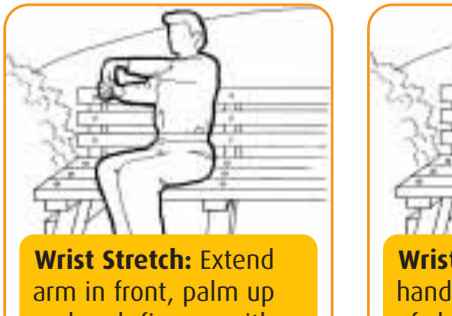


Standing Hip Flexion: Stand with abs in, spine straight. Lift leg up until level with hip. Hold for 2 seconds, repeat other side.

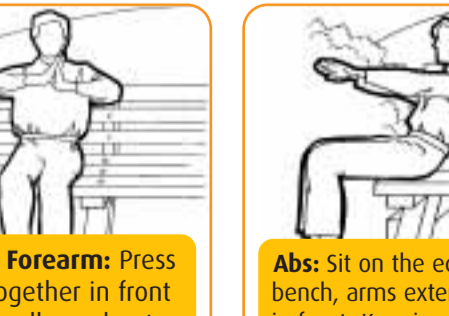


Leg Lift: In same starting position as left, lift left leg straight out to the side a few inches off the floor. Hold for 2 seconds, repeat on the other side.

Exercise 5: Stretches for Your Wrists and Arms

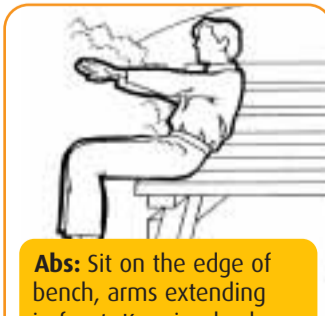


Wrist Stretch: Extend arm in front, palm up and grab fingers with other hand. Gently pull hand down to stretch the forearm. Repeat other side.

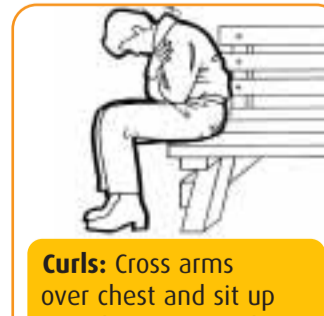


Wrist & Forearm: Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left.

Exercise 6: Abs (stomach muscles)



Abs: Sit on the edge of bench, arms extending in front. Keeping back straight, contract the abs and slowly lower torso towards back of bench. Hold for 2-3 seconds and repeat.



Curls: Cross arms over chest and sit up straight. Contract abs and curl shoulder towards hips, pulling abs in. Hold for 2 seconds and repeat.

4 Week Log

Start week 1 by recording your normal daily exercise from walking the dogs to digging your garden. The aim of the log is to help you achieve the recommended 30 minutes exercise five times a week. Make sure you read 'Prepare To Get Active' before starting and follow the basic instructions for what your 30 minute sessions should include.

Below is an example of a typical routine:

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Routine	Walk the dog		Take the lift at work			Kids visit park on bikes	
Goal	Minimum 30mins		Take the stairs			Go with kids & do a cycle route	
Exercise Type	Walking		Aerobic exercise			Cycling	

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Normal Routine							
Goal							
Exercise Type							
Week 2							
Goal							
Exercise Type							
Week 3							
Goal							
Exercise Type							

Get Active by Orienteering

Orienteering is a sport anyone can do. It's a mixture of cross-country running or walking, finding your way to 'control' points by using a map. Each control point is marked with its number and a letter you know how to use a compass that will help you find your way more easily.

Courses vary in difficulty and you can try more difficult ones as you get fitter or improve your map-reading.

The course shown here at King's Mill Reservoir is

an easy one on good surfaced paths and tracks. There are 6 control points and the course is about 2.5 km (1 1/2 miles) long

The start of the course is marked on the map by a pink triangle. The numbered control points are placed on posts with orange and white square markers. Each marker is indicated on the map at the centre of a pink circle, with a number by the side. When you find the control, write down the letter in the box next to the control number. The end of the course is marked by two pink concentric circles.

Copy down the letters you find at the control points in the boxes below



Why not try another orienteering course if you enjoyed this one? Sherwood Forest, Sherwood Pines, and Bestwood Country Park all have permanent courses.

If you'd like to find out more about orienteering, visit the Nottinghamshire Orienteering Club website at www.noc-uk.org.uk

Don't like exercising alone?

It's often more fun to walk in a group and it can help you keep going! The 'Walking the Way to Health' groups walk regularly around King's Mill Reservoir and other local areas. Their routes are led by trained volunteers, are suitable for all ages and abilities and they welcome new walkers.

Why not try cycling the Nottinghamshire County Council Rural Rides Scheme? It offers something for everyone, even if you haven't cycled for years and want to simply get out and active, rural rides can accommodate you. Meet new people or you can participate with friends and family.

For more information on your local walking groups or rural rides contact the Greenwood Community Forest Team details on back page.