

For more details or to request a walking pack, simply contact the Greenwood Partnership. Contact details on the back page.

- Break Free Greenwood Walks
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  - A Step Forward - Walking your Way to Health in Greenwood, Sherwood and Beyond
- many other sites where you can Get Active. Nottinghamshire's Community Forest? A series of free walks with maps are available, showing Want to walk somewhere else in Greenwood,

### Getting Active in Greenwood

- Sherwood Forest NNR is on the Sustrans National Cycle Route 6, (Dover to Inverness) and is an ideal starting point for a longer cycle ride to Sherwood Pines Forest Park, Clumber Park, Vicar Water Country Park, Rainworth, Blidworth, Workson or Mansfield. This route is traffic-free, mostly on countryside tracks, woodland and forest paths and is safe for families to use. Approximate distances from Sherwood Forest NNR are:
- Clumber Park - 9 km, (5 1/4 miles)
  - Workson - 15 km, (9 1/4 miles)
  - Sherwood Pines Forest Park - 10 km (6 1/4 miles)
  - Vicar Water - 14.2 km, (8 3/4 miles)
  - Mansfield (via Timberland Trail) - 20 km, (12 1/2 miles)
  - Rainworth - 18.4 km (11 1/2 miles)
  - Blidworth - 20.5 km (13 miles)

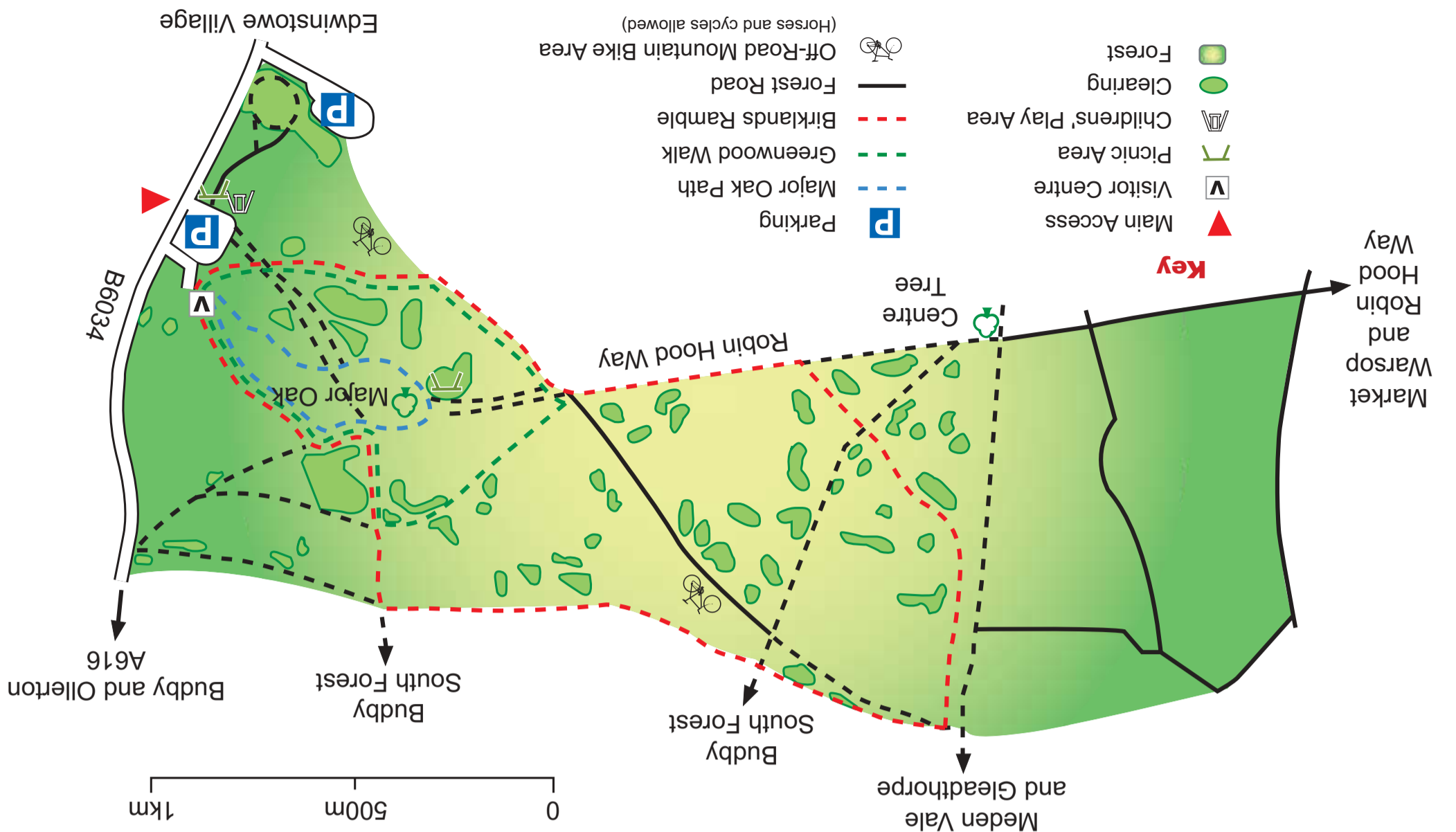
### Longer Cycle Routes from Sherwood Forest NNR

Cycling is great exercise and a good way of exploring the forest. Follow the bridleway from Edwinstowe through the Reserve and be aware that cycles are not allowed on other paths. Always watch out for walkers on the paths and let them know you are there. Start with a short ride 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.

### Cycling at Sherwood Forest NNR

All three waymarked walks at Sherwood Forest NNR start and are well signed from just outside the Visitor Centre. Sherwood Forest NNR is a Site of Special Scientific Interest. This is because ancient, undisturbed heathland and woodland like this is very rare. The trees are some of the oldest in Europe (around 900 of them are over 500 years old). While out walking, be careful to do no damage and to protect this very special place for the future. Major Oak Path (1.6 km, 1 mile) Follow posts with blue shields and allow about 30 mins A good walk to start with if you are unfit, on a well surfaced, easy access trail. It visits the Major Oak and has plenty of benches and a picnic spot, so you can rest on the way. Greenwood walk (3 km, 1 3/4 miles) Follow posts with green shields and allow about an hour This route takes you further into the forest, past ancient heathland, where you may see the cattle of the forest grazing project Birklands Ramble (5.8 km, 3 1/2 miles) Follow posts with red shields and allow 2 hours This route goes past the heathland and through an old oak plantation, which contains many stages headed and ancient sculptural trees.

### Waymarked Walking Routes at Sherwood Forest NNR



## Greenwood Community Forest



### Park Life Activity Sites

- 1 Bestwood Country Park
- 2 Sherwood Forest National Nature Reserve
- 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 Farnsfield 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.

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### Getting Active will...

- lower your blood pressure
- control your weight
- help you stop smoking
- 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 Sherwood Forest National Nature Reserve



## 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.

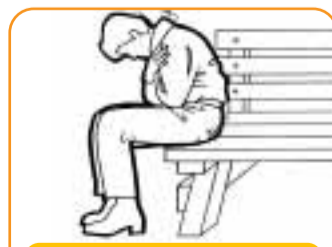


**Wrist & Forearm:** Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left.

#### 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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 2							
Goal							
Exercise Type							

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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 copy down to prove you've been there. If 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.

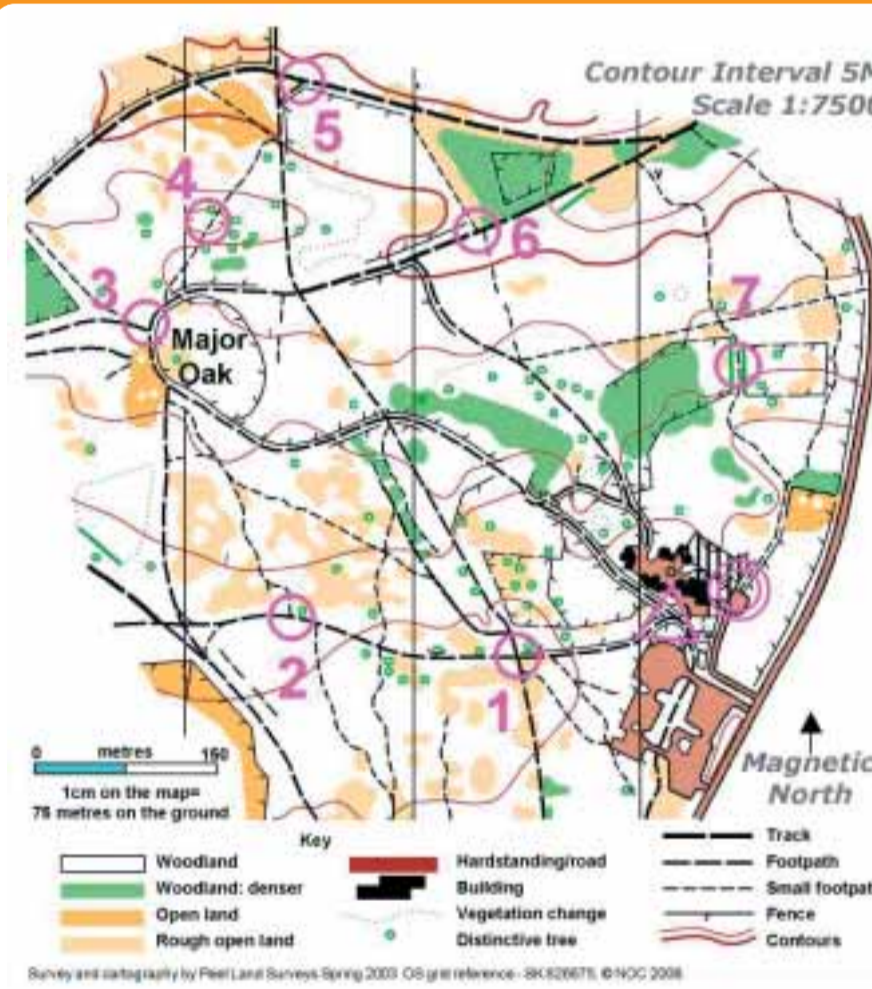
The course shown here at Sherwood Forest is a moderate one. Do not attempt it unless you have completed other orienteering courses and can read maps well. It is on forest tracks and paths, which can sometimes be muddy and rough. There are 7 control points. The course is about 2.4 km (1.5 miles) long and you should allow about 40 minutes

to an hour to complete it. (There are longer, more difficult courses available, for experienced orienteers, here at Sherwood Forest and maps are available in the shop.)

The start of the course is on the path by the start of the Green wood Walk/Birklands Ramble (green/red marked posts) and is marked on the map by a pink triangle.

The numbered control points, (posts with white and red bands and numbers/letters) are marked 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 you find there, in the box next to the control number.

After you have found control number 7, follow the white markers back to the car park, where you will find the finish symbol, (two pink concentric circles)



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



Start - Track		
1	Track crossing	
2	Track/path junction	
3	Path junction	
4	Depression	
5	Track/path junction	
6	Track/path junction	
7	Path	
	Finish - Car park	

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](http://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 at Sherwood Forest NNR and other local areas. Their routes are led by trained volunteers, are suitable for all ages and abilities and they welcome new walkers.

Sherwood Foragers: Walks in Clipstone, Ollerton, Blidworth, Edwinstowe and Newark,  
Contact: Deanne Clayton (01623 822876), or Grace Dakin (01623 824754)

Mansfield In Step: Walks around whole Mansfield area.  
Contact: Brian Whittingham, c/o Groundwork Ashfield and Mansfield, (01623 459789)

The Sherwood Forest Ranger Service also arrange regular walks in the Reserve, many with special themes. Tel: 01623 823202 for details.