

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.

This is a longer trail on unsurfaced tracks and paths and may be muddy in places. It takes you deeper into the forest and past two small ponds.

A good walk to start with if you are unfit, on a well surfaced, easy access trail. There are benches and a picnic table by a pond, so there's plenty of chance for a rest. Simple musical instruments are placed along the trail for added fun.

Follow posts with white bands and allow between 20-30 mins.

Follow posts with blue bands and allow 45 mins - 1 hour.

Follow posts with white bands and allow 1.6 km, 1 mile

White trail (1.6 km, 1 mile)

Follow posts with white bands and allow 3.2 km 2 miles

Blue trail (3.2 km 2 miles)

Follow posts with blue bands and allow 4.2 km 2 1/2 miles

Vicar water - 4.2 km (2 1/2 miles)

Rainworth - 8.4 km (5 miles)

Mansfield - 10 km (6 1/4 miles)

Blidworth - 10.5 km (6 1/2 miles)

Sherwood Forest - 11 km (6 3/4 miles)

Sherwood Pines Forest Park

There are many cycle racks around the Visitor Centre area in the Forest Park.

Off-road cyclist.

These trails unless you are a very experienced one-way for safety reasons. Do not attempt narrow tracks, and trenches. Many routes are forest are on rough terrain with steep drops, cyclists. The trails and circuits in this part of the 'Off-Road Area' designed for experienced

Follow the black markers in this Off Road Trails - Follow the black markers in this Off Road Trails - Follow the black markers in this

Follow the blue markers along forest roads and trails - moderate)

Adventure Cycle Route (9.6km, 6 miles, or 6.4km, 4 miles using a short cut for cycles with and cycles with trailers.

Family Cycle Route (5 km, 3 miles - easy)

Follow the green markers along forest roads. This route is great for novice cyclists, families, and cycles with trailers.

the car park. Ring 01623 822855 for details.

If you don't have your own cycle, you can hire one at the 'Sherwood Pines Cycles' shop near the car park. Ring 01623 822855 for details.

you get fitter.

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

Always watch out for walkers on the trails and let them know you are there.

Further than you meant to!

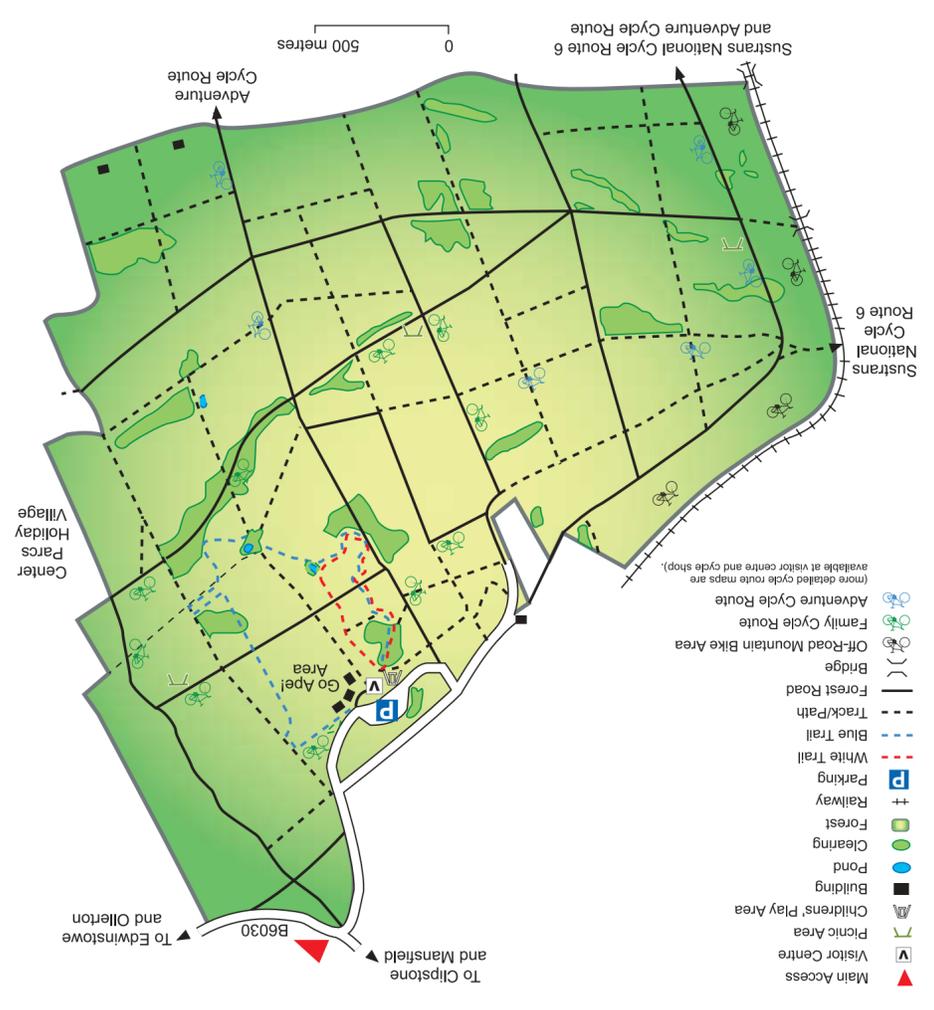
It's best to keep to these trails if you don't know the forest very well, as it's quite easy to ride

numbered discs on marker posts to guide you. The cycle routes are well marked with

way of exploring the quieter parts of the forest. Rainworth, Blidworth, Mansfield, Sherwood

starting point for a longer cycle ride to Vicar Water, Route 6. (Over to Inverness) and is an ideal

Sherwood Pines is on the Sustrans National Cycle



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

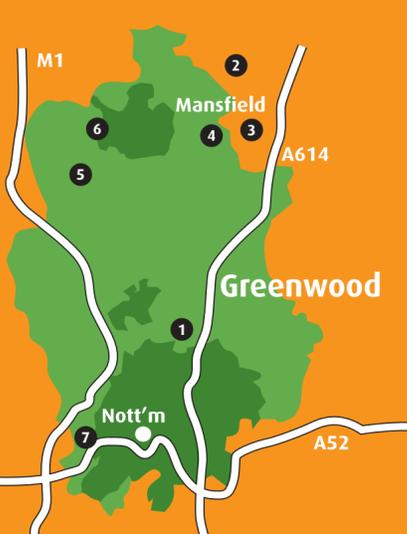
For more details or to request a walking pack, simply contact the Greenwood Partnership. Contact details on the back page.

• Break Free Greenwood Walks 2

• Break Free Greenwood Walks

### Getting Active in Greenwood

## 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@nottscc.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



## Sherwood Pines Forest Park - How to Find Us

Sherwood Pines Forest Park is managed by the Forestry Commission  
 www.forestry.gov.uk  
 Tel: 0131 334 0303

Sherwood and Lincs Forest District  
 Edwinstowe, Mansfield, Nottinghamshire NG21 9JL  
 Tel: 01623 822447

Sherwood Pines Visitor Centre  
 Tel: 01623 822500

The main access and car parking (pay and display) are from the B6030 near Old Clipstone.

Pedestrian access is also from King's Clipstone via Vicar Water, Bilsthorpe, Rainworth, and Center Parcs Holiday Village.

The nearest rail link is at Mansfield Railway Station.

Buses number 14, 15 and 16a provide a service from Mansfield to Old Clipstone (near the Forest Park entrance) every 10 minutes during the day.

Travel Hotline Tel: 0870 6082608

Ordnance Survey References: SK614646

Landranger Sheet: 120

## at Sherwood Pines Forest Park

## 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 |
|----------------|-----|------|-----|-------|-----|-----|-----|
| <b>Week 1</b>  |     |      |     |       |     |     |     |
| Normal Routine |     |      |     |       |     |     |     |
| Goal           |     |      |     |       |     |     |     |
| Exercise Type  |     |      |     |       |     |     |     |
| <b>Week 2</b>  |     |      |     |       |     |     |     |
| Goal           |     |      |     |       |     |     |     |
| Exercise Type  |     |      |     |       |     |     |     |
| <b>Week 3</b>  |     |      |     |       |     |     |     |
| 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.

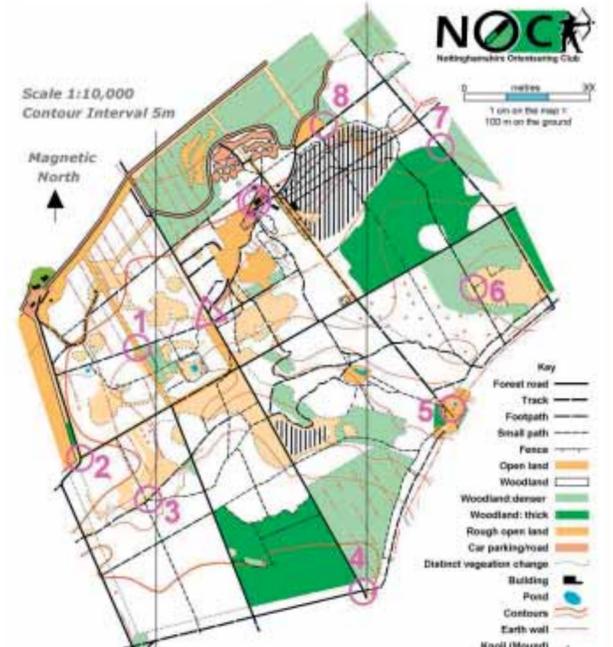
The course shown here at Sherwood Pines is a difficult one. Do not attempt it unless you have completed other orienteering courses and can read maps well. It is on forest roads, tracks and paths, which can sometimes be muddy and rough. There

are 8 control points and the course is about 3.5 km (2 1/4 miles) long. (There are longer, more difficult courses available, for experienced orienteers, here at Sherwood Pines and maps are available in the cycle hire shop.)

The start of the course is by the path in the open land down from the café - marked on the map by a pink triangle. The numbered control points (posts with orange and white square markers) are marked on the map in the centre of the pink circles, with numbers 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 these boxes

|   |                          |  |
|---|--------------------------|--|
| 1 | Path crossing            |  |
| 2 | Road junction            |  |
| 3 | Path junction            |  |
| 4 | Road path junction       |  |
| 5 | Clearing point           |  |
| 6 | Path (look tree)         |  |
| 7 | Track, vegetation change |  |
| 8 | Clearing                 |  |
|   | Finish - Building        |  |



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! These 'Walking the Way to Health' groups walk regularly around Sherwood Pines Forest Park 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 get 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.