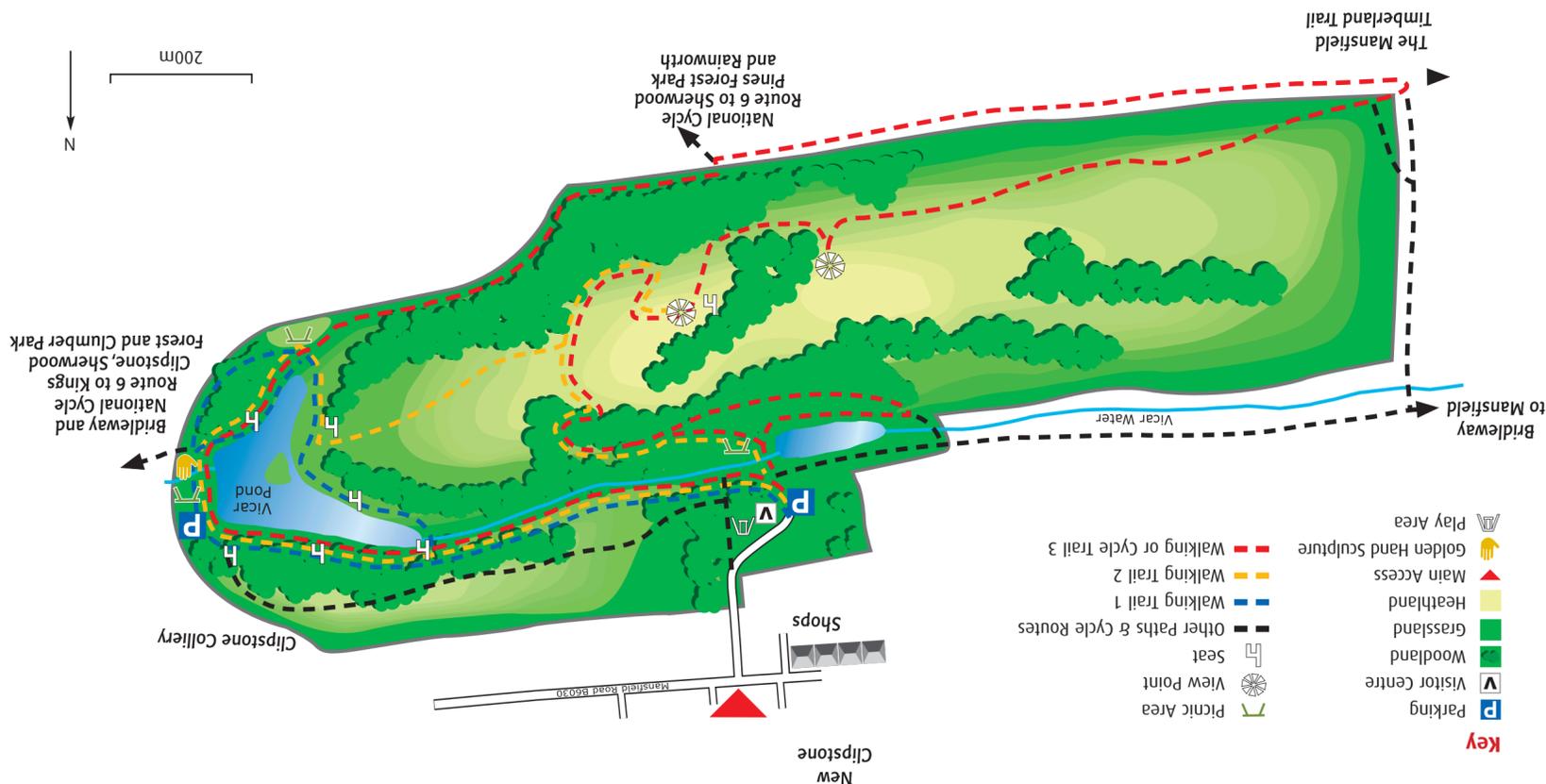


For more details or to request a walking pack, simply contact the Greenwood Partnership. Contact details on the back page.

- Break Free Greenwood Walks
- Break Free Greenwood Walks
- A Step Forward - Walking Your Way to Health in Greenwood, Sherwood and Beyond

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

### Getting Active in Greenwood



- Key**
- Play Area
  - Golden Hand Sculpture
  - Main Access
  - Heathland
  - Grassland
  - Woodland
  - Visitor Centre
  - Parking
  - Picnic Area
  - View Point
  - Seat
  - Other Paths & Cycle Routes
  - Walking Trail 1
  - Walking Trail 2
  - Walking or Cycle Trail 3

Vicar Water Country Park 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, Rainworth, Blidworth, Sherwood Forest or even Cumber Park. This route is traffic-free, mostly on woodland and forest paths and is safe for families to use. Cycling route distances from Vicar Water:

- Sherwood Pines - 4km (2 1/2 miles)
- Rainworth - 5km (3 miles)
- Blidworth - 7km (4 1/2 miles)
- Sherwood Forest - 6km (3 3/4 miles)

A bridleway along Vicar Water also goes west into Forest Town (2.5km, 1 1/2 miles) and Mansfield (3.5km, 2 miles)

### Longer Cycle Routes from Vicar Water Country Park

from the top. Take a well earned rest on the bench at the top for a relaxing, calming five minutes.

**Trail 3**  
Vicar Pond and Clipstone Pit (5km, 3 miles)  
Follow markers with red bands and allow 1 1/2 to 2 hours if walking or 1/2 hour if cycling.

This is a walking or cycling route including a more gentle climb up Clipstone Tip. It can involve a fairly steep descent back to the car park and is rough in places.

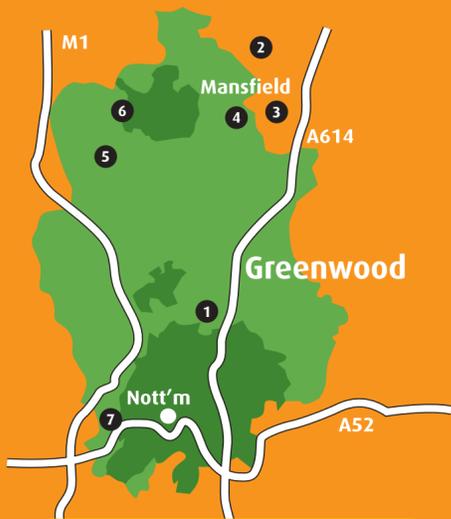
**Trail 2**  
Vicar Pond and Clipstone Pit (3km, 1 3/4 miles)  
Follow markers with green bands and allow 1 hour. This route includes a steep path up Clipstone Tip, but well worth the climb as there are spectacular views

**Trail 1**  
A short walk around Vicar Pond (2 km, 1 1/4 mile)  
Follow markers with blue bands and allow 30-40 mins. This is a flat walk with plenty of benches for resting. A good walk to start with if you are unfit, as there are no stiles or gates to go through.

**Leaflets for all three walks can be obtained, free of charge, at the Visitor Centre.**

### Walks and Cycle Routes at Vicar Water Country Park

## 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, Kirby-in-Ashfield, Notts, NG17 7GN

Tel: 01623 758231  
Email: [greenwood@nottscc.gov.uk](mailto:greenwood@nottscc.gov.uk)  
Web: [www.greenwoodforest.org.uk](http://www.greenwoodforest.org.uk)

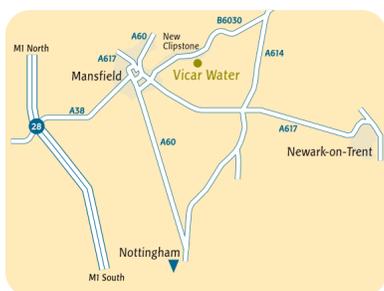
## Getting Active in Greenwood Community Forest

### 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



## Vicar Water Country Park - How to Find Us



Vicar Water Country Park is situated off Mansfield Road (B6030), Clipstone, Mansfield, Nottinghamshire.

O/S Street Atlas Ref: Page 90, B2

**For further information please contact:**  
Leisure Services, Newark and Sherwood District Council  
Tel: 01636 655701

Vicar Water Visitor Centre  
(Open every day except Monday.  
Café and toilet facilities available).  
Tel: 01623 466340  
Bus Hotline Tel: 0870 6082608

## at Vicar Water Country 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 walking or running, 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 Vicar Water is an easy one on good, level paths. It has 7 control points

and is about 2.75 km long. (There are also longer, more difficult courses available, of about 4.5 km and 7.75 km. Ask the Rangers for a map.)

The start of the course is at the bottom of the steps or ramp coming down from the Visitor Centre to the track leading to the lake - marked on the map by a pink triangle. The numbered control points, (short posts with red and white rings) are marked on the map at the centre of a pink circle, with a number by the side. The end of the course is marked by a pink circle.

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

**Start - Steps/road junction**

1	Gate	
2	District tree	
3	Small hill	
4	Seat	
5	Fence corner	
6	Stile	
7	Fence	

**Finish - Seat**

**Legend:**  
 Woodland  
 Woodland/denser  
 Bushes/hedge  
 Open land  
 Rough open land  
 Distinctive tree  
 Tarmac or paved  
 Park road  
 Footpath  
 Fence  
 Gate  
 Building  
 Seat  
 Sculpture  
 Contours  
 Steep bank  
 Water  
 Out of bounds

**NOCC**  
Nottinghamshire Orienteering Club

Contour Interval 5m  
Scale 1:7,500

0 Metres 225  
1 cm on the map = 75 metres on the ground

Survey and Cartography by Keith Streb 2001/2002 Copyright : NOC 2005 Grid reference SK 565 628.

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 Vicar Water and lots of other local parks. 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.