

Nottinghamshire

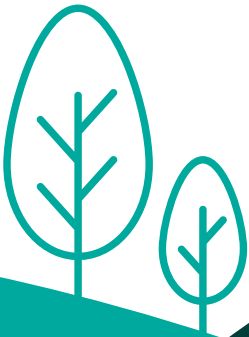
# Health Walks



Sutton-in-Ashfield  
Mansfield  
Mansfield Woodhouse  
Clipstone

Routes

**1-4**



Nottinghamshire  
County Council

## Health benefits

Reduces stress levels and improves your sleep.



These self-guided walks are aimed at encouraging people to have some gentle exercise and to keep fit and healthy.

All four routes are local to the Mansfield area and can be accessed easily by public transport.

Research shows that walking and being physically active can boost self-esteem, mood, sleep quality and energy levels, as well as reducing the risk of stress, depression and many long-term conditions.

The walks vary in length and are suitable for all ages and abilities. Whether you are looking for a gentle stroll or something a little more energetic, there is something to tempt everyone to get out and about and enjoy beautiful Nottinghamshire.

Many of the routes utilise our public rights of way network, and include footpaths and bridleways. Footpaths are solely for walkers, whereas you may ride a bicycle or horse upon a bridleway.

When out walking, always follow the countryside code:

- Be safe – plan ahead.
- Leave gates and property as you find them.
- Protect plants and animals.
- Take your litter home.
- Keep dogs under close control.
- Consider other people.



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## Route 1

# Brierley Forest Park

This route is perfect for beginners and takes you through Brierley Forest Park. The route will take around 30 minutes at a steady and relaxed pace, though you may wish to extend the walk by exploring other trails.

Most of this circular walk is on flat, surfaced paths. Some sections of the route may become muddy and slippery in bad weather, so please be cautious. For these reasons, the walk may not be suitable for wheelchairs and pushchairs in bad weather conditions. If you have any health concerns, please contact your GP for advice.

This self-guided walk is aimed at beginners who are new to walking, and wish to improve their fitness through simple guided trails. If you wish for a longer walk, feel free to explore the many paths and features of Brierley Forest Park, and don't forget to stop off at the Visitor Centre for a hot drink and a bite to eat.



Bridge over the river



Memorial to miners



**Distance:** 1.8 miles

**Duration:** 30 mins

**Access:** The closest bus stop is Skegby Road, located 200m from the Visitor Centre car park and served by route 1.

**Target Audience:** For all ages. The walk should be suitable for wheelchairs and pushchairs except in bad weather conditions.

This walk takes you through Brierley Forest Park, which originally served as a colliery site. The site was opened in 1872 when miners from Brierley Hill (in Staffordshire) came to the area seeking employment.

Mining ceased in 1989 and the site was acquired by Ashfield District Council, who transformed the area into the lush greenery you see today.

If you are interested in the history of the park, take a trip to the Visitor Centre or read more at <https://www.ashfield.gov.uk/community-leisure/parks-green-spaces-visitor-centres/brierley-forest-park-visitor-centre/>

## Route 2

# Bleak Hills

This route begins on Bleak Hills Lane, and follows the Timberland Trail through to King's Mill Reservoir. The route will take around 45 minutes to an hour at a steady and relaxed pace.

Most of this circular walk is on flat, surfaced paths, though there are some gentle gradients along the way, and a steep ascent as you return to Sheepbridge Lane. Some sections of the route may become muddy and slippery in bad weather, so please be cautious. For these reasons, part of the walk may not be suitable for wheelchairs and pushchairs. If you have any health concerns, please contact your GP for advice.

This self-guided walk is aimed at beginners who are comfortable following a mapped route, improving their fitness and experience with footpaths and bridleways. If you want a longer walk, you may wish to circle King's Mill Reservoir before returning to the mapped route.



Entrance to the Timberland Trail



Viaduct at King's Mill Reservoir



**Distance:** 2.7 miles

**Duration:** 45 mins - 1 hour

**Access:** Parking on Sheepbridge/Bleak Hills Lane, Closest bus stop is Sheepbridge Lane.

**Target Audience:** For all ages. Part of the route is not suitable for wheelchair and pushchair users.

This walk begins on the Timberland Trail, which takes you through the heart of Mansfield's industrial centre, before emerging beside the picturesque King's Mill Reservoir and its iconic viaduct.

The route then follows King's Lodge Drive to Hermitage Lane. From here, cross over and follow the road down until you see signs for the Oakham Nature Reserve. Take this trail and follow it until you see a steep rise on your left, which will take you up and out to vehicle repair shops. From here, follow the road down the hill and back onto Sheepbridge Lane.

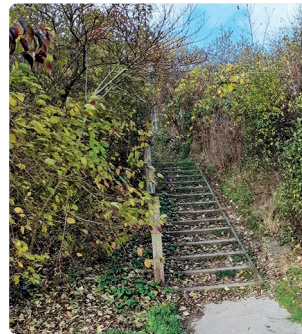
## Route 3

# Mansfield Woodhouse Station

This route begins from Mansfield Woodhouse Station car park, and takes you through Oxclose Wood before emerging into the fields surrounding Radmanthwaite. The route will take around an hour to an hour and a half at a steady and relaxed pace.

Most of this circular walk is on flat surfaced paths, though there are some gentle gradients along the way, and a kissing gate as you leave Oxclose Wood. Some sections of the route may become muddy and slippery in bad weather, so please be cautious. For these reasons, part of the walk may not be suitable for wheelchairs and pushchairs. If you have any health concerns, please contact your GP for advice.

This self-guided walk is aimed at beginners who are looking for a slightly longer route, improving their fitness and experience with footpaths and bridleways. If you wish for a much shorter walk, there is the option to remain in Oxclose Wood, and circle around on yourself to connect with the end of the mapped route.



Entrance from the Station



Oxclose Woods



**Distance:** 3.6 miles

**Duration:** 1 - 1½ hours

**Access:** Parking at Mansfield Woodhouse Station car park, train to the station.

**Target Audience:** For all ages. Part of the route is not suitable for wheelchair and pushchair users.

Step into Oxclose Wood, a lovely mixture of woodland, wetland and grassland just a stone's throw away from Woodhouse Station, before taking a leisurely stroll through rolling green fields.

Mansfield Woodhouse was founded before the Roman Empire, and occupied throughout the Roman Period. Remains of a Roman villa were found here in the 1780s. The original railway station was opened in April 1875 when Midland Railway built a 15 mile branch line from Mansfield to Worksop.

## Route 4

# Spa Ponds

This route begins on New Mill Lane, at the footpath entrance to the fields close to Clipstone Road East. There is nearby on-street parking, or you may wish to walk from one of the many surrounding bus stops.

This route is for more experienced walkers, who are confident in walking on different levels, with some uneven paths. It should take around 90 minutes to 2 hours.

You will encounter relatively rough terrain at certain points along the route, with steep inclines and declines. Some sections may become muddy and slippery depending on the weather, so please be cautious. This route is not suitable for pushchairs and wheelchairs. If you have any health concerns, please contact your GP for advice.



Spa Ponds



Start from New Mill Lane



**Distance:** 3.7 miles

**Duration:** 1½ - 2 hours

**Access:** Parking on New Mill Lane, closest bus stop is New Mill Lane.

**Target Audience:** For all ages. This route is not suitable for wheelchair and pushchair users.

This walk begins with a lovely stroll through fields and a farm with horses, before emerging onto a bridleway with views across the River Maun. The bridleway is often used by horse riders, so please be careful if passing equestrians. At the end of the bridleway, take a right and descend down to Warren Farm Lake, where you may see fishermen looking for a catch. Continue onwards until you reach the bridge, then cross and take a right upwards into the woods. From here, feel free to use any of the marked footpaths that run back along the river. You will eventually reach the sign for Spa Ponds. Here, turn left and follow the paths back to New Mill Lane.

## Apps



The **ONE YOU** apps have been specially designed by the NHS to support people to get more active, give up smoking, have alcohol free days, and to have a healthier diet. All apps are free to download onto your smartphone or tablet via [www.nhs.uk/oneyou/apps](http://www.nhs.uk/oneyou/apps)

### ACTIVE 10

Add more regular bursts of brisk walking to your daily routine with activity tracking, encouragement and achievable milestones.

### NHS QUIT SMOKING

Start a four-week programme that puts practical support, encouragement, milestones and tailored advice in the palm of your hand.

### DRINK FREE DAYS

Feel healthier, lose weight and save money. Just pick your days to skip alcohol and get practical support to stick with it.

### COUCH TO 5K

Get off the couch and running 5K in just 9 weeks. Grab your trainers and follow the step-by-step audio instructions.



For more walking routes and places to go please visit [www.nottinghamshire.gov.uk/walking](http://www.nottinghamshire.gov.uk/walking)



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