

Nottinghamshire Health Walks



Priorswell Recreational Ground
Shireoaks Pit
Worksop - Manton Pit Woods

Routes

1-3



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 three routes are local to the Worksop 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.

If you have any health concerns, please contact your GP for advice.



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Route 1

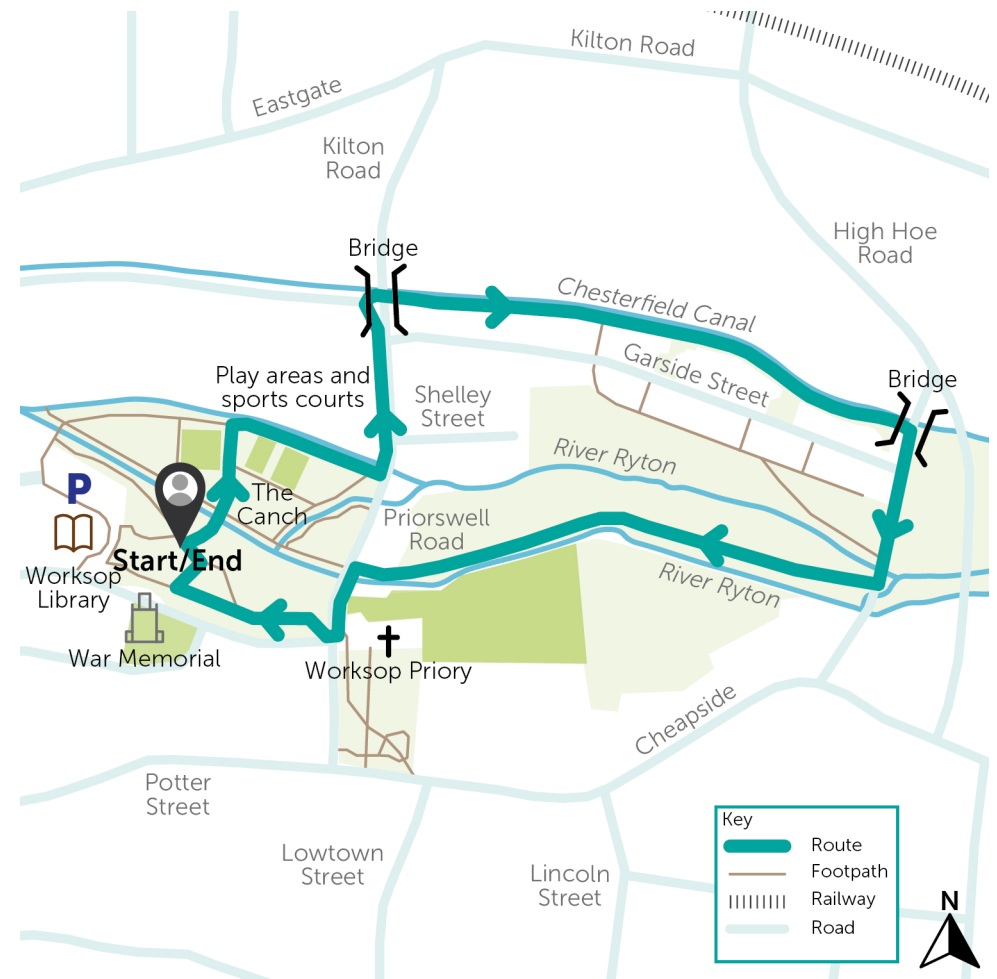
Priorswell Recreational Ground

The walk starts and ends in front of the old Library and Museum.

Going clockwise, it first leads into the Memorial Avenue Gardens, passing the righthand side of the old library, now the Aurora Wellbeing Services building and into The Canch Park.

The walk routes around the park, over the bridge and passing the sports courts. After leaving The Canch, a short walk up Priorswell Road brings you under a bridge and then right on to the Chesterfield Canal. After following the canal to the Bracebridge Lock, the final section of the walk takes you through Priorswell Recreational Ground and back onto Priorswell Road, passing the historic Worksop Priory, before returning to the Worksop War Memorial.

Some sections of the walk are narrow, and the ground conditions can be uneven and muddy following wet weather, so this walk is not suitable for wheelchairs and pushchairs.



Worksop Priory was established by Augustinian monks in the 12th century. Following the dissolution of the monasteries by King Henry VIII in 1539 it became Worksop's parish church. The church has an impressive organ, containing over 1,600 pipes!

The Canch was originally part of the priory grounds and was home to a corn mill for over 700 years. An open-air swimming pool could be found in the park between 1905 and 1995, although it has now been replaced by a sensory garden.

Distance: 1.3 miles

Duration: 40 minutes

Access: Parking at Priorswell Road Car Park. Worksop Bus Station is nearby.

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



Route 2

Shireoaks Pit

This walk is suited to all ages although Shireoaks Pit Top is quite steep, and care should be taken when using the level crossing on Shireoaks Common.

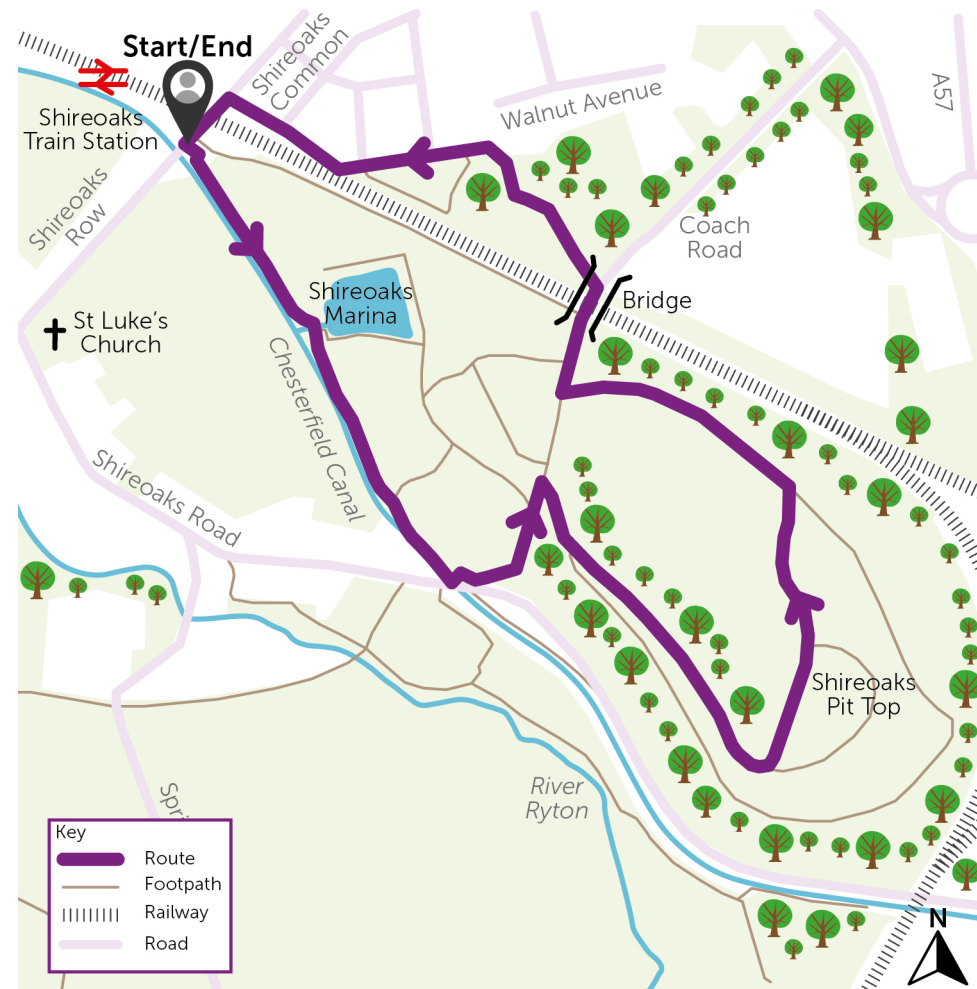
From Shireoaks railway station, turn right onto Shireoaks Row. The first left takes you down a ramp onto the Chesterfield canal path. Follow the canal path until you reach the overbridge and steps onto Shireoaks Road and then Marina Drive, turn left and continue until you reach a gravel path and a sign welcoming you to 'The Woodlands'. Once you are on the path, take the first right and when you get to a fork in the pathway, continue along the left fork uphill. (For a slightly longer walk take the right fork and you will arrive at the same place!). Keep left and continue uphill to the viewpoint.

You will see the views over Shireoaks Pit Top. Continue downhill and follow the path left at the junction.



By following the path, you will arrive near to the start of 'The Woodlands'. This time turn right and walk until you arrive at a bridge over the railway. Once over the bridge, take a left and follow the path and you will arrive back onto Shireoaks Common and the train station will be opposite you.

Due to there being steps, uneven ground and steep inclines or descents, unfortunately this walk isn't suitable for wheelchairs or pushchairs.



Shireoaks Colliery opened in 1859 and employed over 900 people at its peak. Following its closure in 1990, Nottinghamshire County Council bought the site and converted 64 acres into green space, part of which was designated as a Local Wildlife Site in 2012.

The Chesterfield Canal opened in 1777 and was best known for transporting the stone used to construct the Palace of Westminster before it closed due to subsidence in 1907. Following years of restoration, the canal at Shireoaks reopened in 2002, and the village is home to a marina on the site of the former wharf which served the Colliery.



Distance: 1.6 miles
Duration: 45 minutes

Access: Shireoaks train station is served by trains from Worksop and Sheffield. On-street car parking and bus stops (6) can be found on Shireoaks Row or Shireoaks Common.

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

Route 3

Worksop - Manton Pit Woods

Starting the route at Manton Pit Wood car park, follow the steep path up and around to the right. Continue straight until you come to a fork, and then take the left hand path over the bridge across the A57. At the next fork, we recommend taking the left path to complete the walk in a clockwise direction. The path is at a steady incline for the first half of the walk. Continue walking straight without turning off (the path naturally takes you around to the right). There are other smaller paths coming off the main one but it's best sticking to the gravel path. You will end up back near to the bridge and a sign pointing you in the direction of the car park.



There are sections of footpath that are at a steady incline and the paths are uneven under foot, so this route may not be suitable for wheelchairs and pushchairs.



Distance: 2.5 miles

Duration: 1 hour and 15 minutes

Access: Parking at the Manton Pit Wood Car Park. Nearest bus stop is Enterprise Zone (42/43).

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



Manton Pit Woods is situated on the site of Manton Colliery, which closed in 1994 after supplying coal for almost 100 years. Nottinghamshire County Council subsequently bought the site and restored it to create the woodland and heathland that you see today.

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

ACTIVE 10

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

NHS SMOKEFREE

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.

EASY MEALS

More than 150 delicious, easy, healthier recipes just a tap away. Search by mealtime and save shopping lists for later.



For more walking routes and places to go please visit www.nottinghamshire.gov.uk/walking



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