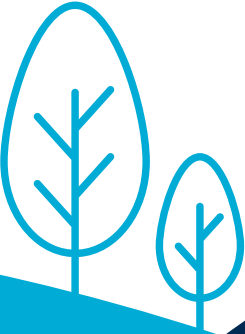


Nottinghamshire

Health Walks



Gedling Country Park
Arnold
Burton Joyce
Stoke Bardolph

Routes

1-4



Nottinghamshire
County Council



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 Gedling Borough area and can be accessed easily by public transport or car.

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.

Many thanks to local walking group leader Bob Rotherham, who submitted Route 2 and was crucial in ensuring this pamphlet's success.



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20 mins	
Arnold	6
2.8 miles	
45 mins – 1 hour	
Burton Joyce	8
3.5 miles	
1 – 1½ hours	
Stoke Bardolph	10
4.9 miles	
2 – 2½ hours	



Route 1

Gedling Country Park

This beginners route takes you through Gedling Country Park. The route will take around 20 minutes at a steady and relaxed pace, though you may wish to extend the walk by exploring other trails.

The route follows blue 'High Hazels' way-markers, and is signposted throughout. More information is available online or at the park.

Gedling Country Park features toilets, a café, a children's play area and several trails. For more information, see www.gedling.gov.uk/gedlingcountrypark

This circular walk is entirely on flat surfaced paths, and is suitable for wheelchairs and pushchairs. If you have any health concerns, please contact your GP for advice.



Country Park Paths



Water Features



Distance: 0.87 miles

Duration: 20 mins

Access: Parking at Gedling Country Park. Buses (46) to Spring Lane.

Target Audience: For all ages.

The walk is suitable for wheelchairs and pushchairs.

Gedling Country Park is a 580 acre former colliery site. The colliery was built in 1899, and produced coal from 1902 until its final operation in 1991. The current hills within the site are built upon the former 'slag heaps' that resulted from mining.

Gedling Borough Council acquired a 25 year lease from the site in 2013. Since this date, the site has been renovated and made safe for public access. The park officially opened in 2015 and has been enjoyed by Nottinghamshire's residents since.

Route 2

Arnold

This route begins in Arnot Hill Car Park, and was created by a local walking group leader from the 'Wellbeing Walks' scheme.

The walk takes you for a gentle stroll around the Arnold area, before returning through Thackeray's Lane Recreation Ground.

Arnot Hill Park is accessible by public transport and features toilets along with a cafe.

Most of this circular walk is on flat surfaced paths, though there are some gentle gradients along the way. Whilst the route should be suitable for wheelchair and pushchair users, some sections may become muddy in bad weather, so please be cautious. If you have any health concerns, please contact your GP for advice.

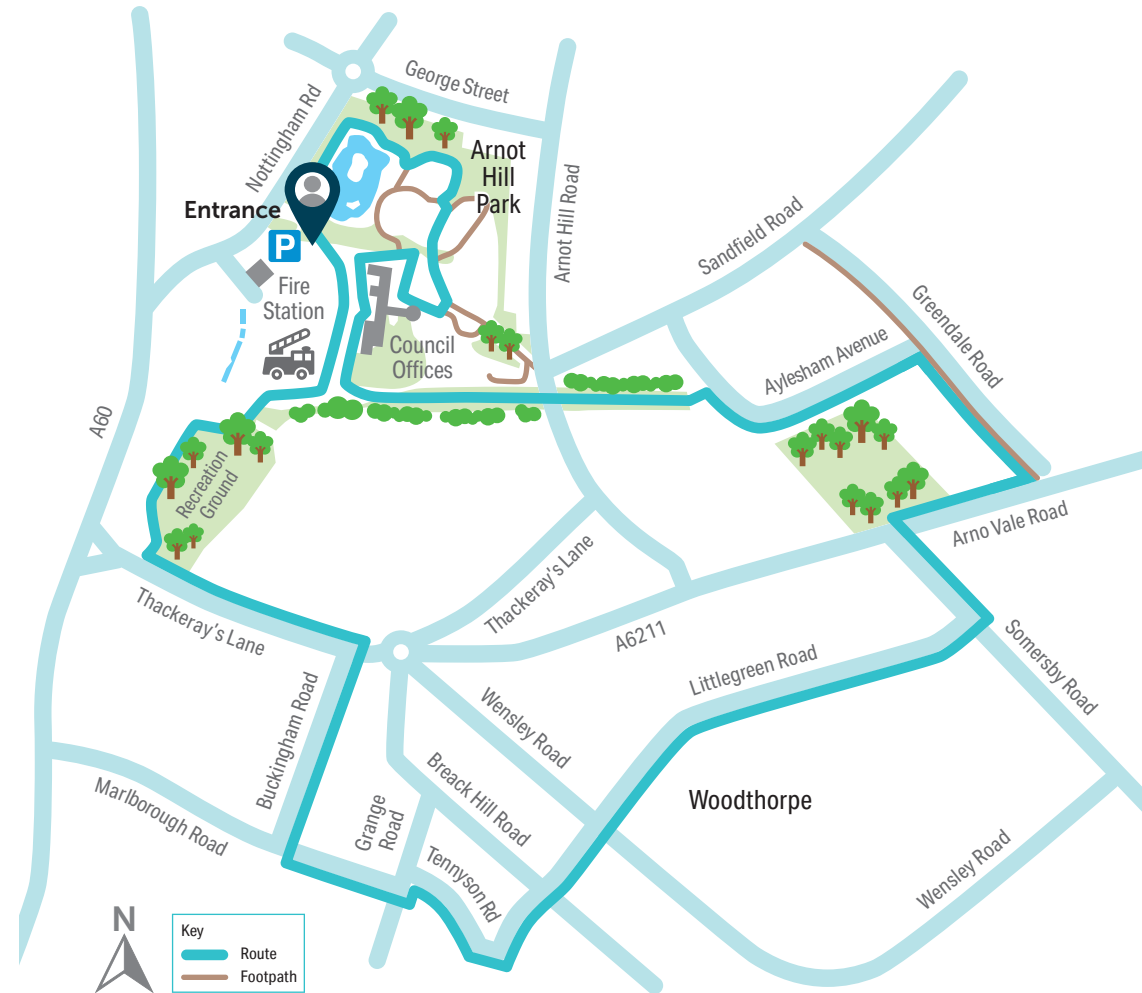
This self-guided walk is aimed at beginners who are looking to improving their fitness and experience with following maps.



Arnot Hill Park



Memorial



Distance: 2.8 miles

Duration: 45 mins - 1 hour

Access: Free Parking for 2 hours in Arnot Hill Park. Buses 25/53/54/58. Nearest bus stop is Portland Street.

Target Audience: For all ages. Depending on weather, the route may be suitable for pushchair and wheelchair users.

In Arnot Hill Park you can find the former house of John Hawksley (1765-1815), a prominent mill owner. The park is also home to an arts trail comprised of over twenty wood carvings, murals, ceramic pieces and mosaics. If you wish to know more, visit www.gedling.gov.uk/arnot-hill-park

As you leave the park, you will follow the path that used to be part of an old railway line. This line connected Arnold with Nottingham at Daybrook Station. It closed in 1964.

Route 3

Burton Joyce

This route begins at the junction of Main Street and Hillside Drive in Burton Joyce. Follow the ascending path on Hillside Drive. At the top, turn left and branch right soon afterwards. Go down to the bottom of the slope, turn left and then right, down another slope to Park Lane. Cross the road and take the path round the right-hand side of the field and through the trees at the top. Emerging into a field, head left until you see a gate on the left, allowing you into the Reed Pond Nature Reserve. Cross the road and go uphill. Continue on this path, which eventually becomes Bridle Road. Follow it all the way back into Burton Joyce. Turn left into Main Street and return to the start.

Most of this circular walk is on flat surfaced paths, though there are some steep gradients along the way, and several kissing gates. 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.



Views over Lambley



Footpath out of Burton Joyce



Distance: 3.5 miles

Duration: 1 - 1½ hours

Access: Parking / Bus Stops in Burton Joyce (NG14 5EE) Chesterfield Drive – Route 26.

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

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.

Burton Joyce has a long history dating back to the Neolithic era. Archaeological finds include arrowheads, swords and an iron-age hillfort, which the village takes its name from (*bertune*).

Route 4

Stoke Bardolph

This route is more suitable for experienced walkers, who are confident in following rights of way and walking on uneven paths. It should take around two to two and a half hours to complete at a steady and relaxed pace.

The route begins on Teal Close, next to Victoria Retail Park. At the end of the road, turn right onto the footpath next to the watercourse. At the footbridge on the right, turn left into the fields. Cross a lane leading to electrical installations and also cross Stoke Lane. Follow the watercourse to the River Trent at Stoke Bardolph. Turn right, pass the Ferry Boat Inn and continue along the riverside path. Once you pass Stoke Lock, follow signs for Colwick, and enter the Netherfield Lagoons site. You will eventually see the viaduct that supports the railway. Before reaching the railway, take a path that slopes up and backwards to the right. At the top, turn left and skirt the lagoon in a clockwise direction. At a bench on a path junction, go left down some steps, cross the footbridge and turn left to return to the start.



Start on Teal Close



Views over the Trent



Distance: 4.9 miles

Duration: 2 - 2½ hours

Access: Parking on Teal Close (NG4 2PE). Nearest bus stop is Morrisons on Victoria Park Way, served by 50, 773, 774, 775 and N73.

Target Audience: For advanced walkers.

This route is not suitable for wheelchair and pushchair users.

Stoke Bardolph village dates back to 1086, and originally featured a manor house that was abandoned in the early 15th century. The Ferry Boat Inn has been a mainstay of the village for over 200 years.

Netherfield Lagoons hold a long history, having been used in the past for farming, gravel extraction and as settling lagoons by the local colliery. Gedling Conservation Trust have managed the site since 2005.

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 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.

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



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