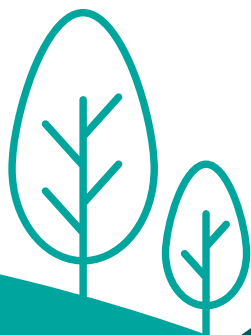


# Nottinghamshire Health Walks



Archers Field Recreation Ground  
Erewash Canal Walk  
Bramcote Hills Park  
Stapleford

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 Stapleford 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.



## Contents

<b>Archers Field Recreation Ground</b>	<b>2</b>
0.8 miles 20 mins	
<b>Erewash Canal Walk</b>	<b>4</b>
2.5 miles 1 hour	
<b>Bramcote Hills Park</b>	<b>6</b>
2.8 miles 1.5 hours	
<b>Stapleford</b>	<b>8</b>
3.9 miles 2 hours	

## Route 1

# Archers Field Recreation Ground

This short walk around the Archers Field Recreation Ground takes approximately 20 minutes. It starts and finishes at The Vista, which is easily accessible via public transport.

Starting on Archer Road, follow the path down The Vista onto New Eaton Road. Turn right and follow the road. On the left, you will see some bollards at the opening of the park (Archers Field). Enter the park and turn right. Continue until you come to the allotments and take a left through a wooded area. At the next fork, take the right path and follow it through the trees and past the football pitch. Continue straight past the basketball court and the path leads you back out of the park and onto Wellspring Dale. Walk up The Vista, across New Eaton Road, and back to Archer Road.



Archers Field has a gentle gradient throughout. However, this route has sections which are not suitable for wheelchairs or pushchairs use due to uneven ground and narrow footpaths.



**Distance:** 0.8 miles

**Duration:** 20 minutes

**Access:** Parking on Archer Road or New Eaton Road. Closest bus stop is The Vista (510).

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



If you enjoyed this walk, the Queen Elizabeth II Park is nearby which is another local green space to explore.



## Route 2

# Erewash Canal Walk

This route is 2.5 miles long and takes approximately 1 hour. A large section of the walk is along the Erewash Canal.

Travelling anti-clockwise, this walk follows Albert Avenue, Oakfield Road, turning left onto Mill Road, then taking the first right turn before passing through a farm gate into open fields to reach Moorbridge Lane.

At Moorbridge Lane, cross to the opposite side of the road, turn left and go over the River Erewash and railway line (signposted Derbyshire) then cross back over the road and take the footpath onto the Erewash Canal towpath. Follow the canal south towards Sandiacre, walk past lock 64 and canal bridge 12 before turning left at canal bridge 11 on a tarmac footpath leading over the River Erewash and railway line and across fields to join Sandiacre Road. Turn Left at Derby Road and return to the start via Albert Avenue.



The walk has uneven ground throughout and includes steps, which makes it unsuitable for wheelchairs and pushchairs.



**Distance:** 2.5 miles

**Duration:** 1 hour

**Access:** Parking on Albert Avenue or Oakfield Road. Closest bus stops are on Derby Road (i4/15/510/511)

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



The Erewash Canal opened in 1779 and was used to transport coal for over 150 years. The canal has now been restored and is now thriving as a leisure route which is appreciated by boaters, anglers, walkers and cyclists.

The towpath of the canal forms part of the Erewash Valley Trail, a 30 mile route that takes in numerous towns and villages in the area. Details of the route can be found on the Nottinghamshire County Council website.

<https://www.nottinghamshire.gov.uk/planning-and-environment/walking-cycling-and-rights-of-way/find-walks-and-rides/erewash-valley-trail>



### Route 3

## Bramcote Hills Park

This route around Bramcote Hills Park is 2.8 miles long and takes around 1.5 hours to complete.

From the car park, follow the route anti-clockwise. The route first heads northeast into the woodland. After approximately 100m the route turns right from the main path. Follow the smaller path until the route leaves the woodland onto another path to the west of Bramcote College. After approximately 100m, the route turns right from the main path onto a smaller path on the north side of Bramcote College which leads to Moor Lane and joins Snails walk. Footpaths and trails heading northwards then lead you to the Nottingham Canal Local Nature Reserve and the canal.



Walled Garden and Human Sundial.

Proceed along the canal until a left turn takes you to Pit Lane Local Nature Reserve. The route follows Boundary Brook until a crossing into Stapleford Hill Woodland. The route scales Stapleford Hill then leads south past the Hemlock Stone, after which the route leads back to the park to complete the walk.

The walk is not suitable for wheelchairs and pushchairs due to steep inclines and uneven ground throughout the walk.

**Distance:** 2.8 miles

**Duration:** 1.5 hours

**Access:** Car parking available at Bramcote Hills Park and the Pit Lane Recreation Area. Nearest bus stops are on Ewe Lamb Lane (for Bramcote Hills Park, 18x/511) and Stapleford Road (for Pit Lane, 15).

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



Bramcote Hills Park is home to a walled garden, a human sundial and the Hemlock Stone which is 28 feet tall and around 200 million years old! If you would like to explore further after completing the walk there are many different trails and footpaths in the park.

This route also runs alongside the disused Nottingham Canal, which opened in 1796 and closed in 1937 after losing its commercial traffic to the railways. The route of the canal was bought by Broxtowe Borough Council in the 1970s, who maintain it as a Local Nature Reserve.

## Route 4

# Stapleford

Starting at Cliffe Hill Avenue car park, first take the steps down onto Toton Lane. Turn right, then left, onto Eaton Road. Follow Eatons Road and onto the path through Queen Elizabeth Park and out onto Brookhill Street. Cross the road and continue to follow Eatons Road, as the road bears left. Take the footpath on the right into Archers Field. The path forks into three: take the right-hand path and follow it past the allotments on your right. At the end of this path, you will arrive at Bessell Lane: turn left, follow the road, under the bridge of the A52, continue past the railway track until you reach a fork. Take the left path up a steady incline. Continue straight for approximately 500 metres. When you get to a crossroads, turn left to continue around the fields. After 170 metres, turn left (there will be fields on both sides), bear right and you will arrive at Stapleford Lane. Cross the road and follow the Erewash Trail. Follow the path up Balk Lane to a bridge over the A52. Once over the bridge, take the few steps into an open field and continue straight. You will reach a gate into Stapleford cemetery. As you come out of the cemetery, bear left and arrive back at Cliffe Hill Avenue car park.



The route can become muddy during wet weather, so it is not recommended for wheelchair users or pushchairs.

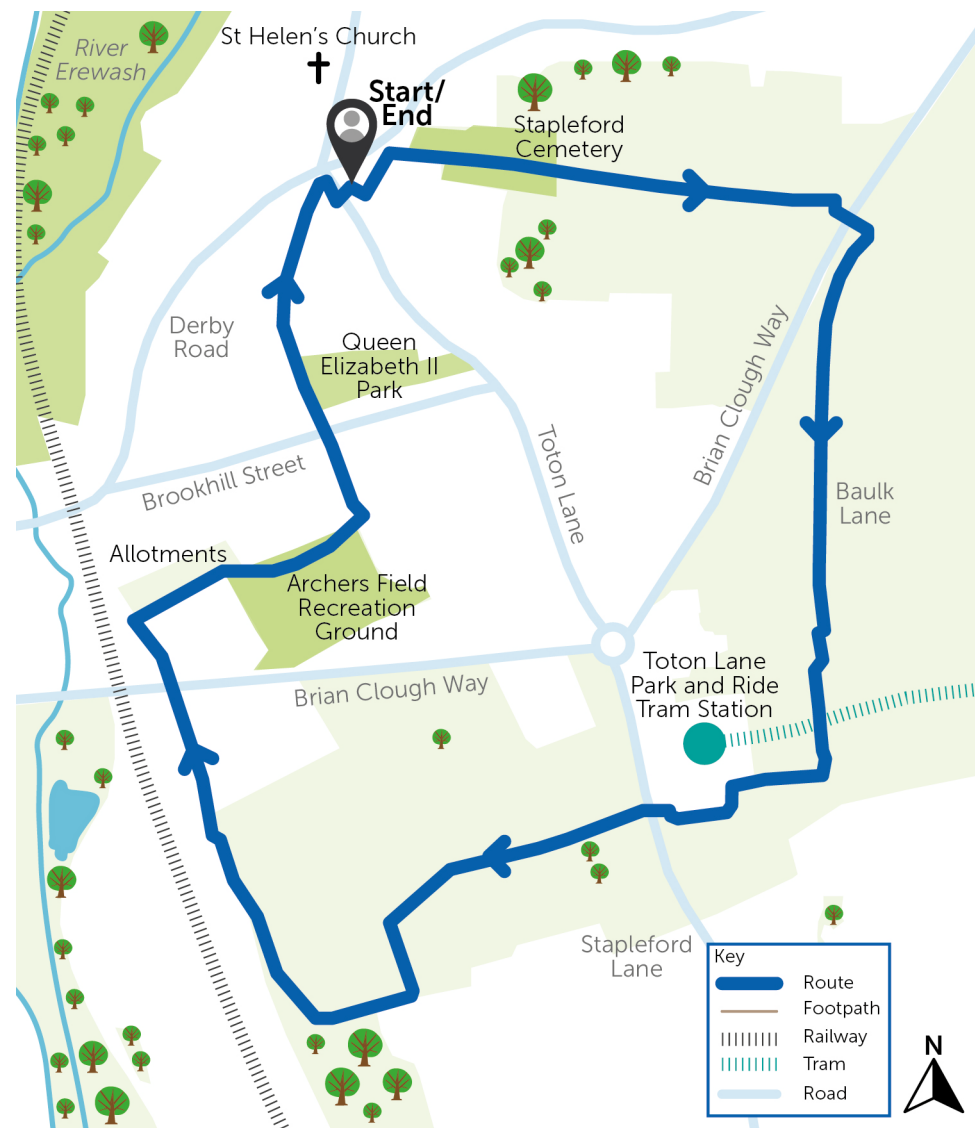


**Distance:** 3.9 miles

**Duration:** 2 hours

**Access:** Parking at Cliffe Hill Avenue car park in Stapleford or at Toton Lane Park & Ride (free). Nearest bus stops are in Stapleford town centre (i4/15/510/511) or at Toton Lane (510), which is also served by trams from Nottingham.

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



There are multiple sites of interest to see in and around Stapleford, including St Helen's Church, which is famous for its Stone Cross dating back to Saxon times, and Bob's Rock, a cave named after an 11th century landowner.



# 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 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](http://www.nottinghamshire.gov.uk/walking)



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