

Cycle Routes from Bramcote Hills Park

Cycling is a great way to get active and many safe routes are well signed from Bramcote Hills Park, including Stapleford, Bilborough and Beeston. It's a good starting point for a longer cycle ride to Wollaton Park (2.5km, 1.5 miles), Attenborough Nature Reserve (4km, 2.5 miles) or Nottingham city centre (8km, 5 miles). Start with a short ride at first and gradually build up to 30 minutes cycling 4 or 5 times a week.

When you're really fit, you could ride as far as Bestwood Country Park, Newstead, Sherwood Pines Forest Park, Vicar Water Country Park, Sherwood Forest Country Park or even Clumber Park, following the Sustrans National Cycle Route 6, (Dover to Inverness route)

Nottinghamshire County Council produces a booklet called 'Cycling in Nottinghamshire' or go to www.nottinghamshire.gov.uk (Tel 0115 977 4585) or www.sustrans.org.uk (Tel 0117 929 0888) for more information.

Walking Routes at Bramcote Hills Park

The Parkland Route – (1.25 km, ³/₄ mile) Follow markers with blue bands and allow 30-40 mins.

This is a flat and easy walk on surfaced paths with plenty of benches for resting. A good walk to start with if you are unfit, as there are no steep gradients, stiles or gates to go through.

The Woodland Walk (1.5 km, 1 mile)
Follow markers with green bands and allow ³/₄ hour.

This route includes steep gradients, many steps and rough woodland paths. It is suitable for those who are relatively fit.

Bramcote Hills Park Trim Trail

A Trim Trail is set out in the Park. The map of the trail can be found near to the information board near the car park. The trail has the following equipment, each section with simple instructions on how to use it;

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|------------------|-----------------------|
| 1 chinning bars | 2 balance beam |
| 3 stride jumps | 4 log hops |
| 5 horizontal bar | 6 gate |
| 7 step ups | 8 leap frogs |
| 9 parallel bars | 10 inclined press-ups |
| 11 bench sit ups | |

Check with a doctor before you start an exercise programme or use this Trim Trail for the first time. If you join an exercise class at your local leisure centre you can learn how to do the exercises properly to get the most out of them and avoid injury.

Always start your fitness session with a gentle walk before starting the trim trail. Warm up your muscles to avoid injuries and gradually build up speed until you are walking briskly. Stop now and again to do the exercises doing 4 -6 repetitions of each at first, gradually increasing as you improve your fitness and strength. Towards the end of your trail, walk more slowly before beginning your cooling-down exercises.

You could time yourself each time you complete the trail and try to improve on it next time.

Longer Walking Routes Starting from the Park

The Nottingham Canal Trail, (14 km, 8.7 miles) along the disused Nottingham Canal is easily accessible from Stapleford Hill and the Hemlock Stone. The walk connects Wollaton with Coventry Lane to the east, Trowell and Langley Mill to the west and is also suitable for cycling. An optional return along the Erewash Canal makes a round trip of 27.3km, 17 miles.

The Robin Hood Way (168 km, 105 miles)

When you're feeling really fit, why not try part of the Robin Hood Way? It starts at Nottingham Castle, goes through Bramcote Hills Park and many other parks, all the way to Sherwood Forest. Follow the markers with the bow and arrow signs.

Keep a diary of your walks, time how long it takes you and try to increase your speed each time. Alternate gentle walking with short stretches of brisk walking, gradually increasing the time you spend walking more quickly, as you get fitter.

Getting Active in Greenwood

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

- A Step Forward – Walking your Way to Health in Greenwood, Sherwood and Beyond
- Break Free Greenwood Walks
- Break Free Greenwood Walks 2

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

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