Explore Bestwood Country Park and the countryside on your doorstep in the Greenwood Community Forest

Including events, walks and practical volunteering in Bestwood Country Park and the Green Estate 1

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January – June 2011

## • Greenwood's Green Gateways

We all feel better for time spent outdoors in relaxing, green surroundings.

Take a stroll in the fresh air, walk the dog, let off steam with the kids, watch wildlife or just quietly appreciate the changing seasons. Green spaces, woodland and parks have so much to enjoy.

This booklet is about green places that are helping to create the Greenwood Community Forest and are open for everyone, all year round. These green places form Nottinghamshire County Counci's 'Green Estate'.

We hope it will encourage you to get out and about, and discover Nottinghamshire countryside. Read on to find out about:

- Events
- Hands on Conservation
- Health Walks
- 'Friends of' groups
- Volunteering

### **o What is the Green Estate?**

As well as the larger country parks in Nottinghamshire, there are many smaller green spaces, perfect for a quick walk, to feed the ducks or picnic under the trees. These sites are part of the County Council's "Green Estate". They are small pieces of land that often connect to each other and act as a green gateway into the countryside.

These sites are managed by Nottinghamshire County Council's Countryside Management Team and include old sites such as pit tips, disused railway lines, new and restored woodland, agricultural land and quarries. Sometimes they are off the beaten track, and can be muddy at certain times of the year, but well worth exploring.

More Information: www.nottinghamshire.gov.uk/greenspaces/

## • Health Walks

Convalescing from an operation or a period of illness? Or just want to take the first steps towards getting fitter? Whether you want to lose weight, increase mobility, or just meet up with new companions for an easy-paced stroll, health walks could be just right for you.

Walks start at around a mile in length, and you can choose some longer walks as your fitness improves.

All walks are thoroughly checked first and are led by an experienced walk leader. There are regular health walks programmes at several of our green gateway sites.

#### **Mansfield In Step**

Sunday, Monday and Thursday at 10.00 am. Contact: David Bird **tel: 07951 945407** 

#### **Hucknall Taking Steps**

Wednesday mornings, tel: 0115 9524802

#### Walk On to Better Health in Ashfield

Monday, Tuesday and Wednesday at 10.00 am, contact: Joan Bacon *tel: 0115 9161805* or *email: joan bacon@hotmail.com* 

### o 'Friends Of' Groups

Many of our green gateway sites have 'Friends Of' groups. These are groups of like-minded people who've organised themselves to support their local park or green space. Some groups hold special events, walks and public activities. Others simply keep a watchful eye or get involved in fund raising, wildlife conservation or improvement projects. From building a website to going on a litter-pick, there are many ways to help. And if there isn't a Friends group in your area – why not start one!

#### To join a Friends' group in your area:

Silverhill Wood Action Network (SWAN) Contact: Malcolm Frier 01623 550794

Friends of Tippings Wood, Blidworth Contact: John Wood 077470 06452

#### Friends of Southwell Trail

Contact: friendsofsouthwelltrail@hotmail.co.uk

#### Friends of the Ranges

Contact: nimbus2114@googlemail.com

#### Friends of Moor Pond Wood

Contact: Stephen Walker on 0115 9630808

#### Friends of Bestwood Country Park Contact: 0115 9273674

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Please fill in your details and return to the address below.		
Name:		
Address:		
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<b>Please return this slip to:</b> Gill Grievson Greenwood's Green Gateways Mill Cottages, Rufford Abbey Country Park, Ollerton, Nottinghamshire NG22 9DG.		



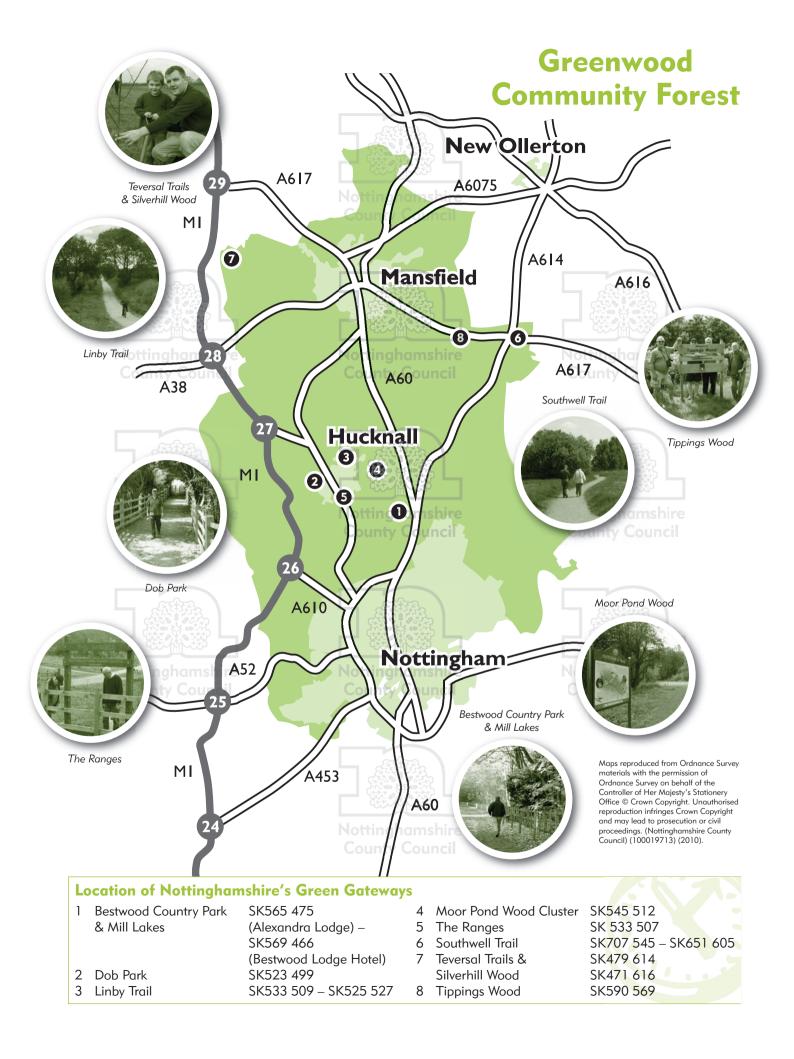
- **v** Visitor Centre
- Refreshments
- wc Toilets
  - Health walks
- •• Walks
- ර්ටි Cycling
- ➡ Robin Hood Line close by
- Education pack or ranger led visits
- Horse riding is allowed on certain parts of some of the trails. If allowed, a permit is required on some sites.

### 1 Bestwood Country Park & Mill Lakes

Address:	Alexandra Lodge, Northern Drive, Park
	Road, Bestwood Village, Nottingham,
	NG6 8UH
Parking:	Bestwood Lodge Drive and Park Road
Contact:	0115 9273674
Visit:	www.nottinghamshire.gov.uk/
	bestwoodcp

This 690 acre country park has so many different wildlife habitats it's almost like Nottinghamshire in miniature! From reclaimed colliery spoil heaps to ancient woodland that once formed the southern tip of Royal Sherwood Forest, and reed beds to heathland. There are many different landscapes here.

Miles of walking trails make this a great place to explore. It's also great for bird watching.



### 2 Dob Park

 Parking: Washdyke Lane Lay-by, northern end of Hucknall Bypass
Contact: 01623 827329
Visit: www.nottinghamshire.gov.uk/ areenestatesites

The first woodland to be planted in the Greenwood Community Forest, on former arable fields. This semi-rural site has hard and grass footpaths through woodland and wetland habitats.

### 3 Linby Trail

 Parking: Tilford Road, Newstead, Lay-by on Wighay Road, Linby
Contact: 01623 827329
Visit: www.nottinghamshire.gov.uk/ greenestatesites

A 2km trail on a former railway cutting of the Great Northern Railway, which transported coal from local collieries until 1984. The trail connects Freckland community woodland and Newstead Abbey to Newstead village.

### 4 Moor Pond Wood

Parking: Lay-by, Papplewick Dam, off Linby Lane Contact: 01623 827325 Visit: www.papplewick.org.uk

Moor Pond Wood is actually a cluster of small sites that together feature important remains of an early, mid 18th century, cotton mill along the River Leen. Now all that remains are wellpreserved leats, sluices and dams.

### 5 The Ranges

Parking: Market Place, Hucknall Contact: 01623 827329 Visit: www.nottinghamshire.gov.uk/ greenestatesites

Created on the old Linby Colliery site, The Ranges has a network of footpaths and gives spectacular open views to Newstead, Linby and Papplewick.

### 6 Southwell Trail LNR

 Parking: Station Road Southwell, Forest Links, Bilsthorpe
Contact: 01623 827 331
Visit: www.nottinghamshire.gov.uk/ourlnrs

Once part of the grand vision to create a railway from Southwell through to Derbyshire. The dream was never realised and the Southwell line was short-lived. The abandoned line grew wild with shrubs, trees and flowers and is now a prime corridor for wildlife and a peaceful gateway into the Greenwood Community Forest and historic Sherwood.

### 7 Teversal Trails LNR

 Parking: Teversal visitor centre, Carnarvon Street, off Fackley Road, Teversal
Contact: 01623 442021
Visit: www.teversaltrails.com

The Teversal Trails network of footpaths, cycle ways and horse trails were created on former railway track beds, which once served the collieries in the area.

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### 8 Tippings Wood LNR

Parking: Off Warsop Lane, Blidworth Contact: 01623 827329 Visit: www.nottinghamshire.gov.uk/ourlnrs

Follow the locally named yellow brick road from Rainworth to Blidworth or venture further afield onto Boundary Wood. This site is a haven for dragonflies and damselflies. During the summer months see if you can spot a painted lady butterfly as she dances through the meadows.



#### Symbols

Look out for these symbols throughout the programme:

- Adult supervision required. Under 18s attending these events must be accompanied by an adult.
- ) Small charge for this event to help cover the cost of staff time and materials. All other events are FREE.
- Some events have limited numbers and are ticket only.
- These should be booked in advance, following the appropriate instructions, where you see either of these symbols.
- $(\mathbf{F})$

Not suitable for dogs.

## Please contact the venue for further information or advice about any mobility needs.

Please note that all outdoor events are subject to the weather and we may occasionally need to cancel or alter advertised activities accordingly.

#### Volunteering

Volunteering for hands on conservation work is a great way to make new friends, get fit and do something to improve your environment. So if you're over 18 get in touch today and find out more. Everyone's welcome and no previous experience is necessary as all tools and training are provided.

Tasks can involve anything from woodland conservation and hedgelaying in the winter to grassland and heathland management in the summer, but be prepared for anything!

Just wear suitable clothing and bring a packed lunch, willing hands and a sense of humour!

#### **Contacts:**

#### Lee Scudder tel: 07753 850758

e-mail: leescudder@hotmail.com Practical conservation tasks in and around Moor Pond Wood held on Tuesday, Thursday and Sunday of each week.

#### Phil Kimbrey, tel: 07753 850756 e-mail: phil.kimbrev@nottscc.gov.uk

Practical conservation tasks in and around Dob Park held on Thursday each week and one Sunday a month.

#### Bestwood Country Park Rangers

*tel: 0115 9273674* Regular volunteer sessions every Monday (except Bank Holidays) and the first Sunday of every month. We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest and other local countryside sites. Meet at Alexandra Lodge.

#### Echoes of the past at Bestwood

You can follow a gentle audio walking tour around Bestwood Country Park's Winding Engine House grounds using your own mobile phone. Simply follow the marker posts – you can't miss them they are in the shape of a piece of coal.

To access the tour ring 0115 822 0268 and follow the instructions. Costs are explained in a short message but the tour is free to access and is hosted on a local telephone number. Users may incur a small charge for the call, though it will be included in any free 'bundled' minutes within their phone call plan.

There are two tours to choose from - the history of the site (choose 901) or nature and how the country park was created (choose 911).

We hope that the short tour will whet your appetite and you will want to find out more about this fascinating site in the heart of Nottinghamshire's Greenwood, and encourage you to explore the park further and other sites within the Green Estate.



### **O JANUARY**

#### Monday 3rd, 10th, 17th, 24th, 31st January **Monday Volunteers** 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. Meet at Alexandra Lodge.

#### Sunday 16th January Sweat Lodge 10.30am – 4pm approximately

Beneath a covered dome of willow rods hot volcanic stones are placed in a central pit and dowsed with water and herbs creating a therapeutic steam that cleanses body and mind. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or email jason@turtlelodgehealing.co.uk. More information can be found at www.turtlelodgehealing.co.uk. A charge applies to this

# Wednesday 19th January

### Health Walk

event.

### 10.30am - 12 noon approx

These monthly walks of 2 to 3 miles provide an ideal opportunity to make friends and observe the countryside during the changing seasons whilst benefiting from one of the best forms of exercise available. Walks are led at a gentle pace with stops en route and usually involve some slopes. Meet at the Winding Engine House car park, Bestwood Village.







#### Sunday 23rd January & 13th February Hedgelaying Course 10am – 3pm

This traditional and ancient craft is the best way to manage a hedgerow making it stronger, longer lived and a better home for wildlife. Learn the basics of laying and build your confidence in handling the tools that make it possible in this continuing series of introductory courses. Please bring stout footwear, waterproofs and a packed lunch. Pre-booking and prepayment are essential on 0115 927 3674 as places are limited. £10 per day. Meet at Alexandra Lodge.

#### **O FEBRUARY**

#### Sunday 6th February Sunday Volunteers 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea are all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. *Meet at Alexandra Lodge*.

#### Sunday 6th February Women's Hedge Laying 10am – 3pm

Join us for this women-only session and learn the ancient art of hedge laying. Discover skills you never knew you had as well as things you never knew you wanted to find out. A jolly time is to be had by all as well as a free cup of tea! All tools provided, please dress warmly, wear sturdy footwear and bring a packed lunch. Pre-booking is essential on 0115 927 3674. *Meet at Alexandra Lodge*.





#### Monday 7th, 14th, 21st, 28th February Monday Volunteers 10am – 3pm



We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. *Meet at Alexandra Lodge*.

Sunday 13th February Hedgelaying Course 10am – 3pm See 23rd January for details.

Wednesday 16th February Health Walk See 19th January for details.

Sunday 20th February Sweat Lodge See 16th January for details.

### O MARCH

#### Sunday 6th March Sunday Volunteers 10am – 3pm



We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea are all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. *Meet at Alexandra Lodge*.

### Sunday 6th March International Women's Day Walk and Tree Planting

#### 10am – 12 noon

Mark this special day by walking in the footsteps of Nell Gwynne. Enjoy a merry romp through the woods followed by a celebratory tree planting. *Meet at Alexandra Lodge*.

#### Monday 7th, 14th, 21st, 28th March Monday Volunteers 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. *Meet at Alexandra Lodge*.

#### Sunday 20th March Sweat Lodge See 16th January for details.

#### Wednesday 23rd March Health Walk See 19th January for details.

#### Sunday 20th March Bestwood Boundary Walk 10am – 1pm approx

Get to grips with Bestwood's unusual boundary shape as we circumnavigate the outer reaches of this historic park including the Mill Lakes. Learn something of the history of this boundary and Bestwood's original 3000 plus acres on this 5 mile walk. We may also come across some signs of spring along our journey! Meet at the Winding Engine House car park, Bestwood Village.





#### Sunday 3rd April Sunday Volunteers 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea are all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. Meet at Alexandra Lodge.

#### Monday 4th, 11th, 18th April Monday Volunteers 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. Meet at Alexandra Lodge.

Sunday 17th April Sweat Lodge See 16th January for details.

#### Sunday 17th April Bestwood in Spring 10am – 12 noon

Mother Nature is waking up and the birds and bees have got love on their minds. Look for signs of spring as leaves and petals unfurl and new life is brought into the world on this 2-3 mile walk. Meet at the Winding Engine House car park, Bestwood Village.





### Good Friday 22nd, Sat 23rd & Bank Holiday Monday 25th April Bestwood Winding Engine House Annual Opening

10am – 1pm each day

The historic Winding Engine House re-opens to the public for another season. Come and hear about this unique building, a tribute to the workers who put the Great into Britain and fed the fire of the Industrial Revolution.

Please note: The Winding Engine House is open to the public from 10am - 1pm every Saturday and Bank Holidays from Easter until October.

#### Sunday 24th April Easter Sunrise Service 6am start



Join the congregations of St Marks and Emmanuel churches for this dawn service in the woods. Afterwards, join the group for a well-earned breakfast for a small charge which must be booked in advance. For more details and to book your breakfast please contact Rev Elizabeth Snowden on 0115 920 8879.

Wednesday 27th April Health Walk See 19th January for details.

Saturday 30th April Winding Engine House Open Day See 22nd April for details.

#### Sunday 1st May Sunday Volunteers 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea are all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. Meet at Alexandra Lodge.

#### Monday 2nd, Saturday 7th, 14th, 21st, 28th May Winding Engine House Open Day See 22nd April for details.

#### Monday 9th, 16th, 23rd May Monday Volunteers 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. *Meet at Alexandra Lodge*.

#### Sunday 15th May Dawdling at Dawn 4.30am – 6.30am approx

The woodland world is waking up in more ways than one as summer arrives. Experience an early morning amble through the trees taking in Mother Nature's dawn chorus in all its glory. A feast of tea and toast awaits you at the end of our walk. Pre-booking and pre-payment are essential on 0115 927 3674. £2.50 per person. Meet at Alexandra Lodge.





Sunday 15th May Bestwood and Beyond – The Local Landscape 10am – 4pm approx

A chance to take in the green spaces around Bestwood including the Mill Lakes, Linby Trail, The Ranges and Newstead Abbey with a ranger as your guide along this 14 mile summer walk. With the trees just into full leaf this is one of the most beautiful times of year. Please bring a packed lunch and suitable clothing. Please be prepared to pay £3.50 entrance fee to Newstead Abbey. Meet at Alexandra Lodge.

Sunday 22nd May Sweat Lodge See 16th January for details.

Wednesday 25th May Health Walk See 19th January for details.

### O JUNE

#### Friday 3rd June Family Pond Dip 10am – 11.30am

Discover the dynamic and dangerous world that lies beneath the deceptively still surface of the water. Grab a net and get to know your aquatic minibeasts and small fish. Pre-booking and pre-payment are essential on 0115 927 3674. £2 per child. Meet at the Winding Engine House car park, Bestwood Village.

Saturday 4th, 11th, 18th, 25th June Winding Engine House Open Day See 22nd April for details.

#### Sunday 5th June **Parks and Greenspace Bike Tour** 10am – 3pm approx

Join us for a summer cycle meander through some of the various country parks and conservation sites in the southern Sherwood Forest area. This ride is approximately 16 miles long and therefore not suitable for small children. *Meet at Alexandra Lodge*.





#### Sunday 5th June **Sunday Volunteers** 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a great chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea are all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. Meet at Alexandra Lodge.

#### Monday 6th, 13th, 20th, 27th June **Monday Volunteers** 10am – 3pm

We need your enthusiasm to help us protect this fascinating remnant of Sherwood Forest. Volunteering is a areat chance to learn new skills and make friends whilst making a real difference to the environment. Everyone is welcome and no previous experience is necessary. Tools, training and tea all provided! Please bring a packed lunch and all-weather clothing. For further information please call 0115 927 3674. Meet at Alexandra Lodae.

#### Friday 17th, Saturday 18th & Sunday 19th June Sweat Lodge Summer **T** (£) Solstice Camp

Celebrate the Summer Solstice with a weekend of sweat lodges, ceremonies and healing plus activities for children. For further information and to book a place please contact Jason Sewell at jason@turtlelodgehealing.co.uk or call 0115 956

9603. A charge applies to this event.

#### Sunday 19th June **Green Woodworking Course** 10am – 3pm

This one-day practical event reviving traditional skills will teach you how to split, shave and turn items from greenwood using simple tools. Use both a pole lathe and shave horse to fashion a choice of objects. Please bring a packed lunch. Pre-booking and pre-payment are essential on 0115 927 3674. £25 per person. Meet at Alexandra Lodae.







Wednesday 22nd June Health Walk See 19th January for details.

### **Boundary Wood**

### O JANUARY

#### Sunday 16th January Health Walk 10am start

Join Instep Health Walkers for this 2 hour walk around Boundary Wood which includes some moderately steep gradients and some stiles. Meet at Belle Vue Lane, Off Mansfield Road, Blidworth, NG21 0PN. For details contact 07951968366.

### **Teversal Trails**

### **O JANUARY**

#### Thursday 13th, 20th, 27th January Teversal Trails Task Team 10am start

Do you enjoy the outdoors, getting stuck in and like a bit of hard work? Why not join the Forestry Commission for an assortment of practical conservation tasks where you really can make a difference to our habitats and the wildlife living within them. No experience necessary. Please wear sturdy footwear and clothing that is appropriate to the time of year. If you're interested in joining us, please give us a ring on 01623 822447 so that we bring enough tools on the day. Meet at the Teversal Trails Visitor Centre, Carnarvon Street, off Fackley Road, Teversal, NG17 3HJ.





#### Monday 24th January Health Walk 10am start

Join Instep Health Walkers for this 2 hour walk around Teversal Trails which includes some moderately steep gradients and some stiles. Meet at the Teversal Trails Visitor Centre, Carnarvon Street, off Fackley Road, Teversal, NG17 3HJ. For details contact 07951945407.

### FEBRUARY

### Thursday 10th, 17th, 24th February Teversal Trails Task Team

As the weather picks up and vegetation starts to flourish, help us keep the trails tidy and free from debris so walkers and cyclists can enjoy their local environment.

No experience necessary. Please wear sturdy footwear and clothing that is appropriate to the time of year. If you're interested in joining us, please give us a ring on 01623 822447 so that we bring enough tools on the day. Meet at the Teversal Trails Visitor Centre, Carnarvon Street, off Fackley Road, Teversal, NG17 3HJ.

### O MARCH

#### Thursday 10th, 17th, 24th March Teversal Trails Task Team 10am start



The rangers will be keeping on top of a series of practical tasks to smarten the trails up. Join us for a sociable work-out with a rewarding brew at the end. No experience necessary. Please wear sturdy footwear and clothing that is appropriate to the time of year. If you're interested in joining us, please give us a ring on 01623 822447 so that we bring enough tools on the day. Meet at the Teversal Trails Visitor Centre, Carnarvon Street, off Fackley Road, Teversal, NG17 3HJ.

See map for location and contact details for events and activities.

#### Public transport

Find out about buses and public transport, including timetables and prices: Traveline: 0870 6082608 (minicom 0870 2412216), available between 7am and 9pm daily.

#### Access information

Please contact sites direct to find out about access for wheelchairs and the mobility impaired. The information in this leaflet is available in other languages and formats – please contact us for help.

ating to this brochure: For general informat

#### **Contactina us**

email	greenwood@nottscc.gov.uk
phone	01623 827322
fax	01623 827321
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internet	www.greenwoodforest.org.uk
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County Council



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