instep

Mansfield InStep Health Walks

March - August 2017

Every Sunday, Monday and Thursday at 10am

Free walks of 4 to 6 miles lasting about 2 hours, led by trained volunteers, in and around Mansfield.

March

Day	Date	Venue	Grade
Thu	2-Mar	Pleasley Park	Moderate/long
Sun	5-Mar	Kirkby Dumbles	Strenuous
Mon	6-Mar	Poulter Park	Moderate
Thu	9-Mar	Brierley Park	Moderate
Sun	12-Mar	Vicar Water	Moderate
Mon	13-Mar	Birklands	Moderate/long
Thu	16-Mar	Skegby	Moderate
Sun	19-Mar	Pleasley Circular	Moderate
Mon	20-Mar	Kirkby Parks	Moderate
Thu	23-Mar	Oak Tree Heath	Moderate
Sun	26-Mar	Meden Vale	Moderate/long
Mon	27-Mar	Burnt Stump	Moderate
Thu	30-Mar	Sherwood Forest	Moderate

April

Day	Date	Venue	Grade
Sun	2-Apr	Boundary Wood	Moderate
Mon	3-Apr	Hardwick	Strenuous
Thu	6-Apr	Scarcliffe	Moderate
Sun	9-Apr	Bestwood	Moderate
Mon	10-Apr	Shirebrook Wood	Moderate
Thu	13-Apr	Thieves Wood	Moderate
Sun	16-Apr	No Walk	
Mon	17-Apr	Bank Holiday	
Thu	20-Apr	Farnsfield	Strenuous
Sun	23-Apr	Whaley Thorns	Moderate
Mon	24-Apr	Teversal Trail	Moderate
Thu	27-Apr	Rowthorne	Moderate
Sun	30-Apr	No Walk	

May

Day	Date	Venue	Grade
Mon	1-May	May Day	
Thu	4-May	Blidworth Bottoms	Moderate
Sun	7-May	Spa Ponds	Moderate
Mon	8-May	King's Mill	Moderate
Thu	11-May	Felley	Strenuous
Sun	14-May	Pleasley Park	Moderate/long
Mon	15-May	Kirkby Dumbles	Strenuous
Thu	18-May	Poulter Park	Moderate
Sun	21-May	Brierley Park	Moderate
Mon	22-May	Vicar Water	Moderate
Thu	25-May	Birklands	Moderate/long
Sun	28-May	No Walk	
Mon	29-May	Bank Holiday	

June

Day	Date	Venue	Grade
Thu	1-Jun	Kirkby Parks	Moderate
Sun	4-Jun	Oak Tree Heath	Moderate
Mon	5-Jun	Meden Vale	Moderate/long
Thu	8-Jun	Burnt Stump	Moderate
Sun	11-Jun	Sherwood Forest	Moderate
Mon	12-Jun	Boundary Wood	Moderate
Thu	15-Jun	Hardwick	Strenuous
Sun	18-Jun	Scarcliffe	Moderate
Mon	19-Jun	Bestwood	Moderate
Thu	22-Jun	Shirebrook Wood	Moderate
Sun	25-Jun	Thieves Wood	Moderate
Mon	26-Jun	Woodhouse Trail	Moderate
Thu	29-Jun	Cuckney	Moderate

July

Day	Date	Venue	Grade
Sun	2-Jul	Farnsfield	Strenuous
Mon	3-Jul	Whaley Thorns	Moderate
Thu	6-Jul	Teversal Trail	Moderate
Sun	9-Jul	Rowthorne	Moderate
Mon	10-Jul	Fountaindale	Moderate/long
Thu	13-Jul	Palterton	Strenuous
Sun	16-Jul	Blidworth Bottoms	Moderate
Mon	17-Jul	Spa Ponds	Moderate
Thu	20-Jul	King's Mill	Moderate
Sun	23-Jul	Felley	Strenuous
Mon	24-Jul	Pleasley Park	Moderate/long
Thu	27-Jul	Kirkby Dumbles	Strenuous
Sun	30-Jul	Poulter Park	Moderate
Mon	31-Jul	Brierley Park	Moderate

August

Day	Date	Venue	Grade
Thu	3-Aug	Vicar Water	Moderate
Sun	6-Aug	Birklands	Moderate/long
Mon	7-Aug	Skegby	Moderate
Thu	10-Aug	Pleasley Circular	Moderate
Sun	13-Aug	Kirkby Parks	Moderate
Mon	14-Aug	Oak Tree Heath	Moderate
Thu	17-Aug	Meden Vale	Moderate/long
Sun	20-Aug	Burnt Stump	Moderate
Mon	21-Aug	Sherwood Forest	Moderate
Thu	24-Aug	Boundary Wood	Moderate
Sun	27-Aug	No Walk	
Mon	28-Aug	Bank Holiday	
Thu	31-Aug	Bestwood	Moderate

Venue: **Bestwood Country Park** NG6 8UH
Meeting Point: Park Rd off B683 in Bestwood Village
Winding Engine car park

Venue: **Birklands** NG20 0SF
Meeting Point: The Carrs car park,
Church Warsop, off A60

Venue: **Blidworth Bottoms** NG21 0NL
Meeting Point: Fox and Hounds pub car park,
Calverton Lane off B6020 at Fishpool

Venue: **Boundary Wood** NG21 0LR
Meeting Point: Blidworth: Miners' Welfare,
Mansfield Rd (B6020).

Venue: **Brierley Park** NG17 2PL
Meeting Point: Huthwaite: Visitor Centre off Sutton Road (B6026)

Venue: **Burnt Stump** NG5 8PQ
Meeting Point: South from Mansfield on A60,
left at 7 Mile House; pub car park

Venue: **Cuckney** NG20 9NQ
Meeting Point: The Greendale Oak, Cuckney Village

Venue: **Farnsfield** NG22 8EA
Meeting Point: The Plough Inn, Main Street,
at eastern end of village

Venue: **Felley** NG16 5FF
Meeting Point: Dog & Quayle, Underwood,
A608 about 1 mile west of M1, J27

Venue: **Fountaindale** NG21 0LR
Meeting Point: Blidworth: Miners' Welfare, Mansfield Rd B6020

Venue: **Hardwick** No Postcode
Meeting Point: Visitor Centre, Ponds car park (charges apply)
off Mill Lane, 1/2 mile Northwest of Hardwick Inn

Venue: **King's Mill** NG17 4JP
Meeting Point: Car park near yacht club
off A617 (MARR) near A38 junction

Venue: **Kirkby Dumbles** NG17 8LF
Meeting Point: Titchfield Park, Kirkby in Ashfield off Church Street by brown tourist sign(narrow entrance)

Venue: **Kirkby Parks** NG17 7DJ
Meeting Point: Kirkby-in-Ashfield
Kingsway Park, end of Hodgkinson Road
beyond the Festival Hall (off Station Street)

Venue: **Meden Vale** NG20 9PA
Meeting Point: Three Lions pub, Netherfield Lane

Venue: **Oak Tree Heath** NG18 3RT
Meeting Point: Leisure Centre car park, Jubilee Way,
off Oak Tree Lane (near Tesco)

Venue: **Palterton** S44 5NB
Meeting Point: Young Vanish pub car park Glapwell A617

Venue: **Pleasley Circular** NG19 7PQ
Meeting Point: Miners' Welfare, Pleasley Village,
off A617 at Pleasley roundabout

Venue: **Pleasley Park** NG19 8LP
Meeting Point: Car park off Longster Lane
at Sookholme (B6047)

Venue: **Poulter Park** NG20 9BW
Meeting Point: Whaley Thorns Heritage Centre, Signposted from A632 up Pit Hill for half a mile, then left at 2nd mini-roundabout into station car park

Venue: **Rowthorne** NG19 7PQ
Meeting Point: Miners' Welfare, Pleasley Village
off A617 at Pleasley roundabout

Venue: **Scarcliffe** NG20 9RF
Meeting Point: The Devonshire, Upper Langwith, Rectory Road/Common Lane junction

Venue: **Sherwood Forest** NG21 9HN
Meeting Point: Visitor centre (charges apply) B6034, between A616 & A6075

Venue: **Shirebrook Woods** NG19 8LP
Meeting Point: Car park off Longster Lane (B6407) at Sookholme

Venue: **Skegby** NG17 3DA
Meeting Point: Maypole public house car park, Dawgates Lane via Pleasley Road off B6014 opposite JET

Venue: **Spa Ponds** NG19 0HS
Meeting Point: White Gates public house, B6030, Clipstone Rd, Forest Town

Venue: **Teversal Trail** NG17 3HJ
Meeting Point: Visitor centre, off B6014, Teversal

Venue: **Thieves' Wood** No Postcode
Meeting Point: Thieves' Wood car park, B6139 Coxmoor Rd near junction with B6020

Venue: **Vicar Water** NG21 9AA
Meeting Point: Clipstone : car park Mansfield Road, B6030

Venue: **Whaley Thorns** NG20 9BW
Meeting Point Heritage Centre, Signposted from A632 up Pit Hill for half a mile, then left at 2nd mini-roundabout into station car park

Venue: **Woodhouse Trail** NG19 7EZ
Meeting Point: Station car park, The Sidings, Debdale Lane A6075, Mansfield Woodhouse

Walks are for those who wish to improve or maintain fitness and are not suitable for beginners.

Walk Grades: This is a guide, not a precise description
Moderate: adequate paths, some stiles, some gradients
Strenuous: some rougher paths, higher stiles, steep gradients

Walks take place throughout the year, so clothing and footwear need to be suitable for various weather conditions and routes.

Sturdy shoes or boots are recommended, and a drink, particularly in hot weather.

Please remember you walk at your own risk and are responsible for your own safety and that of anyone in your care.

Children must be accompanied by a responsible adult.

Dogs must be kept on a short lead.

If you have any health concerns, you may wish to check with a doctor before taking part; please carry any medication you may need and carry your ICE (in case of emergency) card.

Please arrive a few minutes before the start time of 10am to register with a walk leader.

To find out more please contact: 07951 945407 Mon walks
07563 702547 Thu walks
07951 968366 Sun walks

Visit www.mansfieldinstep.org

Thanks to Whaley Thorns Heritage Centre, the miner's welfares and the public houses for allowing us to use their car parks as meeting places.

We are also grateful for support from:-

IslandHost
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Ramblers Walking Holidays

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