

Walking

You can walk on all paths* but why not follow one of our waymarked routes, ranging from 0.75 miles to 5 miles?

A wheelchair and electric scooter are available to borrow, please ask about suitable trails.

Wildlife - look out for the rich variety of plants and animals around the park and forest. With your help, wildlife will continue to thrive; please keep to the footpaths.

*we do not recommend you walk on the 'Through The Forest' cycle route (marked overleaf).



Waymarked Walks

Lakes and Riverside Walk ●●●●●

0.75 mile / 1.2 km

Tarmac and boardwalk all the way, one short rise and fall, otherwise easy with benches along the way.

Look Out Walk ●●●●●

1.5 miles / 2.3 km

A meandering route through the Forest. Excellent views and picnic spot at the Look Out. Gravel and dirt track. Steep rise and fall from the Look Out.

Park and Forest Walk ●●●●●

3 miles / 5 km

A varied walk via the Look Out before returning through meadows, woodland and alongside the Moors and Crane Lakes. Gravel and tarmac tracks with a steep rise and fall from the Look Out. Benches and picnic tables along the way.

Long Forest Walk ●●●●●

5 miles / 8 km

Discover the quieter areas of the Forest including Pine Avenue. Gravel and dirt track with some gentle rises.

Orienteering

A permanent course is available in the forest.

A map pack can be purchased from the Visitor Centre including suggested courses perfect for beginners. Experienced orienteers are invited to try the 'Moors Valley Challenge' and visit all the markers in the fastest time possible!

There is also a mountain bike orienteering course. Please ask for details.

Fitness Trail

A specially constructed trail offering exercises for different muscle groups set out over a 2 mile route, waymarked from the Totem Pole.

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|--------------------------------|---|
| ① Benches | ⑦ Benches and bars |
| ② Chin up bars | ⑧ Beams |
| ③ Leg benches | ⑨ Low log lifts |
| ④ Parallel bars | ⑩ Benches, leg benches and high log lifts |
| ⑤ Press ups and high log lifts | |
| ⑥ Hurdles | |

3-2-1 Running Trail

1, 2 and 3 mile routes starting at the Totem Pole, waymarked with red 'Run England' arrows.



Key to map

Waymarked Walks

- Lake and Riverside Walk ●●●●●
- Look Out Walk ●●●●●
- Park and Forest Walk ●●●●●
- Long Forest Walk ●●●●●
- Play Trail ●●●●●

- Toilets
- Dog Waste Bins
- Boardwalk



0 1/2 mile