

Walking Trails



Lake & Riverside Walk - 1.2km

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



Lookout Walk - 2.4km

A meandering route through the forest. Excellent views and picnic spot with benches along the trail. A mixture of gravel and dirt track with a steep rise and fall either side of The Lookout.



Park & Forest Walk - 4.8km

A varied walk through the forest, meadows, woodland and alongside Moors and Crane Lakes. A mixture of gravel and tarmac tracks with a steep rise and fall either side of The Lookout. Benches and picnic tables along the way.



Long Forest Walk - 8km

Discover the quieter areas of the forest and explore the pine forest, heathland and wooded pine. Gravel tracks and natural forest floor with some gentle rises.



Play Trail - 2km

Find bespoke wooden play structures set within the pine trees. Explore a mixture of climbing, music, tunnelling and adventure play for a range of ages.



3-2-1 Running Route - 1.6km, 3.2km and 4.8km

From 5 follow the brown arrows for waymarked 1, 2 and 3 mile running routes.



Fitness Trail - 3.2km

A specially constructed waymarked trail offering exercises for different muscle groups set out over a 3.2km route.

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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 chin up bars |
| 5 Press ups and high log lift | |
| 6 Hurdles | |

Orienteering

A permanent orienteering course is available in the forest, with map packs and beginner-friendly routes available from the Visitor Centre.



Through the Forest Cycle Trail - No pedestrian access. This one-way cycling trail can be dangerous for walkers due to fast-moving cyclists, narrow sections, and limited sightlines. Please use designated walking routes.

Key

- 1 Play Trail start
- 2 Play areas
- 3 4 Railway Stations
- 5 Walking & Cycling Trails start
- 6 Visitor Centre & Café
- 7 Golf & Activity Centre
- 8 The Lookout
- 9 Go Ape
- 10 Adventure Valley
- 11 Forest Gallery
- Boardwalk
- Rope bridge
- Toilets
- Dog waste bin
- Water fountain
- Defibrillator 24hrs. First aid (inside venue opening hours)
- Defibrillator (inside venue opening hours)
- Shelter
- Picnic area
- Music Trail
- Photo opportunity
- Ice cream kiosk
- Information point

