

POINTS OF INTEREST

This is an easy walk suitable for walkers of all ages and abilities. A good walk to start with, if you are out of practice!

Bridgeway Bridge, formerly the boundary between East and West Retford, from the bridge look north along the Idle. Just beyond the building on the left was the original river crossing, the ford over the red rock, which probably gave the town its name.

Trinity hospital; in 1665, Dr John Darrel left money to found a hospital for 16 Christian men in his home at West Retford Manor. In 1932/3 the manor was replaced by a new structure designed by Edward Blore, Architect of Lambeth Palace. It is his building you see today.

West Retford Church, the beautiful medieval church of St Michael is the mother church of the old Retford Deanery. Look for the ancient gargoyle, known as 'The Brother who looks over Retford'.

HOW FIT ARE YOU?

How long you take to complete your walk can be used to give an indication of how fit you are. These times are all for walking on flat ground, and may be of help.

Time for 1 mile (mins)	30	25	20	15	13.3	12
Speed (mph)	2	2.4	3	4	4.5	5

The chart below shows how walking speeds, on flat ground, can be used as a rough guide to fitness.

Walking speed mph, Walking briskly and slightly out of breath						
MEN	WOMEN	AGE UP TO 39 YRS	AGE 40-54 YRS	AGE 55-64 YRS	AGE 65-74 YRS	AGE 75 AND OVER
5.0	4.5	Fit	Very fit	Very fit	Very fit	Wow
4.5	4.0	Fit	Fit	Very fit	Very fit	Very fit
4.0	3.5	Fit	Fit	Very fit	Very fit	Very fit
3.5	3.0	Unfit	Just Fit	Fit	Fit	Fit
3.0	2.5	Unfit	Unfit	Just fit	Just fit	Fit
2.5	2.0	Unfit	Unfit	Unfit	Just fit	Just fit

WALK 1

RIVER WALK

RIVER WALK

From the top corner of Morrisons car park, turn right onto the footpath under Amcott Way. Walk along the side of the River Idle coming to the end of River Lane and onto Bridgegate.

Cross over the road at the bridge and go down a step into Kings Park. Follow the path along the River Idle until you get to another bridge.

Turn right into the grassy area of Kings Park. Follow a footpath up a fairly steep gradient past the children's play area (on your left) until you reach the main park gates on Hospital Road. You will see Trinity Hospital over the road.

Turn right out of the gates and follow the main road until you get to Rectory Road.

Turn right into Rectory Road and follow the road round to West Retford Church, turning right into the main road. Walk down Bridgegate as far as the bridge.

Cross over the road and walk down River Lane to retrace your steps to Morrison's car park.

