

## POINTS OF INTEREST

The flat terrain through which this walk passes makes the walk suitable for walkers of all ages and abilities.

Dyscarr Wood is the place where Sherwood Forest and the forests of Yorkshire merged. The boundary ditch between Nottinghamshire and Yorkshire runs through the wood. The wood is ancient woodlands and scrub with diverse wetland plant community, rich in birds and invertebrates.

## 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 16

DYSCARR  
WOOD

## DYSCARR WOOD

From the kiosk near the lake follow the access road north towards Langold, to the main entrance gate. Turn left through another pedestrian gate and enter Dyscarr Wood. Follow the main path through the wood for about three quarters of a mile. Immediately after leaving the wood, turn left and follow the track straight ahead. At the next field boundary, bear slightly left and head towards Ivy Lodge Plantation, keeping the hedge on the left. Where the path forks in Ivy Lodge Plantation, take the left fork. At the junction with Salt Hill Road (a bridleway), turn left. Head south along the wide bridleway for about three quarters of a mile. At the junction with Ivy Lodge Lane, turn left and follow this track for half a mile, past Firbeck Horse Gallop. The way re-enters woodland and reaches a road. Turn left here and follow the track back to Dyscarr Wood and the Country Park. From here, the route returns to the start.

**Start point**  Start from the kiosk near Langold Lake, car parking available.

 Road, tracks through woods and field tracks might be muddy after rain.

 Approx 90 mins.

 Miles  
Approx 3.5 miles.

 Mainly flat.

