

EDWINSTOWE

Distance: 7.5 miles (12km)

Start/finish: Edwinstowe Youth Hostel, Mansfield, NG21 9RN

Terrain: Forest trail

Toughness: Easy

Ascent: 114 metres

Navigation: Easy

Good for: Woodland, families

Route info: wildrunning.net/70

An enjoyable, flat, circular run along leafy forest trails into the heart of the National Forest. This is classic Sherwood Forest country, with ancient, gnarled oaks standing majestically all around. The route starts on some of the busier trails but soon heads out along a quiet track around the edge of the Forest. From start, head NW along path, continuing around the S edge of the forest. The route passes a Chantry chapel and hermitage, dedicated to King Edwin of Northumberland. After Ladysmith Plantation, the route emerges on to the open heathland of Budby South Forest and the heart of the original forest, Birklands. Return to the start passing the wonderful, vast structure of the Major Oak on the way.

Miles	Km	Directions
0.0	0.0	From start head north west along path, bearing left at track junction and heading south west around the southern edge of the forest, with a short section of road
2.8	4.5	At track junction, turn right onto the Robin Hood Way, heading north and continuing through forest
4.7	7.6	At track junction, turn right and head east into Budby South Forest
5.7	9.2	At track junction turn right and head south , following forest tracks past Major Oak to the start