

Go Ape! is a tree top adventure for the big kid in all of us, visit www.gope.co.uk for details. The Adrenalin Jungle is set in 150 acres of Sherwood Pines and offers activities from archery to quad biking. You can find out more at www.adrenalinjungle.com

At Sherwood Forest National Nature Reserve the popular Robin Hood Festival takes place at the beginning of August every year with outdoor theatre, medieval stalls, strolling players and more. Sherwood Forest Art and Craft Centre offers visitors a taste of life in a real working arts and crafts community. There are 16 artisan studios and workshops to visit and a cafe offering a wide range of freshly prepared food.

A little further into the forest is Robin Hood's hideout which combines play equipment with natural forest objects. It's suitable for children from 7-12 years and can easily be accessed from a marked short walk.



Within Sherwood Pines Forest Park, you'll find activities to keep everyone happy. Near the visitor centre is a play area popular with young children. It's surrounded by a raised walk way with interactive stops on an adventure play theme.

Things to do



Look out for tall units in the shape of a long bow when you're out. They form part of the Robin Hood trail and give information and illustrations that relate the location to the legend, most units provide audio information too. To find out more about the countywide trail see www.robinhoodbreaks.com/robinhoodtrail

At Water Country Park, former colliery spoil tips have been converted into heathland, woodland and grassland. They offer a superb vantage point for spectacular views of the local area. Whenever venturing off the main route, please take care to ensure your own safety and the safety of others. Where necessary, securely lock your bikes to walk to your chosen place of interest.

At Sherwood Forest National Nature Reserve there's the famous Major Oak, a meeting and hiding place for the Merry Men. And at King's Clipstone, you'll find the remains of a former hunting lodge popular with King John during his reign.



This important area of Sherwood Forest has many links to the legend of Robin Hood. The Church of St Mary in Edwinstowe was built in 1175 and is said to be where Robin and Marian were married.

What to see

If you're coming to stay overnight and have your own bikes you'll find places nearby which have secure overnight storage. For a list of cyclist friendly accommodation, contact the Nottingham tourism centre on 08444 77 5678.

The village of Edwinstowe provides an excellent starting and finishing point to this route with some additional places to stay as well as restaurants and cafes including:

Forest Lodge Hotel and Restaurant
 2-4 Church Street, Edwinstowe,
 Nottingham NG21 9QA
 Tel: 01623 824443
www.forestlodgehotel.co.uk



Marian's Manor
 2 The Villas, Ollerton Road, Edwinstowe,
 Nottingham NG21 9QF
 Tel: 01623 822135
www.mariansmanor.co.uk



The Cottage
 1 Church Street, Edwinstowe,
 Nottingham NG21 9QA
 Tel: 01623 824383
www.the-interpages.co.uk/england/uk-uk-home/holiday-cottage



Maid Marian Restaurant
 Church Street, Edwinstowe,
 Nottingham NG21 9RX
 Tel: 01623 822266
www.maidmarianrestaurant.co.uk



Rest and refresh



Along the route...

Adventure pine route

Approximately 20 miles long, the route is designed to take a day when incorporated with planned stop offs for refreshments, activities and enjoying local attractions. Aside from two road crossing points, the rest of the route is along well maintained off road tracks and bridleways.



Taking in the largest forest open to the general public in the East Midlands, Sherwood Pines Forest Park is an excellent area for cycling. There are spectacular areas of scenic beauty with opportunities for families to play and further adventure routes for the serious cyclist.

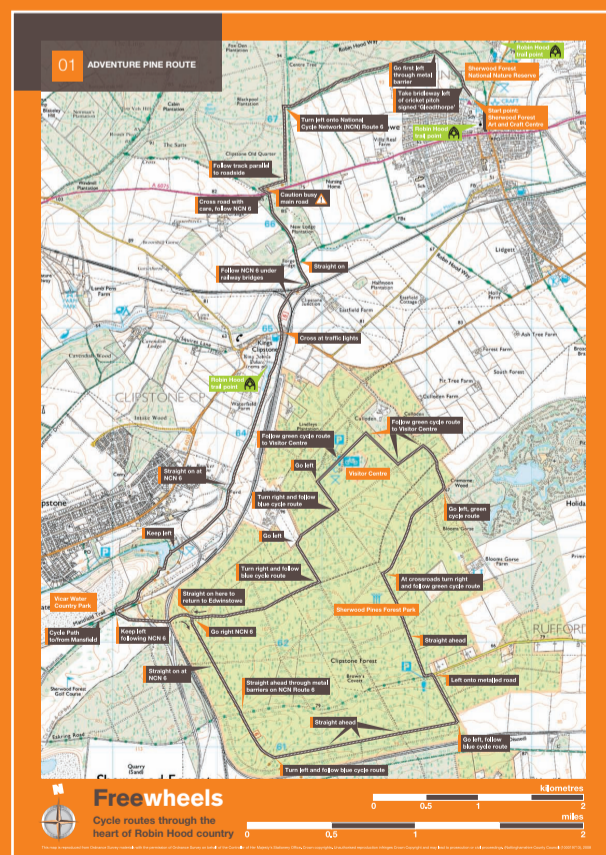
The terrain is mostly flat and pathways are well maintained. You'll find the occasional hill which can be physically demanding but the reward is often a freewheeling slope at the other side.

Cycle hire and other services (shop and further cycling routes) can be found at Sherwood Pines Cycles within the forest park. Call 01623 822855 or visit www.sherwoodpinescycles.co.uk

We recommend that when cycling through Sherwood you wear appropriate cycling clothing (including a helmet) and dress according to the weather.

Have a great time.

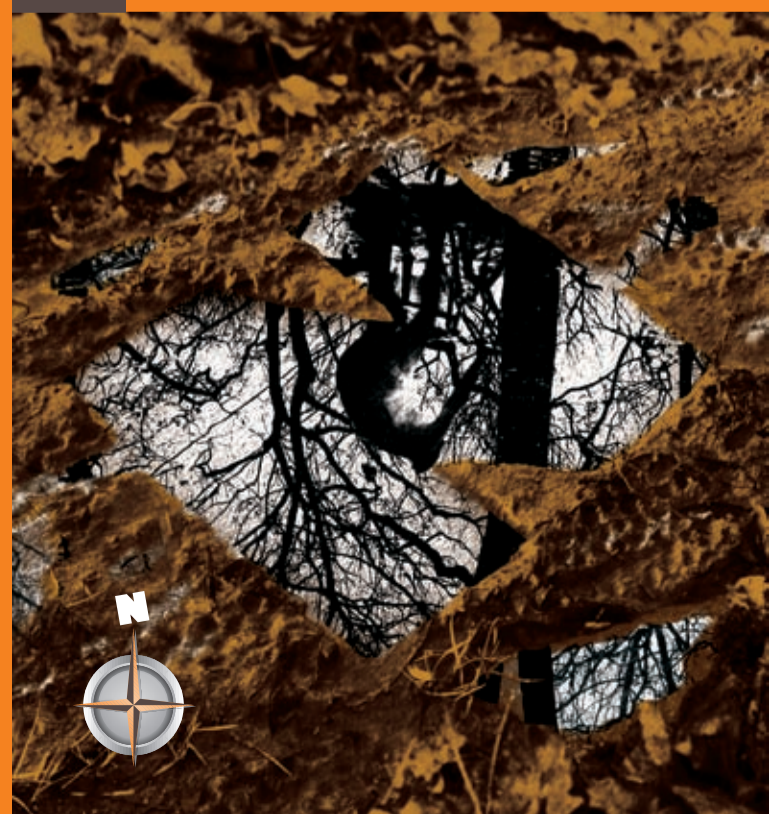
The Adventure pine route starts at Sherwood Forest Art and Craft Centre. It takes you along the edge of Sherwood Forest National Nature Reserve, past King's Clipstone and into Sherwood Pines returning on a circular route.



Freewheels

Cycle routes through the heart of Robin Hood country

01 ADVENTURE PINE ROUTE



For information about where to stay and what to do in Nottinghamshire contact the Nottingham tourism centre on 08444 77 5678 or see www.robinhoodbreaks.com



