



# Wild Running Sherwood Pines



**Finding your way**  
The numbers on this map relate to the directions below. There are no trail markers so follow these instructions carefully.

**Distance:** 4.7km/2.9 miles

**Ascent:** 83 metres

**Start:** Sherwood Pines Forest Park

**Grid Reference:** SK 610 633

**Finish:** Sherwood Pines Forest Park

**Grid Reference:** SK 614 639

## Route highlights

Enjoyable winding paths

Wildlife

Dense forest

Mighty trees

Picturesque heathery heathland

From the **café head south-west** across the open playing fields and cross the **family cycle trail** to find the start of the **Wild Running Route**. Follow the undulating track south-west through trees for **200 metres** until you come to a **cross road, turn left** here and head slightly **downhill** to reach another cross roads with a larger forest road. **Continue straight across** and follow the track passing a track on the **right** which is the **family cycle trail**.



**0.5km/0.3 miles** Just after the right turning turn right onto the purpose made running track that heads into the woods; the path follows in the same direction as the cycle route, running parallel to it and crossing it at 0.8km/0.5 mile. Here you turn left and follow more running specific trail through the trees heading south-east. Cross a forest road at 1.1km/0.7 miles and another one at 1.4km/0.9 miles. The trail then turns left and crosses the main forest road



**1.5km/0.9 miles** After crossing the forest road the running route cuts left into the woods at the T-junction with the cycle trail. Head east then curling towards the north-east following the family cycle trail and crossing two larger forest tracks.

See reverse for more details



**2.2km/1.4 miles** The running route turns right here and crosses the cycle trail and heads into the woods before turning left and continuing towards the north-east. Emerge into a more open heath area and then turn left and re-cross the cycle trail, follow the running route across the heath land in parallel to the cycle trail. Continue on the path as it turns left back into the woodland and head north until you reach a forest track.



**3.3km/2 miles** Cross the track and continue on the running route as it curves to the right and crosses a forest road. Turn left and continue on the running trail towards the north-west. Cross the red bike trail and continue until it turns sharp left and crosses a forest road.



**4.1km/2.6 miles** Continue straight across the forest road and head south-west down an inviting narrow trail between tall trees. Turn right at the T-junction at the end and follow the wide forest road north-west to the end of the wild running route.

**Finish** To return to the visitor centre from the finish turn left and follow the forest road which is also the family cycle trail south-west for approximately 200 metres back to the cycle hire shop. The café, toilet block and car park are behind this.

Welcome back to Sherwood Pines Forest Park



Share your running experience

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Add this route to your  
run tracking App



Download the GPX file at  
[forestry.gov.uk/wildrunning](https://forestry.gov.uk/wildrunning)

