



### **Start and end of route:**

Car park on Tollerton Lane, near Tollerton Bridge. By car, turn off the A52 Gamston Lings Bar Road onto Tollerton Lane and the car park is round the bend on the right, before the canal bridge. It is free.

OS Map 260

Grid ref: SK608 367

No refreshments or toilets but Morrison's Supermarket is nearby, just off the A52.

**Distance:** 7 miles (11 kilometres)

**Time:** 2.5 hours

**Suitability:** Walking, running and cycling

**Brief description of route:** Walk along the Grantham Canal to Cotgrave Country Park where there are lakes and wetland areas.

**More about Cotgrave Country Park:** This park has been created from the reclaimed land of a former colliery site. The park has been landscaped with woodlands, lakes, and wetland areas. There are 200 acres of public open space to explore on foot or by bike. There are over five kilometres of surfaced paths and additional grass trails to explore on foot, by bike, with your dog. Admission and parking are free.

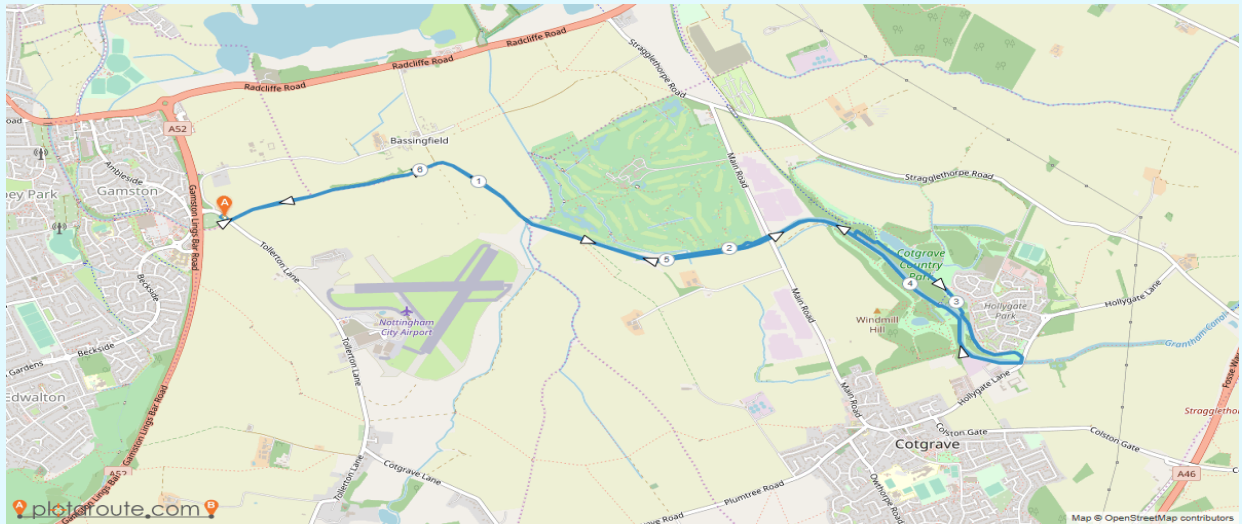
You can print the map of the park from: <https://www.cotgravecountrypark.co.uk/park-map/>

Dogs are welcome throughout Cotgrave Country Park. They can enjoy a swim in the specially created dog pool.





## Map:



## Directions:

1. From the car park, cross the road and find the signpost for the canal path just to your right.



2. Follow the canal towpath up to Skinners Cottage and Lock. Here you can cross the lock and turn right following the canal towpath on the other side.



3. Cross the main road into Cotgrave and pick up the path on the other side that takes you into Cotgrave County Park.
4. At the next foot bridge on this section (Bridge 13 by Lock No 6) cross the footbridge and follow the path on the other side into Cotgrave Country Park. At a junction turn right and go past Heron Lake. You are heading for the dog pool so if you have a dog, maybe they would like a dip!



5. Continue along the path until you get to some barriers which you pass through and onto the main road. Turn right for a few paces before turning right back into the park.





6. Go back down the canal path to rejoin your entrance into the Country Park.



7. Cross the main road and join the path opposite. At Skinner's Cottage, retrace your steps back to the car park.

## Mindful activity

Start by walking slowly, breathing in deeply through your nose and out through your mouth. Bring your awareness to things you can see around you.

Then, slowly bring your awareness to naming things you can see, hear, smell, or feel, for colours of the rainbow. For example:

Red: Flash of red on a moorhen

Orange: Fish (this is tricky!)



Yellow: Sun

Green: Grass

Blue: Water

Indigo: Berries

Violet: Flowers

Take a photo of the things you see and post it @ [BlueTonic - Home](#)

We would love to see your photos!