

1. You leave Pleasley Square passing the old Post Office, which is now the Lovely Shop of Things, to the left of which you will see a metal public footpath signpost. **Follow this path**, which starts walled on either side. To your left is the River Meden. This path passes through a concrete tunnel underneath the main A617 Pleasley Bypass. Once through the tunnel the path rises to meet a path junction, here **turn left** to walk down towards an old water pumping building, to the right of which you will see the entrance to the Meden Trail. **Pass through the squeezer stile onto this path** which goes to the right of the water pumping building. The path meanders through the woodland keeping the river on your left.
2. After approximately 300m you will see a path shooting off to your right. **Turn right to walk up this path** which leads uphill and has a wall on the right hand side of it. As this path levels out it joins a more major path. In fact this is the former track bed of the line which once carried trains on a regular service from Mansfield to Chesterfield. **Here bear right to walk along this track bed** for approximately 1 mile. As you walk along this former railway line to your left you will see that you are perched high above the former William Hollings textile mills, famous as one of the biggest employers in Pleasley, later to become known as Viyella Mills. They manufactured arms during WWII and although the Germans tried on numerous occasions to flatten it, they failed miserably! Now it is home to various individual business units, including an outdoor centre. As you pass the factory and before you reach the bridge you will see that you are walking through a cutting. To the right of the cutting there are a number of caves which are now closed off. After about ½ mile you pass underneath the railway arches and continue along the main track bed. Once beyond the bridge where the hedgerow opens up a bit on your right, you will now see the former Sherwood Colliery pit tip to your right which has been converted into woodland and walking territory. Beyond the former Sherwood Colliery pit tip is Mansfield Woodhouse.
3. After approximately 1 mile the trail comes to an end, first crossing over a stile and leads down through some metal gates to a tarmac road. When you reach the road you **turn left to walk down the metallised road**. As you walk down this road you will begin to realise from the metal fencing you are within the Pleasley Vale Estates owned by William Hollings & Sons, who as mentioned above founded the mills. You pass on your right an old building on which you will see the sign Pleasley Nursery. Immediately after that you will see a small wall on your right bordering a big field. This is the former site of the Pleasley Vale Cricket Club, where Joe Mason played his cricket for many years and was a wonderful place to play cricket. This also used to be the site of the Viyella Mills Social Club which was very popular in the 70s and 80s. Before you reach some fantastic stone cottages the road starts to go downhill. **Stay with the road to the right**. After a further 100m you will see a road bearing to the right signposted St. Chad's Church. **Turn right to walk along this road**. To the left beyond the open fields is an area known as Little Matlock with some high rock formations. As the track swings left, just in front of the church, look straight ahead you will see a metal public footpath fingerpost. **Take this path**. Do not cross the bridge over the river, but take this path which will meander through the woodland for approximately ½ mile, constantly keeping the River Meden on your left. As you come to the end of the meandering path you will reach a lane. **Here turn left**. You will now cross the River Meden and traverse from Nottinghamshire into Derbyshire. After about 100m the track bends round to the right and starts to rise gently. After a few more metres the track starts to bend round to the left.

4. *At a point where the track meets a hedgerow and bends to the left and straightens out, **look right** and you will see a very small path leading through the bushes to go beyond the hedgerow. **Turn right and walk down the small path.** This leads you to a stile which takes you over the railway line. This is the Robin Hood Line from Worksop to Nottingham. **Cross the track and go up to the stile opposite. Cross this and continue straight ahead** along the path which has the remnants of a wire fence on your left and hedgerow on your right. After 70m or so the path bends left to meet a very, very wide track at a bend in the track. At this **point take the track to the right which goes uphill.** Do not go left.*
5. *At the top of the climb the track bends round to the right to meet another track at a junction. **Turn right.** Take the track to the right, which after 15-20m starts to bend round to the left. To your right looking through the trees you can see Mansfield Woodhouse. This track wanders across the top of the former Shirebrook Colliery pit tip for about ½ mile, the benefit of which is that for the most part the distribution centre of Sports Direct is shielded from view for long stretches. After a while this track starts to descend towards the Sports Direct building. Prior to reaching a pylon, the track bends round to the right to a junction. **Here turn right** and walk along the path which is heading slightly downhill towards another pylon. Before reaching the pylon the lane bends round to the left. The lane then leads down to some metal gates. **Pass through the squeezer gate** to the side of the metal gate to meet a wide lane, **here turn right.** This lane has fencing to your left, hedgerow to your right. This is a positive turn towards the little village of Sookholme. All the way along this lane in the winter time there is a stream running on your left hand side. After approximately ½ mile the lane bends to the left. To your right you will see Bath Lane Farm at a point where and the lane meets a road. This is the small hamlet of Sookholme.*

CHECKPOINT 5