

[TRIM TRAIL]

**GREAT OUTDOORS
— GREAT WORKOUT!**

READY

Everybody likes to look and feel good, and keeping fit is a major part of that. So what better way to get fit than in the fresh air and for free?

GET SET

This versatile Trim Trail combines fun and fitness for all levels of physical ability. Designed to improve your cardio-vascular system it will also test your upper and lower body muscular strength, endurance, coordination and agility.

GO

This trail can be as mild or as intense as you require, you should always work at a pace you feel comfortable with, but if you wish to challenge yourself then aim to increase the number of repetitions or even laps!

The map outlines each exercise station on the trail and provides instructions on how to use them. Keep track of your progress by charting the repetitions completed and also your trail time on each visit. Watch yourself improve!

SAFETY

To reduce the chances of injury it's essential that you warm up prior to starting the trail and cool down when finished.

The trail covers a variety of terrains, so appropriate outdoor clothing and footwear is recommended. Extra caution should be taken in wet conditions.

For more information contact the Sports Centre on 01524 594000 or email sportenquiries@lancaster.ac.uk

Users are reminded that they must conduct themselves responsibly whilst on the trail, if the equipment is not used properly or sensibly it could pose a danger to you and others.

Children under 14 are not allowed to use this equipment except in the company of a responsible adult. If you decide to use, or allow your child to use, the Trim Trail equipment then you do so at your own risk, accepting full responsibility for any loss or damage that you or your child may incur personally or to your property and Lancaster University will not accept responsibility or liability as a result of such loss or damage.



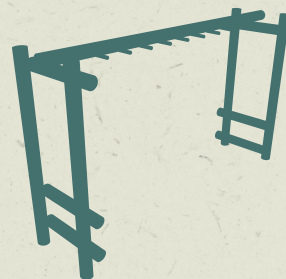
1 [TYRE HOPSCOTCH]

BENEFITS: Tests your coordination, agility and balance.
INSTRUCTIONS: Hop from tyre to tyre.
DIFFICULTY: ★★☆☆



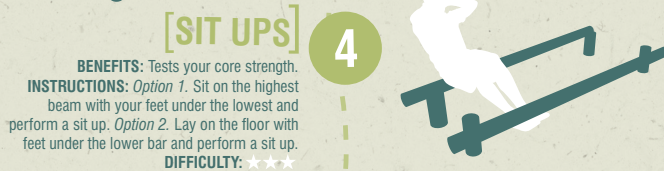
2 [VAULT]

BENEFITS: Tests your agility and leg strength.
INSTRUCTIONS: Place hands on pole and hop from side to side.
DIFFICULTY: ★★☆☆



3 [LADDER] WALK

BENEFITS: Tests your upper body strength.
INSTRUCTIONS: Swing from one bar to another until you reach the other side.
DIFFICULTY: ★★☆☆



4 [SIT UPS]

BENEFITS: Tests your core strength.
INSTRUCTIONS: Option 1. Sit on the highest beam with your feet under the lowest and perform a sit up. Option 2. Lay on the floor with feet under the lower bar and perform a sit up.
DIFFICULTY: ★★☆☆



5 [STEP UPS]

BENEFITS: Tests your leg strength and coordination.
INSTRUCTIONS: Step up and down on each trunk.
DIFFICULTY: ★★☆☆



6 [PRESS UPS]

BENEFITS: Tests your upper body strength.
INSTRUCTIONS: Option 1. Perform press ups with hands on beam. Option 2. Perform press ups with feet on beam.
DIFFICULTY: ★★☆☆



7 [STRADDLE] JUMP

BENEFITS: Tests your agility, coordination and explosive leg power.
INSTRUCTIONS: Jump from one side of the beam to the other with feet together.
DIFFICULTY: ★★☆☆



11 [SIT UPS]

BENEFITS: Tests your core strength.
INSTRUCTIONS: See before.
DIFFICULTY: ★★☆☆



10 [CHIN UPS]

BENEFITS: Tests your upper body strength.
INSTRUCTIONS: Select a suitable station depending upon your height and aim to pull yourself up so that your chin is over the bar.
DIFFICULTY: ★★☆☆



[HURDLES]

BENEFITS: Tests your agility and coordination.
INSTRUCTIONS: Run and jump over each hurdle.
DIFFICULTY: ★★☆☆



8 [SIT UPS]

BENEFITS: Tests your core strength.
INSTRUCTIONS: See before.
DIFFICULTY: ★★☆☆

9 [POLE CLIMB]

BENEFITS: Tests your upper body strength and climbing ability.
INSTRUCTIONS: Attempt to reach the top of the pole by moving one hand over the other.
DIFFICULTY: ★★☆☆



[BALANCE BEAM]

BENEFITS: Tests your agility and balance.
INSTRUCTIONS: Attempt to walk from one side to the other.
DIFFICULTY: ★★☆☆

WOODLAND WALK + TRIM TRAIL

[YOUR SPACE, YOUR PACE]

The on campus Woodland Walk and Trim Trail provide a range of challenges for all levels of fitness and ability. Whether you fancy a quick stroll or a full work out, there is no better way to exercise than in the fresh air...and for FREE.

WOODLAND WALK

FREE TIME?
— FREE EXERCISE!

A DIFFERENT CHALLENGE

The Woodland Walk provides a beautiful route through 2.6 miles of woodland canopy that can be enjoyed by all levels of ability, from those looking for an interesting run to those wanting a short stroll.

At a moderate pace the full route can be completed in approximately 1.5 hours. However, there are lots of clearly signed points at which you can join or leave the walk to suit your day.

The trail includes varying unsurfaced terrain so suitable outdoor footwear should be worn.

THINGS TO SEE

The Bigforth Estate sporting woodland was planted in 1841 and forms the heart of the University woodlands. Later additions were planted during the 1960's to offer shelter and screening for the new emerging campus.

In the older developed woodland, Beech is predominate along with some Oak with self sown Sycamore and Elm forming much of the sub-canopy. The understorey is of Holly and Rhododendron. The later woodland is dominated by Alder or Poplar, with Sycamore, Beech and Norway Maple. Ground cover is a mixture of bramble, rushes and grass.

The University has established a 10yr Management Plan 2010–2020 to help implement a number of measures to continue to enable the woodlands to develop.

The woodlands and surrounding parklands support and provide important habitats for a number of species including: 290 different species of plants and animals; 120 bird species; 3 species of Bat and even Roe Deer are seen in the woodlands from time to time.

Throughout the seasons you will encounter many things of interest in the woodland, these include: snowdrops in spring; a carpet of blue bells in May; wild garlic in June; woodland ferns in the summer and a variety of interesting fungi in the autumn.

Between 1899 and 1902, Herbert Storey built Bailrigg House where he lived until his death. Bailrigg House was designed by the architects Woolfall and Eccles of Liverpool. Herbert also re-orientated the land, adding additional elements to the landscape and later hired the landscape architect Ernest Milner with this work continued by the famous local landscape architect, Thomas Mawson.

In the event of an emergency please contact Security on 01524 594541.

KEEP YOUR EYES PEELED!

3 SPECIES OF BAT

120 SPECIES OF BIRD

WOODLAND WALK + TRIM TRAIL MAP



SYCAMORE

OAK

ELM

DEER

290 SPECIES OF PLANT