



## Welcome to Landal Rockingham Forest

Every care has been taken to ensure your lodge is ready for you and that you have everything you need for a relaxing stay. Your satisfaction and comfort are particularly important to us.

### WI-FI

**Username (Network):** RFP Guest

**Password:** RFPguest

**Reception number 01780 432250.**

Reception opening times are outside reception and on our website.

**Our Out of Hours Number is 01780 432789.**

Reception-5100, Maintenance-5020, Housekeeping-5030, The Command Post (Store)-5090

**The maintenance team will be onsite Monday – Friday 8 am - 5 pm, they will also be on site over the weekend, if you do not see them and need them, please press the out of hours button on your phone.**

**Defibrillator Location:** <///binds.attaching.hotel>

**Punch Code for Footpath Gates: C201**

Check-in time is usually from 4 pm and is contactless, once the lodges are ready, we will send you your check-in email.

**Check-out time is 10 am (we do not offer early check-in or late check-out).**

**Please always be respectful to your neighbours.**

Please leave your keys in the same lock box you found them upon arrival. If you have lost your key the charge for this is £5. If you need to check out when we are closed, please leave your key in your lock box, and let us know via email or leave us a message.

Lost Property will be kept for 2 weeks and then disposed of via a local charity or recycling.

**Please do not use the hot tub on the day of departure due to maintenance and water treatment required.**

Remember to log out of any personal accounts you have logged into during your stay with us. We are not liable if you forget to do this!

### Blue Tooth Instructions

Hold the button on the small white panel down for 4 seconds.

The blue light should start flashing.

Make sure Bluetooth is enabled on your phone, to do this, go to settings on your device, click on Bluetooth, and select the device which matches the code on the Bluetooth panel.

This should now be connected; the volume is controlled on your device.

Select your music and enjoy 😊

### Wi-Fi Calling

Due to the location of the park, the phone signal varies for each phone provider. We recommend that if you have a compatible phone, you have it enabled for Wi-Fi calling (please check with your phone provider). This can usually be done in settings under phone calls.

### Lodge Telephone

Each lodge is equipped with a telephone.

To call reception please dial 5100 and press send.

To call housekeeping please dial 5030 and press send.

To call maintenance dial 5020 and press send

Out of hours press the out of hours on your phone and someone will assist you.

To call another lodge please dial 51 then the lodge number and press send.

If you have someone call your lodge from the intercom (main gate), press 1 whilst they are on the phone and the black gates will open.

## The Command Post (Oak Lake Store)



### **Opening Hours:**

**Please check the TV in your lodge for up-to-date opening hours or contact them directly as the store is independently run on [oaklakestore@gmail.com](mailto:oaklakestore@gmail.com)**

**Tel – 01730 777960 or from your lodge dial 5090 and press send.**

The Command Post offers an inviting atmosphere with comfortable indoor seating, tables for a catch-up and some food, or armchairs for relaxation with a coffee or a glass of wine. The Bistro also has an expansive outdoor decking area from which to enjoy the views and weather.

You can eat in and sample the food on offer, ranging from stone-baked pizzas to mouth-watering cakes. Alternatively, you can order food to take away and enjoy in your own Lodge.

They can also provide breakfast boxes, picnic hampers and grocery packs which are all available to pre-order.

Please send them an email at [oaklakestore@gmail.com](mailto:oaklakestore@gmail.com) for a price list and anything else they can help with.

To ensure you have a relaxed and enjoyable stay with us we have a few essentials that can be hired to make your stay as enjoyable as possible.

(Subject To Availability).

Below is a list of items we can provide for under twos or your four-legged friends. This needs to be booked in advance with your booking provider and will be in your lodge upon arrival, if available.

- Travel cot
- Highchair
- Dog Bed
- Dog Bowls

\*It is your responsibility to use any items booked carefully and within the manufacturer's guidelines. \*

### **Travel Cots**

The travel cot provided is designed to be used in conjunction with the mattress supplied. Please do not use your mattress. The travel cot is designed for children under 2 years.

### **Hot Tubs**



Please always ensure the supervision of toddlers when the hot tubs are uncovered and in use. Babies and toddlers are unable to regulate their body heat, and it is unsafe for them to use the hot tub. They may also be sensitive to the water treatments used. Please note you are responsible for your children and others when using the hot tub. The lead person is liable and responsible for the usage of the hot tub.

## Please shower before and after entering the hot tub.

### Hot Tub Information

To keep you safe during your stay we have rules and guidelines to be adhered to regarding the use of our hot tubs. Please read carefully.

- Due to the time, it takes our maintenance team to drain and refill the hot tubs after each departure, we will do our absolute best to have your tub temperature ready for you to enjoy upon arrival, however, this cannot be guaranteed.
- The lead person is responsible for making sure all members of their party adhere to the rules and guidelines outlined.
- Do not use the hot tub before 8.00 am or after 11.00 pm.
- Please do not use the hot tub on the day of checkout due to our maintenance team needing to drain, treat and refill.
- Please check with a GP or medical professional for advice if you have any health conditions before use.
- **Do not use it if you are pregnant or under 5 years of age.**
- **Children under the age of 5 who are unable to hold their face out of the water should not use the hot tub.**
- Any children under the age of 16 **must always be supervised by an adult whilst in the hot tub** and limit their sessions to 7 minutes or less.
- It is recommended that continuous time in the hot tub is limited to 15 minutes before a break to cool down.
- Ensure safety regarding entering and exiting due to slippery surfaces.
- Avoid putting your face or head beneath the water.
- Avoid swallowing hot tub water.
- Keep long hair tied up/use a swim hat or hair net.
- It is recommended contact lenses are removed before use.
- It is recommended that the hot tub is not used after a heavy meal or alcohol.
- Please shower **before** and **after** using the hot tub.

The following are **PROHIBITED IN OR AROUND** the hot tub:

- Running, Jumping, Diving
- Food & Drink (including alcohol or otherwise)
- No glass containers
- Smoking (Including E-Cigs)
- The use of electrical equipment
- Pets
- Dangling jewellery – Please be aware that some jewellery and swimwear may be discoloured due to immersion in the hot tub.

### Hygiene

- **Guests/bathers should not use the hot tub if they have had diarrhoea or repeated vomiting within the last 14 days.**
- Please shower and remove all make-up, creams, and fake tan before you enter.
- Children should be encouraged to use the toilet before entering the hot tub.
- Foaming agents such as bubble baths, shower gel or essential oils should not be used in the hot tub.

### **How to use**

- To remove the cover, carefully unclip the holding straps and standing at the side of the hot tub, fold back the front half of the lid and gently lift the black level bar until it reaches the stop position, the lid will then rest upright.
- If your lid is fully removable follow the above steps and leave it on the side away from the hot tub.
- To close the hot tub lid, press the red release button and gently lower it into place. This must be done when not in use to retain the temperature.

**IMPORTANT** – Where possible this should be conducted by no less than 2 people, one on either side of the hot tub.

**\*Please be advised that the hot tub temperature is set to between 38-40 degrees\***

**PLEASE REFRAIN FROM TAMPERING WITH THE TEMPERATURE CONTROL.**

- If you wish to receive guidance from one of our team concerning the operation of our hot tubs, please do not hesitate to press the out of hours button on your phone, so that the team can arrange a suitable time for a member of staff to visit.

Please inform the Team immediately if the hot tub appears faulty or in an otherwise unsuitable condition.

**Take care of the decking area it can be slippery when icy or wet.**

**Do not use the hot tub during high winds!**

**Any damage to the cover or tub will be charged for.**

Please respect other guests' privacy and keep noise to a minimum.

**Our Team will visit your tub twice daily to monitor the quality of the water, maintenance, and operation. If you experience any problems during your stay, please press the out-of-hours button on your phone.**

## Fire Prevention



Please remember you are in a forest environment.

In case of Fire please dial **999** and ask for the fire service.

Address is:

Rockingham Forest Park

Wansford Road

Wansford

Peterborough

PE8 6FR

To minimise the risk of an outbreak of fire there are a few important measures to remember.

- Please note all accommodation is **NON-SMOKING**.
- Do not bring fireworks, Chinese lanterns, or sparklers to the park.
- Use and dispose of barbecues correctly.
- Please avoid using candles and tea lights, if you do, please do not leave them unattended. Ensure these are fully extinguished before leaving your accommodation inside and outside.

## Smoking Policy



No  
Smoking



No Vaping

**Smoking of cigarettes and vape pens is prohibited inside the lodge and around the hot tubs.**

**We appreciate your co-operation.**



NO  
E-Cigarettes



## **BBQ Safety.**

### **Preparation**

Place your disposable barbeque securely on the BBQ stands provided outside your lodge or in the BBQ communal area at the entrance to the park. The bottom of your barbeque will get hot, do not use a table or surfaces that will be damaged.

Never use a disposable barbeque in an enclosed space due to carbon monoxide exposure, always choose an open well-ventilated area.

Ensure you protect the surrounding environment and do not light your disposable barbeque close to anything flammable. For example, fences, sheds, or trees.

Avoid using the BBQ during extreme hot weather and high winds. The hot and exceptionally dry weather means that it takes extraordinarily little to ignite fire outdoors. The hot embers from a disposable BBQ can easily ignite surrounding materials during these conditions.

Keep a bucket of water, sand, or fire extinguisher nearby in case of emergency.

If using the communal area, please use the bins provided.

### **Lighting**

Safely light your disposable barbeque with matches or a lighter, never add additional fuel or lighting agents such as spirits, petrol, or lighting fuel.

Do not refill the tray with more charcoal after use.

### **Cooking**

Use long-handled tools to reduce the risk of burns.

Remember the top sides and bottom of your disposable barbeque will be extremely hot while in use.

### **Extinguishing**

Use water or sand to extinguish your barbeque by pouring directly onto the charcoal embers or ash. The ash can remain hot while seeming to appear unlit therefore please do this very carefully.

Ensure the barbeque has cooled completely before attempting to move or dispose.

This can take several hours but it is important to allow enough time for cooling especially if you are in a public area.

Rubbish bags or bins may be full of flammable waste so please ensure your barbeque is cold before disposing of it fully.

Disposable BBQs will be available to purchase at The Command Post.

## Communal BBQ Area

This is open to all our guests and is on a first come first served basis we do not offer reservations of the area.

All we ask is that you leave the area tidy and use the bins.

The benches can be moved or left under cover. Please note that these are heavy, and caution must be used if moved.



## Manual handling

The Correct Lifting Technique



**Stop & think**

Plan work that involves manual handling. How heavy is the load? Where is it going to be placed? Use appropriate handling aids where possible. Will assistance be required?

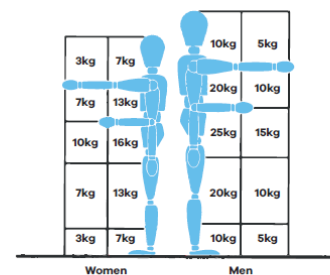
Remove obstructions, such as discarded wrapping materials. For long lifts, such as from floor to shoulder height, consider resting the load mid-way on a table or bench to change grip.

**Adopt a stable Position**

Stand with feet apart, one leg slightly forward to maintain balance (alongside the load if it is on the ground). Be prepared to move your feet during the lift to maintain a stable posture. Do not wear over-tight clothing or unsuitable footwear; it may make the task more difficult.

**Ensure a good hold On the load**

Where possible keep the load as close to your body as possible. Use handles or devices already fitted to the load. Keep the load in balance.



**Keep the load close**

While lifting keep the load close to your waist for as long as possible. The distance of the load from the spine at waist height is an important factor in the overall load on the spine and back muscles.

Keep the heaviest side of the load next to the body. If a close approach to the load is not possible, try to slide it towards the body before attempting to lift it.

**Keep your back Straight**

Slightly bending your back and knees at the start of the lift is preferable to either fully flexing the back (stooping) or fully flexing the hips and knees (full or deep squatting), but should be avoided wherever possible.

Don't flex any further while lifting!

**Avoid twisting or Leaning sideways**

Avoid twisting the back or leaning sideways especially while the back is bent. Keep your shoulders level and facing in the same direction as your hips. Turning by moving your feet is better than twisting and lifting at the same time.

Tasks involving the regular lifting, carrying, pushing or pulling of heavy loads must be assessed for risks to the health and safety of workers. Routine and frequent tasks involving manual handling should be eliminated, wherever possible, by providing mechanical aids, adapting the workstation or redesigning the work process.

Employees should always be trained in specific workplace procedures and the general principles of manual handling described in this poster.

Do not lift more than you can safely push or carry. Carefully assess each load before you lift it. If you consider it beyond your ability, ask your managers.

## 6 steps to remember

## Missing Person Action Plan

Anyone who is missing should be treated as an indicator that the individual may be at risk of harm. The definition of 'missing;' anyone whose whereabouts cannot be established will be considered as missing until located, and their well-being or otherwise confirmed.

If you have been informed a person/child is missing, please conduct the following.

Immediately contact the General Manager and then contact the police, to report the missing person. Tell them you need to report a missing person.

You will be asked questions by the operator so if you can have the person who has come to you answer the following questions this will be helpful.

If you have been notified by a guest that someone is missing you do not have to wait 24hrs, you can report this immediately to your local station.

In an emergency, you can contact 999. When you contact 101 or 999 let them know that we are in **Northants Territory**, as we are on the border of other territories.

### **Basic information about the missing person**

- Full Name
- Date of Birth
- Nicknames (if any)

### **Physical description of the missing person**

- Height
- Age
- Build
- Hair colour and length
- Eye colour
- Any markings
- Facial Hair

### **Clothing that the missing person was wearing the last time they were seen.**

- Colour of clothing
- Type of clothes, dress/trousers
- Any headwear
- Glasses – Yes or No

### **Trip plans of the missing person**

- What were the missing person's plans and or activities on the day?
- Where was he/she going?
- Was the person travelling by car or foot?
- If by car give the details of vehicle type, colour, and registration number.

### **Information about the last time the missing person was seen.**

- The time and location of where he/she/they were last seen.
- The name of the person who last saw the missing person.
- The name of the person who last talked to the missing person.
- The direction the missing person was travelling when last seen.

### **Overall health and condition of the missing person**

- Physical condition
- Any known medical problems

Once the report has been filed ensure you take the person's name and ask for a crime report number.

Once a report has been made, what the police do will depend on the circumstances of the disappearance and how much they consider the missing person to be at risk. If the police assess that the missing person is at risk, they may decide to:

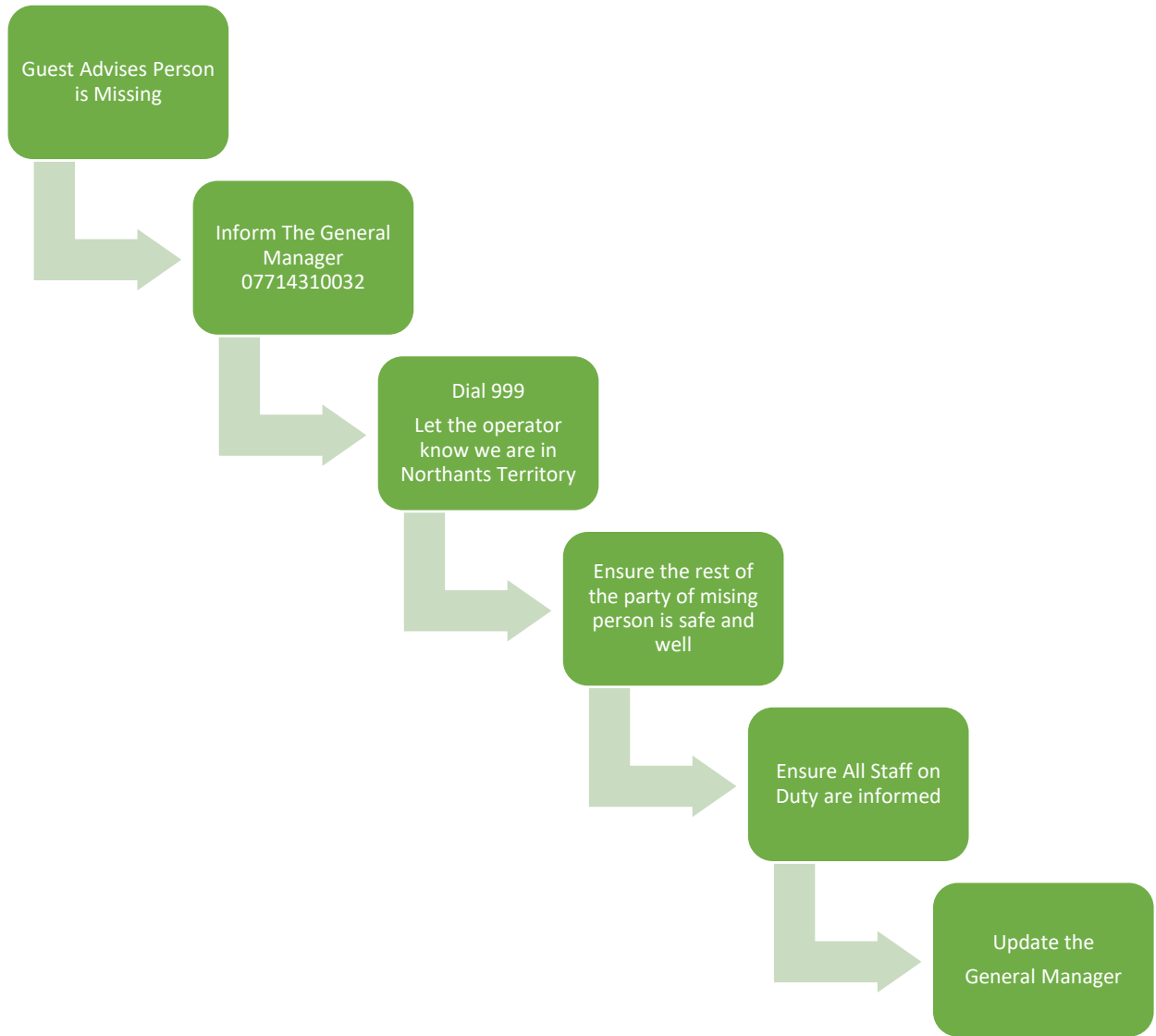
- Search the missing person's home or last known address and the area where the missing person was last seen.
- Attempt to contact them by phone if they have a mobile.
- Conduct checks on their mobile phone or computer.
- Conduct house-to-house enquiries.
- Check local hospital admissions.
- Review CCTV footage.
- Conduct land and air searches, particularly in high-risk cases.
- Co-ordinate media coverage and issue a press release to the local media appealing for help from the public.

### **The police may also ask for items belonging to the missing person such as:**

- A recent photo.
- Any diary, laptop computer, or mobile phone.
- Any bank or credit card details.
- Other bank account details.
- The police may also ask if the missing person has intentionally gone missing and in these circumstances, they would ask why e.g., an argument with family or some kind of mental health episode.

## **Stay Calm**

## **Ensuring the Safety of Our Guests is Paramount**



## Emergency Information

### Local Walk-in centre information (information correct at time of publication).

<b>Peterborough:</b>	City Care Centre, Thorpe Road, Peterborough, PE3 6DB <b>01733 847000</b> Closes 8 pm.
<b>Corby:</b>	Corby urgent care, Cottingham Road, Corby NN17 2UR <b>01536 202121</b> Closes 8 pm.
<b>Oakham:</b>	Cold Overton Road, The Rutland Memorial Hospital, Oakham LE15 6NY <b>01572 722552</b> Closes 6.30 pm.

### In the case of an emergency please call 999 or 111 for advice.

Our address for ambulance or fire:

What3Words - [///digits.bathtubs.afflict](https://www.what3words.com/digits/bathtubs/afflict).

Rockingham Forest Park

Wansford Road

Wansford

PE8 6FR

\*Please contact the out-of-hours telephone number for the front gate\*

**All lodges have their what3words location on the gate.**

**Defibrillator Location:** <https://w3w.co/binds.attaching.hotel>

### Emergency Dentists

If you need dental treatment in an emergency, you can find one near here by calling NHS 111 our postcode is PE8 6FR.

### Emergency Vet

If you need an emergency vet use this link <https://www.vets-now.com/find-an-emergency-vet/peterborough/>

## Park Safety



To keep yourself and others safe during your stay please pay attention to road signs located around the park.

Please always adhere to the speed limit and be aware of families with small children walking and playing.

Please keep to footpaths with lighting to avoid any unnecessary falls or long drops.

Our woods are ancient woodlands therefore there is always the potential for cracking or falling branches. Please always remain vigilant.

Our animals are 'wild animals' please respect them by keeping a safe distance and do not feed or touch them.

There are six lakes on our site, please be careful, especially with small children.

Absolutely no swimming at any time in any lake.

**Please respect your neighbours by keeping the noise to a minimum after 11.00 pm**

For emergencies, there is an emergency phone and defibrillator located at the corner of Jack's Green, near the bin station.

Ticks can be a possibility in the woodlands, please read the information below:

### **What do you do if you find a tick on you?**

- Remove the **tick** promptly and carefully. Use fine-tipped forceps or tweezers to grasp the **tick** as close to **your** skin as possible. ...

- **If possible, seal the tick** in a container. Put the container in a freezer and dispose on departure.
- Wash **your** hands and the bite site. Use warm water and soap, rubbing alcohol, or an iodine scrub.

### **Ticks on dogs**

A **tick** will feel like a small bump on your pet's skin. They tend to attach themselves to areas around a **dog's** head, neck, ear, and feet. Brushing also helps to remove them. **Ticks** vary in size between 1mm and 1cm long, depending on their age. They look like tiny spiders with a whiteish, egg-shaped body.

### **Treatment**

Use tweezers to grasp the head of the tick as closely to the dog's skin as possible. Pull with a firm, steady, upward motion. Apply a disinfectant such as rubbing alcohol or iodine to the wound to prevent **infection**.

**If you are concerned, please contact a veterinary practice, and speak to a professional.**

## **Local Environment Information**

### **Road to the lodges:**

Due to the local wildlife and our low lighting, please stick to **10mph** and remember there are speed bumps along the road.

The speed limit and speed bumps are there for your safety, the safety of other guests, and our resident wildlife.

Please do not drive on the grass and use the passing areas to allow cars to pass as the road is not wide enough for two vehicles.

### **Park lighting:**

We are in the direct pathway of protected bats and under obligation to have low lighting around the park, hence why this is kept to a minimum to reduce the impact on the environment and our wildlife and certain outdoor areas do not have lighting.

Light pollution, or artificial light at night disrupts the natural patterns of wildlife and this can have a detrimental effect on them and their environment.

There is fixed lighting around the park at night, however, please take care when walking outside of lighted areas.



## Waste disposal



Here at Rockingham Forest Park, we are Zero to Landfill and our ethos is recycling. You will find four locations dotted throughout the park where you can distribute your general waste recycling and glass.

Please use the clear bags provided for recycling, and black bags for general waste.

A glass box is provided in your lodge to collect your glass waste.

**Thank you for doing your part to help keep us Zero to Landfill**



## Dog Owners



Well-behaved dogs are welcome in our dog-friendly lodges, this is subject to availability when selecting a pet-friendly lodge at the time of booking. Additional charges are made to enable extra cleaning. **We do not permit any other pets, if you do bring any other pets, you will be asked to leave.**

We have a few simple rules relating to dogs that we ask you to adhere to:

- Maximum number of dogs per lodge: two medium-sized dogs (no large dogs).
- Please always keep your dog on a lead within the park. Whilst we appreciate your dogs may be friendly and well-trained not all our lodges are pet friendly and some of our guests may not be comfortable around animals.
- Please be aware that wildlife roam free within the wooded areas.
- Please clean up after your dog. Designated dog poo bins are allocated around the site with poo bags provided should you require them.

When in your lodge, we request:

- No more than two dogs may occupy any of our pet-friendly lodges.
- **No pet is to be left unsupervised by you or alone in a lodge.**
- Please do not allow pets on furniture or beds.
- Around our site dogs are to be always kept under control.
- Please ensure dogs do not go in the hot tub.
- **Please do not take your dog to a lodge that is not pet friendly.**
- Please respect your neighbours and do not let your dog bark excessively.
- **Please note we do not accept any animals on the dangerous dog list.**
- **If a dog has been left in a lodge unattended, we will have no option but to report this to the authorities as this is unsafe for the dog.**

**Thank you for your co-operation.**

## Local Supermarkets (information correct at time of publication)

### **Stamford Approximately 9 miles from Market Town**

<b>Supermarket</b>	<b>Address</b>
Morrisons	2, Uffington Road PE9 2EX
Waitrose	West Street PE9 2PR
Sainsbury's	Unit 1 Rhyll Road PE9 1UG
Lidl	Unit 5 Rhyll Road PE9 1UG
Tesco Express	46-51 High Street PE9 2BD
M & S Food	41-45 High Street PE9 2BD

### **Peterborough Approximately 10 miles**

<b>Supermarket</b>	<b>Address</b>
Morrisons	Lincoln Road PE4 6WS
Waitrose	Mayors Walk PE1 2AD
Sainsbury's	Bretton Centre PE3 8DA
Lidl	Sugar Way PE2 9AY
Tesco Extra	Serpentine Green PE7 8BD
M & S Food	Serpentine Green PE7 8BD
Aldi	Bretton Centre PE3 8DA
Asda	Rivergate Shopping Centre PE1 1ET

### **Local Bank**

To find the nearest branch use the below link.

<https://www.yell.com/ucs/UcsSearchAction.do?scrambleSeed=298379&keywords=Banks&location=wansford%2C>

### **Local Post Office**

To find the nearest branch use the below link using our post code PE8 6FR.

<https://www.postoffice.co.uk/branch-finder>

### **Local Taxis**

As we are the middle of Peterborough and Stamford and there is no local taxi firm based in Wansford.

Use link below to find one that suits your needs.

<https://www.yell.com/ucs/UcsSearchAction.do?scrambleSeed=1786759517&keywords=Taxis+%26+Private+Hire+Vehicles&location=Wansford%2C+Peterborough>

## The History of Rockingham Forest Lodge Park

Rockingham Forest Lodge Park is situated on the old WWII RAF Kings Cliffe base.

Before the American takeover, it housed British, Commonwealth and Belgian pilots flying Spitfires from grass strips from 1939. One of the most famous pilots who used the airfield was RAF ace Johnnie Johnson, who was credited with thirty-four individual victories.

In August 1943 American Fighter Group took over the base from the RAF.

Originally the airfield was grass-surfaced but hard-surfaced runways and perimeter tracks were laid down early in 1943.

Kings Cliffe was assigned USAAF designation station 367 and was home to an assortment of USAAF Eighth Air Force fighter aircraft, some of which provided fighter support for the 1944 Normandy Invasions.

Kings Cliffe was the furthest west of any Eighth Air Force bases, and this made long escort missions that much harder for the pilots.

The 20<sup>th</sup> Fighter Group were nicknamed “Loco Group” because of the four hundred railway locomotives they destroyed in their ground attack role.

The station returned to agricultural use in 1959, but the odd few buildings remain.

It was also the spot where Major Glenn Miller and his band put on a “hangar concert” on 3<sup>rd</sup> October 1944, their last public hangar performance before the jazz musician disappeared on a cross-channel flight.

The Glenn Miller memorial, an engraved metal plaque on a pyramid topping a stone plinth, is located on the concrete slab base of one of the former hangars on the lodge site.

In addition to the Glenn Miller memorial, there is an unusually shaped war memorial to the fallen, of all countries, who served at Kings Cliffe. This memorial is asymmetric and takes the form of two schematic aircraft sections joined by a black polished stone plaque.

The right-hand aircraft has the distinctive wing of an RAF spitfire and the left-handed one, has the laminar flow wing of a U.S Air Force Mustang. Coincidentally, the overall shape is also reminiscent of the twin-engine arrangement of the Lockheed Lightning, which also flew for Kings Cliffe.

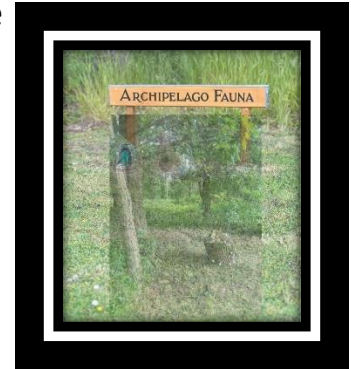


PLEASE NOTE INFORMATION MAY VARY PLEASE DOUBLE CHECK THE WEBSITE FOR UPTO DATE INFORMATION FOR RELEVANT COMPANY!

## Things To Do at The Park

### Fairy Fauna Trails—Archipelago Fauna

For our younger guests we have our very own Fairy Fauna Trails. These magical trails wind through our beautiful woodland, offering an adventure filled with wonder and imagination. Discover charming fairy houses, whimsical decorations, and hidden surprises along the way. The trails are designed to spark creativity and provide a delightful outdoor activity for all ages. Pick up your booklet from The Command Post and explore the magic of our Fairy Trails during your stay with us and create unforgettable memories in a truly enchanting setting.



### Outdoor Play Area

Located adjacent to our Alfresco Dining Area (communal BBQ area), are boasting beautiful views of the countryside, parents and carers can relax over drinks and food whilst our younger guests play in our outdoor playpark. We have a weather reader, a quiet outdoor reading area, zipline and many more activities to keep little fingers and toes entertained.

### Secret Garden

Our secret garden is a hidden oasis of tranquillity and beauty. Nestled within lush greenery and vibrant blooms, you will find a charming bench for two, perfect for moments of quiet reflection or intimate conversation. Let the soft rustle of leaves and gentle fragrance of flowers envelop you as you relax in this secluded spot. Whether you are seeking a peaceful retreat or a romantic escape, our Secret Garden offers a serene setting to unwind and connect with nature.



### Star Gazing

Discover the wonders of the night sky at the two designated stargazing areas in our park. Nestled in the heart of the beautiful UK countryside, this serene spot offers an unparalleled view of the celestial canopy. Equipped with seating for two and strategically positioned away from artificial lights, our stargazing area provides the perfect setting to marvel at the stars, constellations, and planets. Whether you are an avid astronomer or simply looking to enjoy a peaceful evening under the stars, our park invites you to experience the magic and tranquillity of the night sky like never before. This is located close to Sessile Lake.

### **Rockingham Herb Garden**

Our small but vibrant herb and veggies patch should be explored during your stay at the park. Bursting with fresh produce, this small patch is a delightful space where guests can help themselves to a variety of herbs and vegetables. Whether you are looking to add some fresh basil to your salad, garnish your dishes with parsley, or simply enjoy the bounty of nature, our patch offers a delightful and sustainable way to enhance your culinary experience while staying with us.



### **Outdoor Chess**

Discover the joy of strategic play at our outdoor chess set. Nestled in a beautiful location on our grounds, this life-sized chess board invites guests of all ages to engage in friendly competition or simply enjoy a leisurely game in the fresh air. Whether you are a seasoned player or a curious beginner, the tranquil surroundings and beautiful landscape provide the perfect backdrop for sharpening your skills or if you want to simply learn the game. Gather with



friends or family and make lasting memories as you immerse yourself in the timeless challenge of chess.

### **Fishing**

Enjoy a peaceful and rewarding fishing experience at our scenic lakes, perfect for anglers of all skill levels. Surrounded by natural beauty, our lakes provide an ideal setting for a relaxing day of fishing. Whether you are hoping to catch your first fish or are a seasoned angler you will appreciate the tranquillity and the wonderful wildlife in this serene environment. Fishing is permitted in Oak Lake and Sessile Lake, and you must have a fishing licence for further details please read our blog <https://rockinghamforestpark.co.uk/gone-fishing/>

### **Bug Hotel**

Explore the fascinating world of insects at our delightful bug hotel, designed especially for our younger guests. This educational feature provides a haven for various bugs and offers children a unique opportunity to observe and learn about these amazing creatures up close. There is one nestled in the corner near the veggie patch along with others that are placed around the park, the bug hotel is a wonderful spot for budding naturalists to discover the importance of insects in our ecosystem, all while enjoying a fun and firsthand experience.

### **Whispering Waters**

Nestled within the serene surroundings of our holiday lodge park, our secluded picnic area offers an idyllic retreat overlooking the breathtaking Sessile Lake. This picturesque spot is perfect for unwinding and enjoying nature's tranquillity, with the gentle sounds of water and the rustling leaves of the surrounding trees creating a soothing ambiance. The vibrant wildflowers and lush greenery add a touch of natural beauty, making it an ideal setting for a relaxing picnic. Whether you are enjoying a quiet afternoon with a book or sharing a meal with loved ones, the stunning view of Sessile Lake provides a perfect backdrop for creating unforgettable memories.





## Woodland Walks



We have created some wonderful walks for you to be able to take in the fantastic nature that surrounds the park, whether this is just for you and your loved ones or with our wonderful dog guests.

**Railway Ramble** - This walk takes you through Great Morton Sales to the dismantled railway underneath the LNWR Railway Bridge. Kings Cliffe Railway Station was opened on the 1st of November 1879 and closed to passengers on the 6th of June 1966. On the 3rd of June 1968, the station closed to goods along the track to Nassington Station where a private siding and the line to Yarwell Junction remained in use for the iron ore and limestone quarry until 1971.

**North Fields Walk** - This walk takes you around the park taking in Sessile Lake, open countryside and around to Holm Lake past Great Byard Sale, looping back to your accommodation.

**South Fields Walk** - Starting at Railway Bridge, borders Little Morton Sale, this walk will take you past Acorn Lake and if you wish to leave the park taking some of the surrounding villages then this route will take you to the public footpaths to Nassington, Yarwell and Wansford.

## **YOGA OR ZUMBA (Outsourced and run independently)**

You can book Yoga or Zumba on a Saturday Morning from 11 am

### **Yoga**

This can be a 60/75/90-minute class.

Yoga is a practice that works on the body, mind, and calming down the nervous system. It focuses on physical postures, breathing techniques and relaxation. It can relieve stress and aches, relax, also sharpen the mind, help increase body strength, balance, and flexibility. It is ideal for ages and levels of fitness.

For up-to-date prices please refer to the RFP Newsletter emailed to the lead person.

### **Zumba**

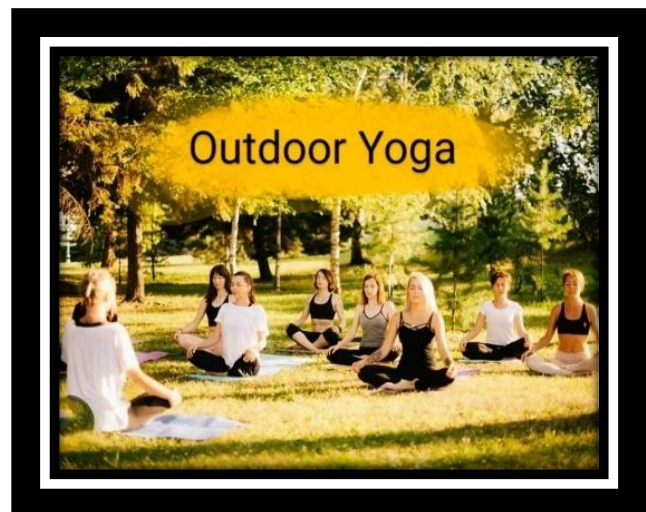
Zumba is a 45-minute dance fitness programme that combines Latin and International music with a variety of dance styles. It targets many different muscles at once for total body toning. It boosts your heart health, enhances balance, coordination, agility, and strength. It is a great calorie burner and is fun high-energy workout. These classes are 45 minutes long.

Early booking and payment in advance are essential to reserve your place. All classes are non-refundable.

**These sessions are run by an outsourced instructor called Becky, who is fully trained and certified.**

For more information and to book classes please contact Becky by email

[danzogabeckymarie@gmail.com](mailto:danzogabeckymarie@gmail.com)



## Archery (Outsourced and run independently)

Griffin Archers runs this.

They believe “everyone can do archery, and anyone can become an archer.” All their coaches are qualified through Archery GB.

For up-to-date prices please refer to the RFP Newsletter that is emailed to the lead person.

Sessions can only **be booked** online:

<https://griffinarchers.co.uk/rockingham-forest-park-archery-activity/>



PLEASE NOTE INFORMATION MAY VARY PLEASE DOUBLE CHECK THE WEBSITE FOR UPTO DATE INFORMATION FOR RELEVANT COMPANY!

### **Kings Cliffe Air Museum (Outsourced and run independently)**

Our site was a former Royal Air Force Satellite Station. The base opened in October 1941 as a satellite to RAF Wittering. 133 Fighter Squadron moved in with Spitfire VB's 29th of September 1941. During it's time there were at least sixteen units based here. Visit the museum to learn more from the owners and step back in time and learn how the Airbase contributed to the War.



PLEASE NOTE INFORMATION MAY VARY PLEASE DOUBLE CHECK THE WEBSITE FOR UPTO DATE INFORMATION FOR RELEVANT COMPANY!

## Walks in local Areas



### Old Sulehay Forest

Old Sulehay is a 34.8-hectare biological Site of Special Scientific Interest east of King's Cliffe in Northamptonshire. It is part of the 85-hectare Old Sulehay nature reserve, which is managed by the Wildlife Trust for Bedfordshire, Cambridgeshire, and Northamptonshire. Wonderful wild garlic and carpets of bluebells.

### Bedford Purlieus Nature Reserve

Bedford Purlieus is a 211-hectare (520-acre) ancient woodland in Cambridgeshire. This was once part of Rockingham Forest and has been woodland since Roman times. During World War 2. The woods were used to house the airman's quarters from nearby RAF Kings Cliffe.

### Fineshade Woods

Family-friendly walking paths three trails, plus a forest horse-riding trail, kids' playgrounds, family cycle paths and an art gallery. Watch the Red kites soaring above.

### Barnack Hills and Holes

Barnack Hills & Holes is a 23.3-hectare biological Site of Special Scientific Interest in Barnack in Cambridgeshire. It is a national nature reserve with a car park but no amenities.

### Short Wood and Southwick Woods

Short Wood and Southwick Wood is a 54.7-hectare nature reserve northwest of Oundle in Northamptonshire. The Wildlife Trust for Bedfordshire, Cambridgeshire, and Northamptonshire manage it. Great for dog walking

### Nene Park / Ferry Meadows Country Park, Peterborough

Nene Park is a large area of parkland to the west of Peterborough. It is made up of six different areas made up of parkland, meadows, woodlands, and lakes. The River Nene runs through all the areas connecting them. There are several recreational activities to do within the park to suit all ages and abilities. These include water sports, climbing, archery, and open-water swimming, these can be done individually or as a group. Take a boat ride on the lake or go on the

train, there are several children's play areas and cafes around the park and some wonderful walks.

### **The Boardwalks, Peterborough**

The Boardwalks lie alongside the River Nene at Thorpe Meadows. In 1991 it was declared a Local Nature Reserve. There are many different areas within the reserve, ponds of varying sizes and depths, marsh, tussocky grassland, and many types of willow. The Boardwalks are rich in wildlife, easily and freely accessible and close to the city centre.

### **Barnwell Country Park Oundle**

This child and dog-friendly park has scenic walkways, a fenced playground & two fishing lakes, facilities include a café and toilets.

### **National Trust - Lyvedon New Bield**

An Intriguing Elizabethan Lodge and moated garden begun by Sir Thomas Tresham to symbolise his Catholic faith, Lyvedon remains incomplete since work stopped on his death in 1605. There are tranquil moats, viewing terraces and an Elizabethan orchard to explore. Use Lyvedon as the starting point for several walks including Lyvedon Way, a circular path through beautiful meadows, woodlands, and villages.

### **Stanwick Lakes**

Stanwick Lakes is a country park on the outskirts of the village of Stanwick. It is managed by the Rockingham Forest Trust on behalf of East Northamptonshire District Council and comprises 750 acres. Walks are well suited for all age groups with play areas for children a café or bring your picnic or barbeque. There is also a Luna Flix outdoor cinema, check out their website for more details.

### **Things you can do away from The Park**



### **Northamptonshire**

Northamptonshire, nestled in the heart of England, offers a charming blend of picturesque countryside, historic landmarks, and vibrant market towns. A visit to this county reveals rolling hills dotted with quaint villages and grand stately homes like Althorp House, the resting place of Princess Diana. The county's rich history is evident in its medieval churches and the striking architecture of the 78 Derngate, a unique house designed by Charles Rennie Mackintosh. Nature enthusiasts will relish exploring the serene beauty of the Nene Valley and Rockingham Forest, while those seeking a taste of local culture can enjoy traditional markets, artisan shops, and cozy pubs serving regional delicacies.

Whether strolling through the elegant gardens of Castle Ashby or attending a lively festival in Northampton, the county's vibrant heritage and scenic landscapes offer a delightful escape from the hustle and bustle of modern life.

Click the link to see what is on in Northamptonshire

<https://visitnorthamptonshire.co.uk/whats-on/>

### **Cambridgeshire**

Cambridgeshire, renowned for its academic prestige and pastoral beauty, offers a captivating journey through both history and nature. At the heart of the county lies the city of Cambridge, home to the world-famous University of Cambridge. Visitors can explore its iconic colleges, such as King's College with its stunning chapel, and take a serene punt along the River Cam to admire the picturesque "Backs" and their lush gardens. Beyond the university city, Cambridgeshire boasts charming market towns like Ely, with its magnificent cathedral known as the "Ship of the Fens," and St Ives, with its historic bridge and bustling markets. The expansive wetlands of the Fens provide unique landscapes and are perfect for birdwatching and tranquil walks. Additionally, the county is steeped in history with attractions like the Imperial War Museum in Duxford, displaying aviation history, and Wimpole Estate, a grand Georgian mansion with extensive parklands. Whether delving into academic traditions, enjoying natural beauty, or exploring historical sites, Cambridgeshire offers a rich and diverse experience for every visitor.

Click the link to see what is on in South Cambridgeshire

<https://visitsouthcambs.co.uk/what-s-on/>

Click the link to see the official website for Fenland Tourism

<https://www.visitcambridgeshirefens.org/>

### **Lincolnshire**

Visiting Lincolnshire presents an enchanting mix of rural charm, historical richness, and coastal beauty. Dominated by its vast agricultural landscapes, the county is often referred to as the "breadbasket of England." The city of Lincoln is a highlight, where the majestic Lincoln Cathedral and the formidable Lincoln Castle, home to one of the surviving copies of the Magna Carta, stand as testaments to its storied past. Wander through the cobbled streets of the historic Bailgate area, lined with boutique shops and cozy cafes. Beyond the city, the picturesque Wolds offer rolling hills and scenic trails perfect for walking and cycling. The coastline provides a different allure, with traditional seaside towns like Skegness offering sandy beaches, charming promenades, and family-friendly attractions. The county's market towns, such as Stamford with its well-preserved Georgian architecture, and Louth, known for its independent shops and weekly markets, add to Lincolnshire's appeal. Whether

exploring its heritage, enjoying outdoor activities, or savouring local produce, Lincolnshire promises a delightful and varied experience.

Click the link to see what is on in Lincolnshire

<https://www.visitlincolnshire.com/events/>

### **Rutland**

Visiting Rutland, England's smallest historic county, is a delightful escape into a landscape of rolling hills, serene lakes, and charming villages. At the heart of Rutland lies the beautiful Rutland Water, one of the largest artificial lakes in Europe, offering a haven for wildlife enthusiasts, water sports aficionados, and those seeking leisurely strolls along its picturesque shores. The county's quaint market towns, such as Oakham and Uppingham, boast historic architecture, traditional markets, and a variety of boutique shops and cozy cafes. Oakham Castle, with its collection of ceremonial horseshoes, and the ancient Normanton Church, now partially submerged in Rutland Water, are must-see landmarks. The countryside is dotted with idyllic villages, where thatched cottages and inviting pubs create a quintessentially English ambiance. With its blend of natural beauty, rich history, and tranquil rural charm, Rutland provides a perfect retreat for those looking to unwind and explore one of England's hidden gems.

Click the link to see what's on in <https://www.discover-rutland.co.uk/all/whats-on/all-events/>

### **Bedfordshire**

Visiting Bedfordshire offers a delightful escape into the heart of England, combining historical charm with natural beauty. This picturesque county is dotted with quaint villages, grand estates, and verdant countryside, making it perfect for a leisurely exploration. Wander through the medieval streets of Bedford, where you can visit the majestic Bedford Castle Mound and the serene Embankment along the River Great Ouse. Explore the stunning Woburn Abbey, set within sprawling deer parks, or take a peaceful stroll through the tranquil gardens of Wrest Park. For nature enthusiasts, the Dunstable Downs provide breathtaking views and excellent hiking opportunities. Bedfordshire's warm hospitality and rich tapestry of attractions ensure a memorable visit for all.

Click the link to see what is on in Bedfordshire

<https://www.experiencebedfordshire.co.uk/whats-on>



## Local to Rockingham Forest Park

### **Peterborough City**

Visiting Peterborough offers a unique blend of history, culture, and modern attractions in the heart of Cambridgeshire. The city is renowned for its magnificent Peterborough Cathedral, an architectural marvel with its stunning Norman façade and intricate Gothic details. A stroll through the city reveals a mix of historical and contemporary sights, from the heritage-rich Flag Fen Archaeology Park, highlighting ancient Bronze Age finds, to the bustling Queensgate Shopping Centre, perfect for a retail therapy session. The tranquil Nene Park provides a serene escape with its expansive green spaces, picturesque lakes, and riverside trails, ideal for picnicking or leisurely walks. Peterborough's vibrant cultural scene, marked by numerous festivals, theatres, and art galleries, coupled with its welcoming atmosphere, makes it a captivating destination for all visitors.

Click the link to see what is on in Peterborough

<https://www.visitpeterborough.com/>

### **Stamford Town**

Stamford, nestled in the heart of Lincolnshire, is a charming market town renowned for its well-preserved Georgian architecture and picturesque streets. Often described as one of England's finest stone towns, Stamford boasts over six hundred listed buildings, including the majestic Burghley House, a grand Elizabethan mansion surrounded by lush parkland. The town's historic charm is complemented by a vibrant cultural scene, with boutique shops, cozy cafes, and traditional pubs lining the cobbled lanes. Visitors can explore the tranquil meadows of the Stamford Meadows, enjoy leisurely strolls along the River Welland, or delve into the rich history at the Stamford Museum. With its blend of historical elegance and contemporary amenities, Stamford offers a delightful retreat for tourists seeking both relaxation and adventure.

Click the link to see what's on in Stamford <https://www.visitlincolnshire.com/stamford-tourist-information-centre/>

### **Cambridge City**

Cambridge, a picturesque city in eastern England, is a treasure trove of history, culture, and academic excellence. Renowned for its prestigious university, which dates to 1209, Cambridge offers visitors a unique blend of stunning Gothic architecture, tranquil riverside scenery, and vibrant cultural attractions. Tourists can explore the iconic King's College Chapel, enjoy a leisurely punt along the River Cam, and wander through the lush Cambridge University Botanic Garden. The city's bustling Market Square and numerous museums, such as the Fitzwilliam Museum, provide endless opportunities for discovery and enjoyment. Whether you are a history buff, a nature lover, or simply seeking a charming getaway, Cambridge promises an unforgettable experience.

Click the link to see what is on in Cambridge <https://www.visitcambridge.org/>

**The History of Rockingham Forest**

The forest was originally created by William I in the 11th century as a hunting ground for himself and his sons. The King would declare as land he was entitled to hunt in. This included private land whereby landowners were only permitted to collect tithes and dead wood and the cutting of wood was restricted to the King's use. The forest covered a large area, from Stamford in the North, down to Northampton in the South, Corby in the East and across to Market Harborough in the West. The forest was one of the largest in the country. Rockingham Forest covered the counties of Northampton, Nottingham, Lincolnshire, Leicestershire, Lincolnshire, Leicestershire, and Northamptonshire.

Charles II Rockingham Forest declared and eventually the land was sold and leased back to the Lords of the Marches. In 1822, an Act of Parliament then disbanded Rockingham Forest.



**Kings Cliffe airfield and Glenn Miller Memorial**

Kings Cliffe Airfield was a World War II Royal Air Force and U.S. Air Force fighter airfield with an impressive record. It was also the spot where Major Glenn Miller and his band were shot down after being captured on 26th of October 1944.

**Kings Cliffe to Naxington railway line (disused)**

Naxington Station was closed to passengers along with Waverdon and Carter Station in 1961. In 1968 Kings Cliffe Station was closed to goods along with the track that went between them. The line was closed to the public on the 4th of January 1971.

- Rockingham Forest Park Boundary
- Public footpath (openaccess.org)
- Public bridleway (openaccess.org)
- Access and rights
- Shared (publicly accessible track, too narrow to be called a road)
- Walking and Cycle route (created by Rockingham Forest Park for guests to enjoy)
- Road



**1 Hanger Beam**

The oak is where a Calendar (hunter) Hanger once stood. Here you can see and take his hand did their last performance on the 2nd of October 1794.

**2 Railway Barrels**

The walk takes you through Great Morton Side to the dismantled railway underneath the LNWR Railway Bridge.

The LNWR Railway Bridge was opened on the 1st of November 1879 and closed to passengers on the 4th of June 1966. On the 3rd of June 1966, the station was closed to goods along with the track to Naxington Station where a private siding and the line to Yarnell Junction remained in use for the first time and Stonehouse quarry until 1971.

**3 LNWR Railway Bridge**

Stained near the public footway that can take you to Appleton.

The structure was built by the London & North Western Railway as part of a short cutting between Station and Waverdon. It was opened in 1879 and closed in 1966.

**4 Smalls Lake**

Stained behind the Holiday Lodge Park, and next to fair Oak Side.

Smalls Oak is a tall Oak tree that can be found in semi-wooded areas in the North and West of the UK. The acorns of a Smalls Oak are not like the traditional English Oak but are slightly attached to the outer brigs. Used for barrel and oak-creaking as a given tree and species of particular interest.

**5 Acorn Lake**

The legend lies on the park, it situated east of the lodge park.

The acorn is the nut that comes from the Oak tree. The acorn is a nut that contains a single seed however there have been some acorns found with two seeds. The nut is the tree the acorn is produced.

**6 Oak Lake**

Stained opposite the entrance to the Holiday Park, this lake was created in 1934.

The oak is a tree which is part of the beech family. There are approximately 500 species of oak trees in the world. The English Oak is an iconic tree. As the oak, the acorn will shatter with age in order to extend its lifespan. The English Oak is the second most common tree in the UK. Commonly found in deciduous woods in Southern and Central Britain, that is the summer of a national emblem.

**7 North Field Walk**

This walk takes you around the park taking in Smalls Lake, open country side and around to Milton Lake and Great Byard Side, looping back to your accommodation.

**8 South Field Walk**

Starting at Railway Bridge, borders Lion Morton Side, this walk will take you around the park taking in Smalls Lake, open country side and around to Milton Lake and Great Byard Side, looping back to your accommodation.

**9 Helen Lake**

This lake you will see on the left of your journey to your lodge.

The lake was created in the 1920s. The lake was an extension of the surrounding village from this route will take you to the public footpaths to Naxington, Yarnell and Waverdon.

**Rockingham Forest Park Map**

Larger Maps are available from

