

BEESTON CANAL

TRIP TYPE : SOLO CYCLE

OBJECTIVE : STARTING FROM BEESTON LOCK, AT THE WESTERN END OF THE BEESTON CANAL, TAKE IN THE ATTENBOROUGH NATURE RESERVE, THEN CYCLE INTO NOTTINGHAM, TO THE JUNCTION WITH THE NOTT^Y CANAL, SOUTH TO THE RIVER TRENT, AND BACK TO THE START POINT ALONG THE RIVER

DISTANCE : 15.2 MILES

TIME : 1³/₄ HOURS, 8.6 mph

NICHOLSON: GUIDE 6, PP 124-125

COSTS : FREE PARKING IN BEESTON. CIRCULAR RIDE SO NO TRAIN INVOLVED

DIFFICULTY : EASY

OVERVIEW: A short circular ride, which I extended to include the Attenborough Nature Reserve, which means the ride joins up with the Erewash and Nottingham Canals ride. The ride is very easy going, nice to do on a summer's day when you could sample a few of Nottingham's finer hosteleries on the way round.

1. ATTENBOROUGH NATURE RESERVE (3 MILES)

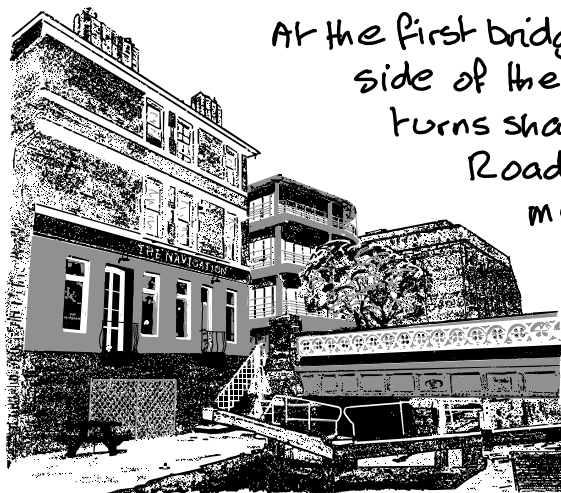
Park your car on Canal Side, Beeston, NG9 1LN, where there is plenty of parking.

Cycle down to Beeston Lock and continue straight on past the Riverside Bar along the River Trent. Continue to the nature reserve on good quality gravel paths. Turn right where a track heads towards Kingfisher Hide and Attenborough Nature Reserve. This is the point where you

should have emerged when doing the Erewash and Nott^m Canals ride. At the roundabout by the car park turn right, and work your way round in a loop, back to the riverside path, then turn left to head back to Beeston Lock.

2. BEESTON TO MEADOW LANE LOCK (6 MILES)

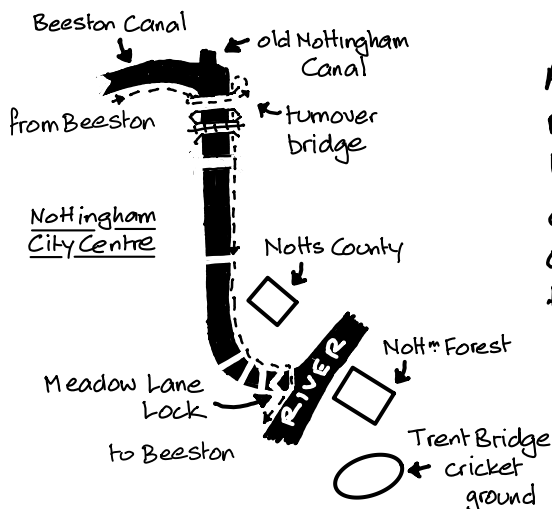
Cross the canal at Beeston Lock and immediately turn left on the gravel track, with the canal on your left.



The Navigation,
Beeston Canal,
Nottingham

At the first bridge, where on the opposite side of the canal Canal Side Road turns sharp left and becomes Meadow Road, make sure you join the metalled cyclepath immediately by the bridge, rather than continuing on the track. Pass under Thain Road Bridge, and further on under the railway and Clifton Boulevard dual-carriageway as you head into the city centre.

Continue to the junction with the Nottingham Canal, where the waterway turns sharp right. The Nottingham Canal to your left and north is now filled in, although some more northerly sections can still be cycled - see the Erewash and Nottingham Canals ride.



At the turnover bridge just round the sharp bend cross the bridge, down the ramp to double back under, and continue on the left side of the canal.

3. MEADOW LANE LOCK TO BEESTON (6 MILES)

At Meadow Lane Lock, between the football grounds, cross and turn right to head back west along the river on a good path called the Big Track.

The path is tarmac for part of the way, then a signed gravel path mostly through woodland all the way back to Beeston Lock.

Cross the Footbridge over the canal and turn right back to your car.

I could find no decent pub in Beeston (I'm sure there are some), but there's plenty in Nottingham, including the famous Ye Olde Trip To Jerusalem, and close by on the canal the Canalhouse Bar, which has a narrowboat parked inside.

