

Free camping at the National Water Sports Centre in Nottingham

- Please contact this email address: info.nwsc@serco.com
- To book, you will need a Serco email address or SAP (employee) number (if you do not know this, please ask your Line Manager).

[Campsite](#) | [Holme Pierrepont Country Park \(nwscnotts.com\)](#)



Why go camping?

It's Healthy

Making improvements to our health, no matter how little they are, is always a worthwhile affair. Fortunately, camping comes with many different health benefits if you do it well.

Physical activities like hiking, cycling, or kayaking are often a big part of a camping trip. Participating in them will allow you to get some exercise done and keep your body in good shape. Moreover, the fresh air filling your lungs will be a pleasant change from your everyday environment.

It Is a Bonding Experience

Every time you have the chance to spend more time with your loved ones, it can create a stronger bond between you. Consequently, camping is an excellent way to improve your relationship with friends or family.

When you arrive at your chosen campsite, you can entirely focus on your travelling companions. In fact, with no distracting technology at hand and other people in your line of sight, you have no choice but to interact with those who joined your trip.

It Is a Natural Sleep Aid

If you are struggling to get a good night's sleep, do not worry. As it turns out, sleeping under the stars can help you with this problem.

According to [this article](#), camping can reset our biological clocks and help us sleep better. Sleeping in a tent can lead to a more natural light-dark cycle without the need for extra medications or treatments. If you think that you take too much time falling asleep, grab all the necessary gear and go camping.

The Bottom Line

Now you know why you need to go camping! It is a pleasurable activity that can make your stress go away in an instant. Additionally, it brings multiple health benefits like breathing fresh air, exciting activities to keep your body in shape, or contact with nature that can help you get rid of your insomnia.

Remember that even one trip every once in a while can have positive effects on you and your family. Moreover, when you need a quiet place to work around some issues, setting up a camp in the middle of a forest might be the best way to resolve them.