



If you do this walk during the week then you might want to head over to the cafe in the Innovation Centre for a coffee and a cake.

The walk crosses the railway on its way to and from the estuary so please take extra care crossing with children and pets.

The walk meanders between the plethora of industries along the Humber bank with a half way stop on the seawall where you'll be able to see many of the industries which thrive in the local area along with the wildlife that live alongside them.

The walk starts outside the Innovation Centre and is accessible by public transport via the No 1 or 2 service from the centre of Grimsby. There is plenty of parking either at the Innovation Centre itself or on the streets around the area.

This is an ideal walk if you work on the Europarc business park and fancy getting out from behind your desk at lunchtime or after work.

### Beside the Seaside

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If you like this walk and want to tell us about it or have an idea for a new route then please contact us by emailing [pro@nelincs.gov.uk](mailto:pro@nelincs.gov.uk) or visit [www.nelincs.gov.uk](http://www.nelincs.gov.uk) to find other walks in this series please visit [www.nelincs.gov.uk](http://www.nelincs.gov.uk) or pick up a leaflet.

At the start of your walk make sure you start off slowly, getting warmed up before you gradually increase your pace. Towards the end of your walk gradually slow your pace to cool down.

If you're new to walking then build up slowly, try short trips to the shops or to see friends and gradually build up to longer walks. To get the most benefits, your walk needs to be at a brisk pace, that pace will be different for everyone but as a guide you should be walking fast enough to raise your heart rate and be slightly out of breath.

A good walk also improves the strength and flexibility of your joints, illnesses such as heart disease, type 2 diabetes, asthma and stroke. A way of becoming more active helping to reduce the risk of chronic you from A to B, regularly getting out and about is an ideal irrespective of their age or level of fitness, as well as getting Walking is a great activity for just about anyone

irrespective of their age or level of fitness, as well as getting you from A to B, regularly getting out and about is an ideal way of becoming more active helping to reduce the risk of chronic illnesses such as heart disease, type 2 diabetes, asthma and stroke. A good walk also improves the strength and flexibility of your joints, boosts your immune system and improves your mood. It's also a great way of discovering your local area and the countryside on your doorstep with friends and family.

### Put your best foot forward

## Beside the Seaside

2½ miles (4km)

### Before setting off

- Make sure that you've got appropriate footwear for your walk
- Check the weather before leaving your house and dress accordingly
- Check that the walk is suitable for you and your party. If in any doubt then contact the PRoW team for more details
- Let a friend or relative know where you are planning to walk especially if you are off out exploring by yourself
- Make sure that you've got your mobile phone and that it's got plenty of battery left

### When out walking remember to follow the Countryside Code

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and stay on the line of the paths
- Leave no trace of your visit and take your litter home
- Keep dogs under effective control
- Plan ahead and be prepared
- Follow advice and local signs



When you're out walking in the countryside, please respect the Countryside Code.

[www.systematicprint.com](http://www.systematicprint.com)



Steady



Accessible by Public Transport



Suitable for walkers with dogs



Refreshments available





**START**  
 Innovation  
 Centre,  
 Europarc  
 Postcode:  
 DN37 9TZ

*The instructions given in this guide take you in a clockwise direction around the route*

**Beside the Seaside**  
 2½ miles (4km)

- 1** Starting at Genesis Way follow the grassy path alongside the Innovation Centre
- 2** Turn left to follow the direction of the waymarker alongside the drain
- 3** Turn right and cross over the footbridge and through a gate then take care crossing the pipe line and railway line before passing through another gate and on towards the road
- 4** Take care crossing the road and continue straight ahead to a footbridge
- 5** Cross the footbridge and continue straight ahead across an arable field
- 6** Turn right following the direction of the waymarker along the drain side
- 7** Follow the waymarkers turning left over the drain and then immediately right along the stone track
- 8** At the 3 way signpost turn left along the tarmac road towards the seawall
- 9** Take time out to enjoy the views across the River Humber before returning back along the tarmac road
- 10** On the return journey ignore the path on the right and continue straight ahead along the tarmac road
- 11** Continue straight ahead along Wood Lane
- 12** Turn right and continue along Laforey Road to the footbridge at the end of the road
- 13** Cross over the footbridge and continue along Genesis Way to the start of the walk