



pick up a leaflet.

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 or To find other walks in this series please visit www.nelincs.gov.uk

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.

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

Cleethorpes Country Park

2¼ miles (3½km)

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.

For more information please contact:
Public Rights of Way Team
2 Origin Way | Europarc | Grimsby | North East Lincolnshire | DN37 9TZ
T 01472 324500 | E pro@nelincs.gov.uk | www.nelincs.gov.uk

www.systematicprint.com



Easy



Accessible by Public Transport



Suitable for walkers with dogs



Suitable for wheelchair users



As well as being a great place for a walk the park also has areas dedicated to fishing, pond dipping, boating and there's even a dedicated area for dogs to swim in. After your walk why not pop along to Cleethorpes Seafront where you'll find a host of places to eat, drink and relax.

There are several accesses into the park for pedestrians, motorists can access the area via Park Lane (just off Humberston Road and North Sea Lane), there is a large car park with a picnic area and toilet facilities. Bus services No7, 8, 9 and 9A all stop close to the park making the walk easy to get to from all over Grimsby and Cleethorpes.

Within the Country Park there are a variety of walks to choose from, the easiest and most accessible is a stroll around the lake on the tarmac path. This route is ideal for anyone looking to get a bit of light exercise or anyone with mobility impairments. Look out for the displays around the lake for more information about these walks.

An oasis in the middle of town, Cleethorpes Country Park was established in 1988 and covers an area of over 64 hectares of open grazing pasture, woodlands and a large lake with abundant wildlife and waterfowl.

Cleethorpes Country Park





From the air

START
Country Park Car Park
Postcode: DN35 0PB

CLEETHORPES
COUNTRY PARK

Swan nesting on the lakeside

*The instructions given in this guide
take you in an anti-clockwise
direction around the route*

Cleethorpes Country Park

2¼ miles (3½km)

- 1 Leave the car park by the south-east exit and head up the path towards the lake
- 2 At the first junction take the path to your right
- 3 Follow the path straight ahead towards the bridge
- 4 Before crossing the narrow footbridge turn left and follow the track keeping the beck to your right hand side
- 5 Turn left onto Grimsby Road
- 6 At Martin Wragg Way turn left and re-enter the parkland, follow the path heading towards the lake
- 7 In the small wooded area follow the path straight ahead
- 8 At the circular blocked paved area turn right and head back towards the car park

This is just one of the walks around the Country Park, look out for more walks on the display board by the car park