



pick up a leaflet.

To find other walks in this series please visit www.nelincs.gov.uk or new route then please contact us by emailing pro@nelincs.gov.uk or if you like this walk and want to tell us about it or have an idea for a

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

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

doorstep with friends and family. great way of discovering your local area and the countryside on your boosts your immune system and improves your mood. It's also a A good walk also improves the strength and flexibility of your joints, illnesses such as heart disease, type 2 diabetes, asthma and stroke. 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

Put your best foot forward

Healing - Stallingborough

5 miles (8km)

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 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



Challenging



Accessible by Public Transport



Walkers may encounter livestock



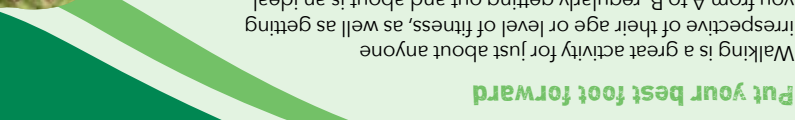
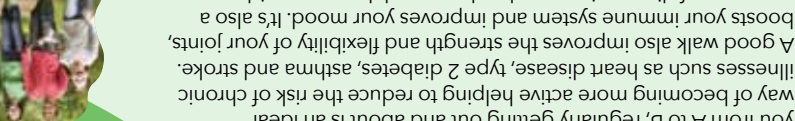
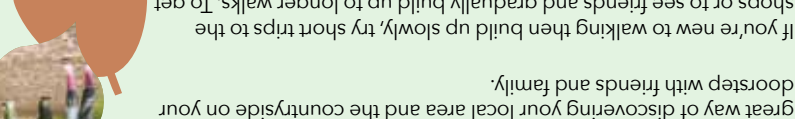
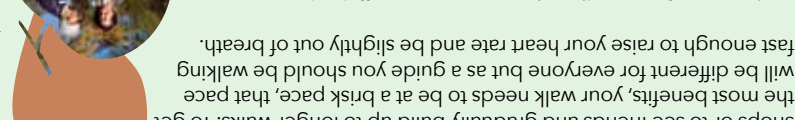
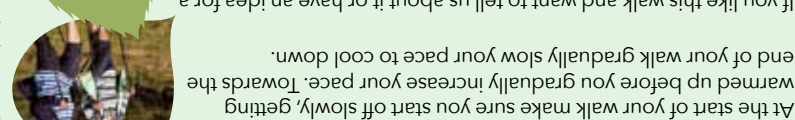
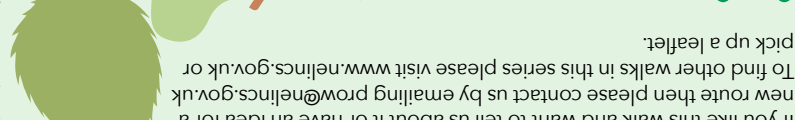
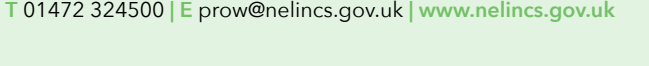
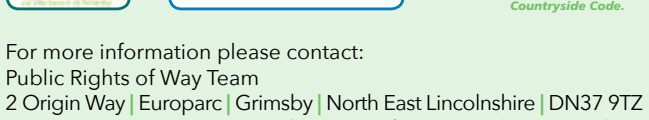
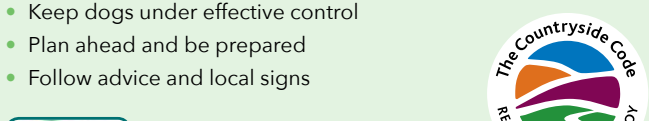
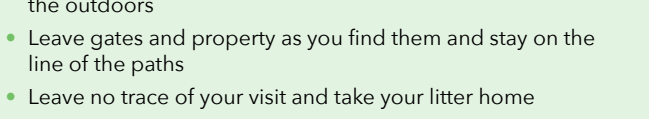
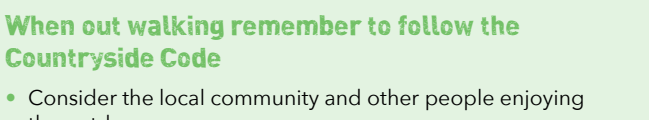
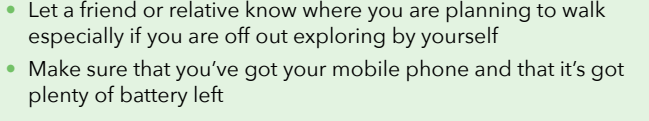
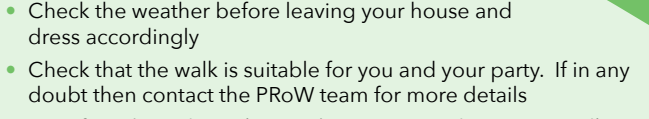
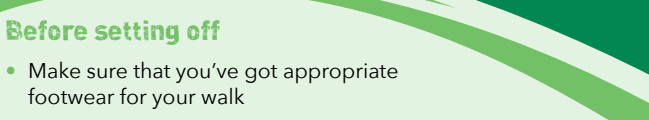
Refreshments available



This walk now takes you across the extensive network of local footpaths and bridleways to the neighbouring village of Stallingborough. The ancient village of Stallingborough is recorded in the Domesday Book and earthworks showing its location are still visible outside the boundary of the current village to the west of church. For walkers wanting to take things a bit easier you can catch the train back to Healing from the station in the middle of the village. The remainder of the walk takes you back along footpaths to Healing, from the path you'll be able to look over the busy A180 to the Humber Bank industries that provide the area with employment and wealth.

Healing's Grade II listed parish church originates in the 13th Century and is dedicated to St Peter and St Paul. The upper parts of the tower are in decorated style and aslar-faced. After falling into a degree of disrepair much of the structure was rebuilt in the 19th Century thanks to money from local landowners.

Healing - Stallingborough





Healing - Stallingborough

5 miles (8km)

- 1 Leave the car park and head back to Stallingborough Road
- 2 At Stallingborough Road turn right
- 3 After approx. 80m look out for a signpost indicating the footpath through woodlands
- 4 Follow the well trodden route through the wood and across a grass field to some outbuildings
- 5 At the outbuildings turn left following the waymarkers indicating the path towards open countryside
- 6 Follow the waymarkers indicating the path across an arable field and along a field edge to Aylesby Lane
- 7 Turn right onto Aylesby Lane and follow this to the very end where the path passes through a hedge line
- 8 Pass through the hedge line and turn right along the field edge to a 3 way sign post at a bridge
- 9 Turn right at the 3 way signpost indicating a footpath over the bridge and across an arable field towards woodland
- 10 Take the path across the field to the edge of a wood and then follow the direction of the waymarkers along the field edge around the edge of the wood to a bridge and gate
- 11 Cross the bridge and pass through the gate following the direction of the waymarkers across grazing land
- 12 Follow the trodden route across the grazing land passing a 2 way signpost and continue to a gate and bridge
- 13 Pass through the gate and cross the bridge following the direction of the waymarkers across grassland towards woodland
- 14 Follow the well trodden route through the narrow woods emerging onto a field edge path
- 15 Continue along the field edge path at the rear of properties and turn right at the end of the garden fence line through woodland to emerge onto Stallingborough Road
- 16 Turn left at the road and after approx. 30m take care crossing the road and look out for the sign post indicating a footpath alongside 18a Stallingborough Road down a stone track
- 17 Follow the stone track and turn left at the waymarkers indicating a path between wire fencing and a tall hedgerow. **Please note, the path is quite narrow for a short distance**
- 18 Continue along this narrow path taking care when crossing Cornflower Close and Wisteria Drive and continue over a bridge to a second bridge beyond the new housing development
- 19 Cross the bridge and immediately turn right. Follow the field edge path for approx. 90m and then turn left at the waymarker post indicating the path towards Stallingborough. Continue along the grassy path which eventually changes to tarmac and emerges onto Ayscough Avenue at Stallingborough
- 20 Continue straight ahead along Ayscough Avenue to the junction with Station Road and turn right here
- 21 Continue along Station Road through the village and turn right onto Carr Lane. Follow the tarmac road which eventually changes to a grassy track
- 22 Follow the waymarkers along the field edge path
- 23 The path passes over a wide drain. Turn right here and continue along the path with a deep drain either side
- 24 Cross over a big concrete bridge and turn immediately right to follow the field edge path towards Healing
- 25 Cross over two more wooden bridges and follow the waymarkers indicating the path that eventually emerges onto Station Road
- 26 Turn right here and take care crossing the railway line and continue along Station Road to the mini roundabout
- 27 At the mini roundabout turn left along Low Road and continue to the junction with Stallingborough Road
- 28 Turn right onto Stallingborough Road and take care crossing the road and continue back to the start at Healing Manor