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 a way of becoming more aware of the environment, wildlife and countryside. An enjoyable walk in beautiful scenery can also provide a real sense of freedom.

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. At the start of your walk make sure your shoes are securely tied and your socks are in place to ensure your feet are secure and comfortable.

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

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

Put your best foot forward

This walk now takes you across the extensive network of Footpathemojis.com.

Healing - Stallingborough

Walkers may encounter livestock

Challenging

Accessible by Public Transport

Refreshments available

0371 200 22 33

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Leave the car park and head back to Stallingborough Road.

At Stallingborough Road turn right.

After approx. 80m look out for a signpost indicating the footpath through woodlands.

Follow the well trodden route through the wood and across a grass field to some outbuildings.

At the outbuildings turn left following the waymarkers indicating the path towards open countryside.

Follow the waymarkers indicating the path across an arable field and along a field edge to Aylesby Lane.

Turn right onto Aylesby Lane and follow this to the very end where the path passes through a hedge line.

Pass through the hedge line and turn right along the field edge to a 3 way signpost at a bridge.

Turn right at the 3 way signpost indicating a footpath over the bridge and across an arable field towards woodland.

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.

Cross the bridge and pass through the gate following the direction of the waymarkers across grazing land.

Follow the trodden route across the grazing land passing a 2 way signpost and continue to a gate and bridge.

Pass through the gate and cross the bridge following the direction of the waymarkers across grassland towards woodland.

Follow the well trodden route through the narrow woods emerging onto a field edge path.

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.

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.

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.

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.

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.

Continue straight ahead along Ayscough Avenue to the junction with Station Road and turn right here.

Continue along Station Road through the village and turn right onto Carr Lane. Follow the tarmac road which eventually changes to a grassy track.

Cross over a big concrete bridge and turn immediately right to follow the field edge path towards Healing.

Cross over two more wooden bridges and follow the waymarkers indicating the path that eventually emerges onto Station Road.

Turn right here and take care crossing the railway line and continue along Station Road to the mini roundabout.

At the mini roundabout turn left along Low Road and continue to the junction with Stallingborough Road.

Turn right onto Stallingborough Road and take care crossing the road and continue back to the start at Healing Manor.