



pick up a leaflet.

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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

# Wold Newton Circular

6 miles (9½km)

## 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](mailto:pro@nelincs.gov.uk) | [www.nelincs.gov.uk](http://www.nelincs.gov.uk)

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



Challenging

Walkers may encounter livestock



The Wolds provide views across the flat fens and salt marshes of Lindsey and Holland. On a clear day you'll be able to see outstanding views of the country and coast from this walk, look out at Mablethorpe to the east and Tattershall Castle to the south west. Man has shaped and influenced the landscape that we see today and the archaeology of the area is nationally important. In medieval times the area was densely populated and evidence of this can still be seen under your feet. Many of these settlements were eventually abandoned because of changes to farming methods, famine and The Black Death. Today farming remains a key local industry with over 80% of the AONB currently being cultivated in a range of crops. There are no facilities along the route so this is one walk where a drink and a pack-up is recommended. After you've completed the walk the nearest place to relax is the Clickem Inn in Swinhope, a short drive away.





## Wold Newton Circular

6 miles (9½km)

- 1 Head north from the Bridleway signpost opposite North Farm. Follow the path alongside a copse and across arable land to the edge of a pit
- 2 Follow the waymarkers around the edge of the pit and across arable land turning left at the waymarker at the field edge
- 3 Turn right at the stone track then left following the waymarkers
- 4 Ignore the path on the left and continue straight ahead through the woods then turn right following the field edge
- 5 Turn right at the 3 way sign post before reaching the A18 Barton Street
- 6 Enjoy a rest at the bench and take in the sea views. Also spot the old horsedrawn waggons in the barn as you pass by
- 7 Take care crossing the road then follow the direction of the bridleway sign across arable land to pick up the field edge path
- 8 Turn left at the 3 way signpost then after approx. 100m turn right at another 3 way signpost
- 9 At the waymarker post ignore the path on the right and continue straight ahead along the field edge turning sharp left onto a stone track
- 10 Look out for the waymarker post in the hedge line and turn right here
- 11 At the woods turn right along the outer edge of the woods
- 12 Pass through a gate and drop down the hill through a second gate then turn right keeping to the field edge
- 13 Continue through two further gates before following the path through the woods
- 14 At the road turn right and take care following the road into the village
- 15 Turn left at the Footpath signpost into South Farm and take care following the path through the farmyard and onto a stone track
- 16 Continue straight ahead where the stone track changes to a grassy path
- 17 Pass through a wooden gate alongside the pretty Church and continue across grazing land
- 18 At the 3 way sign post continue straight ahead
- 19 Pass through another wooden gate and take care crossing the farmyard before passing through an iron gate onto the road and back to the start

### Half Way Point (approx.)

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