



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 prowalk@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 Seafront

4½ miles (7km)

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 prowalk@nelincs.gov.uk | www.nelincs.gov.uk

www.systematicprint.com



Steady



Accessible by Public Transport



Suitable for walkers with dogs



Refreshments available

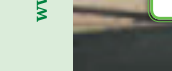


Enjoy this walk along the seafront in Cleethorpes. The route begins at the Discovery Centre in the Boating Lake area and takes you along the beach and back again through Humberson Fittes and past Pleasure Island Theme park and the Meridian Lakeside arena. There is ample parking in the Boating Lake car park and bus services from across Grimsby and Cleethorpes travel along the Kingsway close to the start of the route.

Carrying along Marine Walk you'll soon notice a sign with fingers pointing to all parts of the world, this is the Greenwich Meridian, where east meets west. Stop for a moment with one foot on either side of the line and be in both the eastern and western hemispheres at the same time!

Turning back towards the start you'll be walking through Humberson Fittes which over the years has been used to billet First World War soldiers stationed at the nearby Haile Sand Fort, a place to take in the recuperative sea air and since the 1990's a local nature reserve and home to over 300 chalet plots.

At the end of the walk you can stop off at the Discovery Centre for a drink and something to eat or if you've still got plenty of energy why not hire a boat and go for a row around the lake?



START
Discovery Centre,
Boating Lake
Postcode: DN35 0AG

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CLEETHORPES

HUMBERSTON



Discovery Centre



Greenwich Meridian

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

Cleethorpes Seafront

4½ miles (7km)

- 1 Leave the Discovery Centre and take the path alongside the Boating Lake
- 2 Take the right hand fork in the path away from the edge of the Boating Lake
- 3 At the T junction turn left and follow the path passing the Tropical Butterfly Gardens
- 4 Follow the path which bends to the right passing over a boardwalk to the Miniture Railway Station
- 5 Pass by the Railway Station and continue along the path crossing Meridian Road
- 6 Continue straight ahead at the roundabout towards Thorpe Park
- 7 Ignore the road to the right and continue towards Thorpe Park
- 8 Continue straight ahead at the roundabout
- 9 Take care crossing the road to follow the footpath indicated by the signpost along the top of the drain bank
- 10 Cross the bridge and follow the direction of the waymarkers between the chalets
- 11 Continue following the waymarkers and signposts through the caravan park
- 12 Cross over the bridge and turn left alongside the lake
- 13 Cross the car park and pass through the sand dunes turning left along a sandy path
- 14 Continue straight ahead along the tarmac path
- 15 Just after the small chalets turn left along Meridian Road. Continue straight ahead back to the miniture Railway Station to enjoy the Folk and Cider Festival