



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](mailto:prowalk@nelincs.gov.uk) or To find other walks in this series please visit [www.nelincs.gov.uk](http://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

# Immingham Mayflower Woods

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.

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

For more information please contact:  
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Steady



Accessible by Public Transport



Suitable for walkers with dogs



Refreshments available



Discover the countryside on your doorstep with the 2 ¼ mile wander to the north of Immingham. There is no direct public transport access to this walk although the No45 bus between Grimsby and Immingham does stop a short walk away along Pelham Road in the town. Originally Immingham was a small village built around the church where this walk starts on the outskirts of the current town. With the arrival of the railways and the emergence of the deep water dock at the turn of the last century the town grew and grew into what you see today. Today's port is one the most important in the country providing freight transport to Europe and beyond. The town also has a unique place in world history as the site of the 1608 departure of the Pilgrim Fathers to the Netherlands and then on to the New World. The route of this walk follows well established local footpaths and towards the end goes through Mayflower Woods. There are many more short walks through the woods if you have the time. At the end of the walk you could pop into the centre of town for a bit of shopping or some refreshments.

## Immingham Mayflower Woods





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

## Immingham Mayflower Woods

2¼ miles (3½km)

- 1 Leave the Church following Church Lane for a short distance then turn down Mill Lane
- 2 At the sharp bend turn right following the direction of the footpath sign along a stoney track which eventually changes to a grassy field edge path
- 3 Cross the bridge and continue straight ahead along the well trodden path
- 4 At the big drain turn right following the direction of the waymarkers along the path with the drain on your left side
- 5 Pass through a kissing gate and continue along the path along the drain side
- 6 Pass through two more kissing gates close together and continue along the well trodden route through the woodland
- 7 Cross the bridge and immediately turn left along the drain side
- 8 Turn right along the edge of the trees across the golf course back to the car park
- 9 Cross the car park and follow the path around the church back to the start