

## POINTS OF INTEREST

This is an easy stroll suitable for walkers of all ages and abilities. However if conditions were wet some sections of the walk might be slightly more difficult for people with mobility problems.

Tickhill Castle, which is privately owned, was built soon after the Norman conquest by Roger de Busli, William the Conqueror's son-in-law. It was fortified by the Earl of Shrewsbury in 1102 against King Henry I, this failed however, and Henry became the new owner.

During the 12th century the curtain wall and gatehouse were built and the keep strengthened, some of the stone from the keep was later removed by the Hansby family to build a large house, which still stands in the grounds.

## HOW FIT ARE YOU?

How long you take to complete your walk can be used to give an indication of how fit you are. These times are all for walking on flat ground, and may be of help.

Time for 1 mile (mins)	30	25	20	15	13.3	12
Speed (mph)	2	2.4	3	4	4.5	5

The chart below shows how walking speeds, on flat ground, can be used as a rough guide to fitness.

Walking speed mph, Walking briskly and slightly out of breath						
MEN	WOMEN	AGE UP TO 39 YRS	AGE 40-54 YRS	AGE 55-64 YRS	AGE 65-74 YRS	AGE 75 AND OVER
5.0	4.5	Fit	Very fit	Very fit	Very fit	Wow
4.5	4.0	Fit	Fit	Very fit	Very fit	Very fit
4.0	3.5	Fit	Fit	Very fit	Very fit	Very fit
3.5	3.0	Unfit	Just Fit	Fit	Fit	Fit
3.0	2.5	Unfit	Unfit	Just fit	Just fit	Fit
2.5	2.0	Unfit	Unfit	Unfit	Just fit	Just fit

WALK 10

TICKHILL

# TICKHILL


Walk up Castlegate, with a good view of the gatehouse on your right, to the corner of the road and the Millstone pub. Turn left at the pub and then left again down Dam Road. This road becomes a fenced footpath, follow the path, straight ahead, past the Town Council's Flower Meadow on your left, then across the road to go down Water Lane on your left. Continue down this twisty lane with a stream on your left, for about a mile, until you come to a bridge and a public footpath sign, on your left. Cross the bridge and the stile and continue straight across two meadows, back towards Tickhill and the Castle. You will come to a kissing gate and then cross a brick bridge, pass through the farmyard bearing left and you will arrive at the old mill-pond, turn right and back to Castlegate.

 **Start point**  
Castlegate Road, Tickhill, roadside parking.

 Road, muddy and grassy field tracks, could be slippery after rain.

 Approx 40 mins.

 Miles  
Approx 1.5 miles.

 Mostly flat, some gentle slopes, a couple of stiles.

