

POINTS OF INTEREST

This is an easy walk suitable for walkers of all ages and abilities. However there are sections where if the conditions were muddy, it would make it more difficult for people with mobility problems.

Town Lock, number 50 from Chesterfield, until June 1996 the last working lock on the canal. Set beside the lock is the plaque commemorating the 200th anniversary of the opening of the canal in 1977, unveiled by the Duke of Devonshire.

Morse Lock, the first restored lock on the navigation in Nottinghamshire opened on June 7th 1996.

Red brick arched bridge which boats used to pass under to enter the Lady Lee Arm, mostly infilled, whose towing path you will follow.

The remains of a stone wharf where the limestone from the quarry was loaded into boats and incoming cargoes of coal were unloaded for use in the limekilns. It appears that the arm was a very early addition to the canal, possibly opening about 1780.

The historic Manor Lodge, designed by Robert Smythson at the end of the 16th century, it is associated with the former Worksop Manor where Mary Queen of Scots was imprisoned.

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 13

LADY LEE

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Starting from The Priory Centre car park, walk along the canalside, and to the Town lock under Bridge Place. Walk up from the lock with the canal on your right along the hard path. Walk on past Morse Lock until you come to a red brick arched bridge (bridge 41B), pass under this bridge and leave the canal here. Keep right along the footpath to the A57 and cross by the official crossing, then turn left to cross towards the petrol station, continuing ahead before rejoining the public footpath. Follow the path, formerly the Lady Lee Arm towing path, with open field on your left and the hedge on your right. Soon you pass into a copse bounded by the River Ryton on your left. Walk on until you join the track by the bridge over the River Ryton, and divert right along the track. Where the slope of the track increases slightly, look in the wood on your right and discover the remains of a stone wharf. Return down the track the way you came, and walk on past Manor Lodge (on your left), and you will join the drive to the lodge. Continue ahead along this drive, at the fourth telegraph pole turn left and follow the path directly across the field. Go through the hedge on the far side, turn left and follow the tarmac path. Turn right immediately and follow a new path along the edge of the housing estate, keeping the hedge on your right. Cross the road and continue along the tarmac path to reach the road (Manor Grove). Turn right, then after 50 metres right again to go down the path between two houses 25/27. At the end turn left and follow the surfaced path, bearing right. The path swings sharply left and crosses Meadow Lea next to number 19. Carry on until you get to Meadow Road.

Turn left then immediately right into St Annes Drive, follow this

road until you come to the roundabout at the junction of the A57 Worksop bypass and the A60. Cross over the A57 by the pedestrian controlled lights to the Mill House pub, and walk into Worksop along Newcastle Avenue (B6040). When you reach the Trader clock turn left along the pedestrianised Bridge Street back to Bridge Place and the Town Lock.

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The Priory Centre car park (charges apply)

