

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.

Carlton in Lindrick is close to the South Yorkshire border, and there is something of the Yorkshire charm in the traditional stone buildings. The main road runs through the centre of the village, but the old road curves around either side, taking you into more rural vistas.

Carlton woods offers several paths through pretty mixed woodland.

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 14

CARLTON IN LINDRICK

CARLTON-IN-LINDRICK

Walk down Church Lane, past the church as far as the old mill, crossing the stream by the footbridge, over the road to a waymarked bridleway between two buildings. Walk a short way down this path to open fields, here the path branches, take the right-hand branch and cross two fields, towards a cottage and onto the road (caution there is no foot path). Turn right, passing the cottage and on the bend of the road walk straight ahead down a green track, heading towards a farmhouse, Holme House Farm. Follow the track past the farm and continuing along a tarmac road past a pair of bungalows on your right to a T-junction. Turn right down a gentle slope as far as a Private Road sign, and a public footpath sign. Leave the track here bearing left to follow the public footpath sign and cross a stream then on towards Wallingwells, visible across the fields. Reaching an intersection of paths, turn right, passing a group of modern houses, and continue straight ahead following a bridleway across two fields. On reaching the third field, bear left across the field to Carlton Wood. Follow the clear path through the wood without turning, where the path divides into two clear tracks, take the right hand one to emerge from the wood to open fields. Carry straight on down the side of the field with the hedge on your right to a gate. Go through the gate, cross the meadow towards the church, to another gate. Go through the gate and arrive back at the church.

 Start point
Carlton Parish Church, roadside parking available.

 Road and field tracks, muddy after rain.

 Approx 60 mins.

 Miles
Approx 3 miles.

 Mainly flat, one gentle downward slope.

