

POINTS OF INTEREST

This is a straightforward walk suitable for walkers of all ages and abilities. However there is one stile and one section where if conditions were muddy, it would make it a little bit more difficult for people with mobility problems.

Langwith Mill was built in 1760, powered by the river Poulter via a mile-long contoured canal from Langwith Lodge Lake. The mill was converted to mill corn in 1886. The mainly Georgian Mill House has had a modern wing added.

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 15

NETHER
LANGWITH

NETHER LANGWITH

Follow the lane past the mill and Pasture Hill Farm (beware of the dogs) and when you reach the end, continue along the field headland. Go into the meadow and cross it to the far corner where you enter a hedged lane, go up to join another one, then turn left into a farm road. Where this road swings to the left to Blue Barn Farm, go through the kissing-gate ahead and continue to the end of the meadow and left up the hill to join a lane.

Continue straight ahead along the lane to a road, turn left down Limes Avenue alongside a stone wall on your left to the A632. The River Poulter runs between grassy banks and the Jug and Glass pub is on your right. Turn left and follow the A632 back to the start.

Start point  A lay-by near Langwith Mill on the A632.

 Field tracks, muddy after rain, farm tracks and road.

 Approx 60 mins.

 Miles
Approx 2.5 miles.

 Mostly flat, one slight slope.

