

POINTS OF INTEREST

This is an easy little walk suitable for walkers of all ages and abilities.

Clayworth is a quiet north of the country village on a Roman road between Doncaster and Lincoln. The Chesterfield Canal winds round the village and boasts a colourful display of narrow boats and launches moored alongside, with a number of wildfowl in and around the canal.

You will pass under a lovely old bridge, Otter's Bridge (apparently named after the Otter family who used to live in the nearby Elizabethan Royston Manor).

The tower of Clayworth parish church (St Peter's) has some base-work dating back to the 12th century or earlier. The upper part, which has been rebuilt, has eight gargoyles and eight fine pinnacles.

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 3

CLAYWORTH


CLAYWORTH

Starting from Clayworth Bridge, walk down to the canal towpath. Follow the paved path in a south-westerly direction (towards Clayworth village). After passing the last of the moorings, the hard track becomes an unsurfaced path with a slightly difficult camber, but this soon becomes a broad grass track.

Pass under Otter's Bridge and continue as far as Gray's bridge (number 69), joining the road here and turning right.

Keep on the Wiseton Road, into Clayworth village, passing St Peter's church, then into Town Street, bearing right at the Wheatley Road junction, over Clayworth Bridge and back to your starting point.

Start point  Clayworth Bridge (on Hayton road), roadside parking available.

 Hard track, grassy track and road.

 Approx 45 mins.

 Miles
Approx 2 miles.

 Level ground.

