

## POINTS OF INTEREST

This walk would be suitable for walkers of some experience and good mobility, as there are several stiles to climb over and some gates to climb (they are padlocked).

Manor Farm, a listed building dating from 1675, with distinctive gables showing the Dutch influence which came to the area with Vermuyden.

You will be passing through an old course of the river Trent, a river whose meanders in its shallow valley have left many "ox-bows" offering an abundance of flowers in the spring.

## 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 4

## BOLE


## BOLE

Walk from the church down the hill past Manor Farm (on your left), to the railway line. Cross the railway line by the level crossing, and continue ahead down a track between high hedges. After a few yards you will come to a narrow grass path on your left, turn down this track and across a wooden footbridge. Follow the track through uncultivated land. After a while the path swings sharp left by a rusty gate, then crosses a plank bridge. A wide grassy path crosses a flat valley and swings right beside a hawthorn hedge. The marshy valley on your right is the old course of the Trent. Eventually the path climbs to the Trent flood-bank, climb over the fence and turn left to follow the river flood-bank downstream towards Gainsborough on the opposite bank. Stay on the flood-bank until the riverside meadow opens out, follow the path down to the riverside here round a sharp bend towards the railway-bridge. Pass under the railway-bridge over a gate, angling left on a farm track, but then turning right to cross Saundby Beck by the bridge.

Turn left to walk along the flood-bank beside the beck, until you come to a stile by the railway. Cross the stile and the railway line at an angle to climb down the steep embankment on the other side to another stile.

Cross the grassy field at an angle to the right (heading towards Bole church in the distance), coming to another stile and wooden bridge. Cross the stile, the bridge and the next field, keeping the same line, to another stile and bridge. Cross them and angle across the next field towards the right of the church and enter a paddock (over a gate), where uneven ground marks the site of ancient fish-ponds. Cross the paddock to the right of the church to a gate, back to the start.

 Start point  
Bole Church, roadside parking.

 Road, grass paths, grassy fields which will be muddy in parts after rain.

 Approx 90 mins.

 Miles  
Approx 4 miles.

 Mostly flat with a steep little slope in one part to a stile, (there are several stiles) a couple of gates to climb over (they are padlocked).

