

## POINTS OF INTEREST

This walk would be suitable for walkers of some experience and good mobility, as there are sections that would be tricky if conditions were wet and quite a few stiles, one leading to a steep slope down to a road.

This walk encircles, rather than visits, both villages, following first the peaceful canal towpath then crossing over to return via the eastern hillside. A lovely walk, affording glorious views across three counties, North Notts, Lincolnshire and South Yorkshire.

West Burton power Station steals the scene, but on a clear day Lincoln Cathedral will be visible 17 miles away to the east.

## 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

# WALKS 5

## HAYTON

# HAYTON

Cross the bridge (and the road) and walk down to the canal side, passing under the bridge to follow the grassy towpath in a southerly direction. A pleasant walk follows, passing under several original canal bridges, and affording excellent views of Hayton parish, across the fields on the opposite bank.

On reaching the road (the Gate Inn opposite), climb up to the road and cross over the bridge (bridge no 62). Take a footpath immediately on your right. Walk by the canal a few yards, passing Gill Green Walk metalled path into a paved play area, bearing left of a bench opposite to a gap in the fence. Cross a field path to reach a housing estate, turning left into South View Drive and following this road and the subsequent bridle/footway beside a stream to reach the A620 road.

Cross the road and go along Howbeck Lane. At the end of the houses take a footpath on the left, crossing several fields, three stiles and a metal gate to meet the A620. Cross over and continue along an enclosed green lane, waymarked as a byway. At a crossways turn right following a fairly steep muddy track uphill, and swinging left with the track as West Burton Power Station comes into view ahead. Keep walking along this track until you meet a track to your left (Hollinghill lane)\*. Turn left here, and descend along this direct track back to the Townend bridge, and the Boat Inn.

\* However, if you wish, you can continue ahead on the field path to reach the summit of the hill. The views from this summit (223 ft), are wide and impressive. \*

 **Start point**  Townend Bridge by the Boat Inn Pub, parking on the roadside unless you are going to use the facilities of the pub.

 Grassy tracks, (muddy after rain) field tracks, also muddy in parts and road.

 Approx 90 mins.

 **Miles** Approx 4 miles.

 Mainly flat, one gentle slope, one steep part.

