

POINTS OF INTEREST

This walk is suitable for walkers of all ages and abilities. However there are a number of stiles to cross and the last section of the walk would be difficult if conditions were wet, for people with mobility problems, so to make it easier I would recommend the detour suggested.

All Saints Church – if you explore the eastern side of the churchyard there is a lovely 16th century gateway decorated with armorial panels of the Stanhope and Babington families, a reminder of the former Tudor Hall, which was pulled down in the 18th century. The more obvious gateway west of the church is an entrance to a pseudo-Elizabethan hall, now divided into flats.

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 6

RAMPTON

RAMPTON

Start at All Saints Church, take the road to the right, Torksey Street which turns into a track further along as it leaves the village.

Continue along this track towards the enormous cooling towers of Cottam Power Station. As you reach the edge of Powergen's property you will see a signpost to the left marked Cottam, Treswell and Leverton, take this track down a narrow hedged path, open fields to your left. Keep on along this path until you reach a road, Outgang Lane. Turn left into this lane and walk on the wide grass verge on the left-hand side of the road.

Walk on down this verge, towards some cottages, turn left between two trees, down a short lane in front of the cottages. You will come to a waymarked gateway, go through this gateway and diagonally left across a grassy field to a stile (a castle seen over the hedge is part of "Sundown Kiddies Adventureland"). Climb over the stile, bear right, and go through an uncultivated area and into a paddock with a wire fence on your left. Follow the path round the edge of the paddock until you reach a metal gate. * Turn left up a track past a pond on your left and cross the driveway leading to Elmwood Lodge to a stile in the corner on your right. Cross several small paddocks (with horses) and several stiles, with the fence on your right to pass the end of a Dutch barn and enter a large arable field. The path may not be defined here, but aim diagonally left across the field until you reach the fence in the corner and a stile. Cross the stile down a narrow path, which leads to a road. Turn left here to return to your starting point.

* If it has been raining, it would be wise to turn right here (the arable field you have to cross will be very muddy), and follow the track to the road and return to your starting point. *

