

## POINTS OF INTEREST

This is a straightforward walk suitable for people of all ages and abilities. However there is a stile and if conditions were wet some sections of the walk would be more difficult for people with mobility problems.

The Northern Union Mining Company sank a mineshaft in the little village of Harworth in 1913. They used German money, equipment and men, who were interned during world war one. The next company to run the mine went bankrupt, and it wasn't until 1923 that a rich seam of coal was found. When the Flying Scotsman did the London-Edinburgh run in 7 hours 27 minutes, it was Harworth coal that burned to run the engine.

## 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 9

HARWORTH

# HARWORTH

Walk down Common Lane until it becomes a hedged lane (Low Common). Continue down this lane until you reach a turning on your left. Take this turn and pass underneath the A1. The track then briefly follows the A1, then turns slightly left towards a lone house (High Hazel Farm). Pass this house on your left to follow a well-marked track across the fields. After the first field only a wooden finger-post marks the county boundary with South Yorkshire, and the path continues to a wooden bridge. Cross the bridge and here the path divides, take the left-hand track across three more fields to another bridge. Cross the bridge and turn sharp left onto a lane with a stream on your left. Continue along this path for a short distance then just before the lane comes to an end, there is a stile on your right into Jubilee Wood. Cross this stile and take either path across the meadow to an impressive footbridge. Go across the bridge and follow the track winding right past a wood, continue straight along the end of the golf course until you come to the railway line. Cross the railway line with care and follow the track to the left until you come to a stile on your left. Cross the stile and turn left and walk along the pavement next to the road, under the A1, back into Harworth and left again to Common Road.

**Start point**  Common lane, Harworth, roadside parking.

 Road and field tracks, muddy after rain.

 Approx 50 mins.

 Miles  
Approx 2.5 miles.

 Mainly flat with some gentle slopes, a couple of stiles.

