

Other bus walks within the series

<p>7.25 miles Walk 1</p> <p>Faldingworth Market Rasen (linear)</p>	<p>7.75 miles Walk 2</p> <p>Nettleton Market Rasen (linear)</p>	<p>7.5 miles Walk 3</p> <p>Cabourne Laceby (linear)</p>
<p>8.5 miles Walk 4</p> <p>Hagworthingham Fulletby Horncastle (linear)</p>	<p>4.5 miles Walk 5</p> <p>Candlesby Gunby Hall Bratoft Burgh le Marsh (linear)</p>	<p>5 miles Walk 6</p> <p>Burgh le Marsh Skegness (linear)</p>
<p>8 miles Walk 7</p> <p>Gainsborough Knaith Park Willingham Stow (linear)</p>	<p>go to stagecoachbus.com/buswalks for walk information</p>	

The InterConnect Bus Walks provides a series of suggested walks across the Lincolnshire countryside. Bus stops are located at the start and finish, of these walks, delivering you to some of the most beautiful spots Lincolnshire has to offer.

The walks appeal to all types of people, from families and occasional walkers to the lone traveller and experienced ramblers. You can explore the stunning scenery, discover wildlife havens or simply enjoy a picnic in a picturesque spot. Whatever your age, group size or motivation, the Interconnect Bus Walks provides a great way to get outdoors and enjoy an active lifestyle.

Distance 8 miles, 13 km to Stow or 6.5 miles, 10.5 km to Knaith Park

Time Approx. 4 - 4.5 hours at a leisurely pace for the longer route
Approx. 3 - 3.5 hours at a leisurely pace for the shorter route

Maps OS Landranger 112 and 121 and OS Explorer 271 and 280

Terrain Along public footpaths and bridleways which can be muddy at times.
Roadside walking, including some along quiet minor lanes without footways.
Mostly level, with some gentle slopes

Livestock You may encounter livestock in some fields. If you have a dog with you, please keep it on a lead and under control

Refreshments Restaurants, cafés, pubs and shops in Gainsborough. A rare coal-fired fish & chip shop (limited opening) and a pub in Upton. Pubs in Willingham, Knaith Park and Stow

Toilets There are no public toilets

Gates Most are metal or wooden swing type gates

Bus Route InterConnect 100



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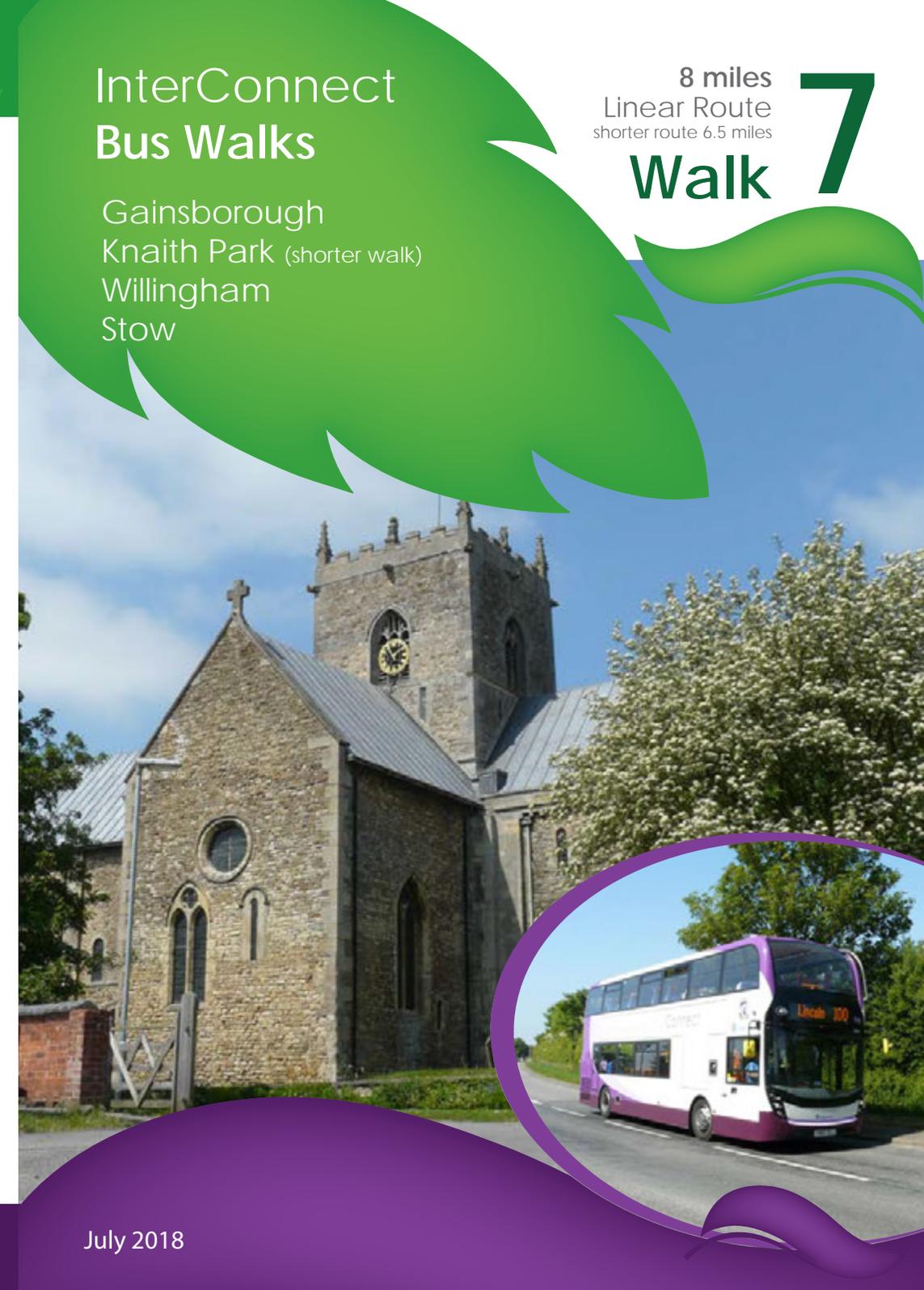
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ramblers at the heart of walking

WALKERS WELCOME

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- 1** From the bus stop at Lea Road station, walk along the pavement, past the garage, to the pedestrian crossing opposite the supermarket. Cross over the road here and bear right then immediately left to follow the pavement up Foxby Hill. Halfway up the hill, on the opposite side in a small clump of trees, notice the small stone monument. This commemorates the nearby site of the Battle of Gainsborough during the English Civil War in 1643. Continue along the footway for approximately 3/4 of a mile, passing the allotments, Middlefield Lane and Park Springs Road.
- 2** Just before Maybell Close, cross the road to follow a signposted public footpath along a tarmac track. Immediately after the cottages, turn left onto the path beside the hedge. Follow this until a waymark indicates to bear diagonally right across a field toward a hedge, turn right and follow the path a short way to reach another waymark post. Turn left here to cross the field to the edge of Bass Wood. Observe the sky as this area is popular with buzzards gliding and mewing overhead.
- 3** Turn right to follow the path around the field edge before turning right through the indicated gap in the hedge, across the farm track, through a metal gate, the path heads diagonally across to another metal gate heading towards a lone tree in the next field and onto a wooden footbridge. The path then leads gently downward to another footbridge then diagonally left to emerge on Heapham Road opposite Walk Farm.
- 4** Turn right to walk along the road for a short distance before taking the indicated footpath, crossing a short plank bridge and bear diagonally right to follow the path across four fields, one wooden footbridge and 3 metal gates to emerge at Upton.

- 5** Turn right to walk past the fish & chip shop. *This chippy is one of only a few left in the country with a coal burning frying range!* Continue along the road straight ahead until you reach the Rose & Crown Inn. **Here the route divides. For the route to Knaith Park,** continue on the footway ahead, passing the Kexby village sign.
- 6** Cross over the road at the public footpath sign indicating a narrow path leading between a farm and a white bungalow, walk straight ahead between two farm buildings, straight across the field to the next hedge. Cross the footbridge and bear diagonally right to follow the field edge path next to the hedge. Continue ahead, changing into the next field at the indicating waymark at the gap in the hedge and follow this field edge path with a ditch on your left until reaching a minor road.
- 7** Turn left at the road and follow this into the village of Knaith Park. Turn right and the bus stop is located outside the Stags Head Inn.
- 8 For the route to Willingham and Stow,** at Upton walk up Church Road, turn right on the indicated footpath leading between Churchview bungalow and the hedgerow, to emerge onto Avenue A at the small housing estate, then around to the next corner ahead to pass between the houses to emerge onto Dovecote Close and follow the pavement around onto Avenue B.

- 9** Walk halfway down this road to turn right through a metal swing gate. Walk straight across this field, through another metal gate at the midway hedgerow and continue straight into Kexby village.

- 10** Follow the High Street ahead through the village to a small village green area, take the indicated footpath on the right between a fence and hedge. Pass through another metal swing gate and turn immediately left to follow the path through a number of horse paddocks marked out with electric fencing, carefully using the insulated hook handle to pass through these fences.
- 11** Continue straight ahead across the field towards a lone tree and a grassy path. Continue along this path which becomes enclosed between two hedges and is locally known as Beggars Lane. Pass through a gap in the left hand hedgerow then walk right along the field edge. Passing through the metal swing gate, turn right and almost immediately through another metal swing gate.
- 12** Bear diagonally left, walk around the field edge and pass through a metal swing gate onto a path between the houses to emerge at the bus stop opposite Willingham church.
- 13** Cross over the road and turn right to the corner junction and turn left to follow Marton Road, passing the cemetery, all the way to the bend. This is a minor road with a wide verge but no footway so be aware of traffic. *Looking to your left across the fields ahead, you will see the magnificent minster church at Stow.*
- 14** Go around the right hand bend and turn left, passing a gas pipe compound, onto a bridleway, known as Wooden Lane. Follow this lane all the way to the next tarmac road, turn left passing the village cemetery and using the footway, follow this road the short distance into the village of Stow.



Be safe - plan ahead and follow any signs
 Leave gates and property as you find them
 Protect plants and animals, and take your litter home
 Keep dogs under close control
 Consider other people

Gainsborough Old Hall

Old Hall is the best preserved, timber framed, grand medieval manor house in the country. Although not on this walking route, it is situated in the centre of Gainsborough, a short distance from the bus station. It is well worth a visit

Battle of Gainsborough

In this battle during the English Civil War on 28th July 1643, Parliamentary troops led by Oliver Cromwell engaged and defeated King Charles I Royalist Army on open ground near to Foxby Hill. The town was of strategic importance to both sides, sited as it was on a crossing of the River Trent and lying on important roads leading north and south

Upton Fish Shop

For over 70 years, little has changed at the Upton 'chippie' which still serves fish and chips cooked in a coal-fired range, now extremely rare. Opening times are limited to Friday evening and Saturday lunchtime

Stow Minster

St Mary's, Stow in Lindsey, is more commonly known as Stow Minster. The founding of the present day church here can be traced back to around 975AD and was built to serve as head Minster for the Lincolnshire part of a very large diocese covering most of eastern England. At over 1000 years old, it gave rise to the tradition that Stow was the 'mother church' of Lincoln Cathedral. It is a building of great historical significance and a tour around it is recommended