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MAGAZINE PRESENTS



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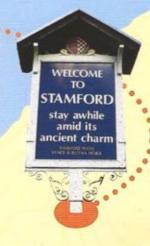
21 rambles around Stamford and Rutland

In association with

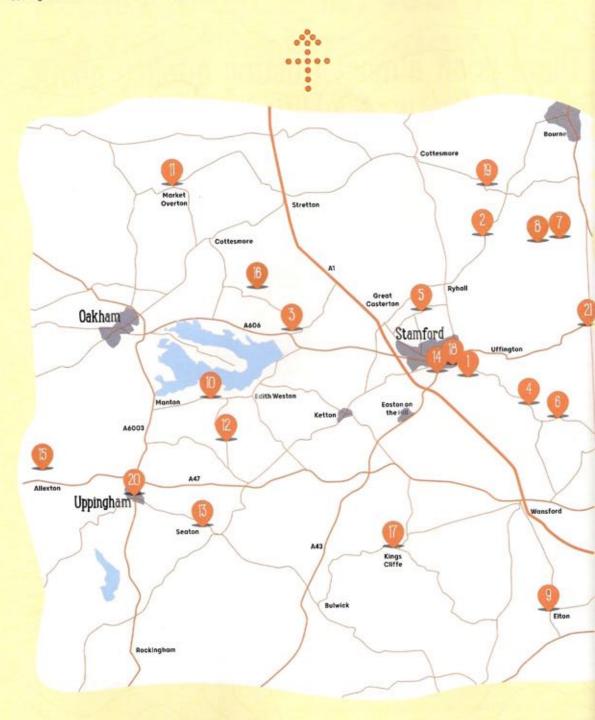


cell regeneration

providing MBST therapy



cell regeneration





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 - West Deeping, Maxey and Market Deeping

ROUTE MAP KEY











Public House



2. Carlby and the West Glen river

This is a perfect short summer stroll which your dogs will love

THE ROUTE

There is space for three cars right by the church gate on Church Street in Carlby and it's best to tuck your car in as tight as possible here.

From here walk straight through the churchyard, and then turn left when you come out of the gate at the other side. Turn right just by the beautiful entrance to the Old Rectory and into The Paddocks. The path goes down to the left of the houses here and quickly brings you out on the banks of the West Glen river where you will shortly find a couple of strategically placed benches if you want to sit and watch the clear water gently gurgling by. It's a perfect little spot with lots of shade for a summer's day.

Follow the path and then turn left over the bridge and take the obvious footpath which leaves the river to head

up to Essendine and Broadholme Farm. Follow the path through the farm and when you get to the road on a corner, with a grand old house right in front of you, turn right and follow the road around. You will soon have woodland on your right, but keep going on the track until you can go no further at the bottom with the East Coast mainline blocking the way.

Turn right here and on to the permissive footpath which follows the western edge of the field until you reach the West Glen river again. Turn right at the river and follow the track until you get back to the bridge you crossed at the start. Cross the bridge but don't turn right to retrace your steps, because there's a good path between two hedgerows which goes all the way back up to Church Street.









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Naturce and time two and a half miles/

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The posch perspective the dogs will love the lest Gien and there's no westock here.



Carlby



Essendine

POINT OF INTEREST

The West Glen river has a number of sources near to Old Somerby and Boothby Pagnall and it passes through Bitchfield and Corby Glen before reaching Carlby and Essendine. It then flows to Greatford before joining the East Glen river at Wilsthorpe and becoming the River Glen, which feeds the Welland at Surfleet Seas End.



5. Little Casterton and Tolethorpe

A picturesque walk with a hint of Shakespeare and plenty of water

THE ROUTE

Park in Little Casterton on the main road as close to Church Lane as you can. Walk down the lane until you get to the footpath on the right just before The Chantry, a rather grand looking country residence. Follow the path down past the quiet and secluded church on the left. In fact if you didn't take this path you would be hard pressed to know there was a church in Little Casterton.

You will soon find yourself crossing the outfield of Tolethorpe Cricket Club, with its quaint pavilion, and then onwards into the sheep pasture field in the grounds below Tolethorpe Hall. Follow the path to the north eastern corner of this field and the wall around the back of Tolethorpe Hall, famous home of the Stamford Shakespeare Company.

Go through the gate here and follow the track around the side of Tolethorpe Mill and along the drive on the

other side of this beautiful country home. When you reach the end of the drive with the bridge on your left, you can turn left and take a quick right to walk along the side of the Gwash but it's a bit limited. It's far better to turn right and walk up the road until you get to the gateway at the top. Go through the kissing gate and then over the stile and take a sharp left and carry on all the way down the hill (ignoring the footpath to the right almost immediately). This is a permissive footpath which follows the horseshoe of the Gwash here and gives the dogs ample opportunities to dip in and out on those hot summer days.

Once you have gone all the way around the horseshoe and are facing south again you will see the path heading west and upwards across the middle of the field. When you reach the top it's a simple case of retracing your steps back to Little Casterton.





Difficulty rating







nothing too taxing.

Where to park Casterton as close to

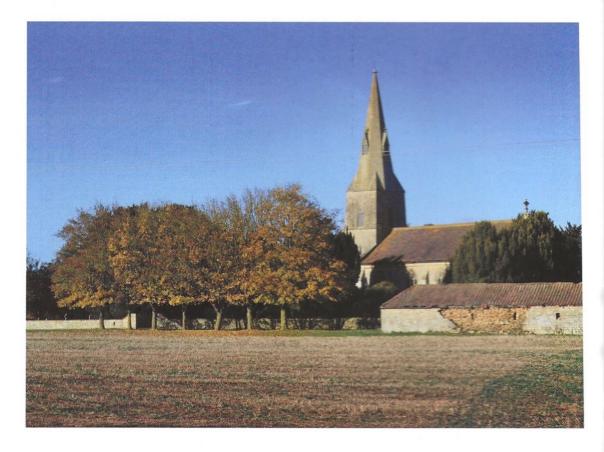
Distance and time Two and a half miles and one hour maximum.

Highlights

Talethorpe Mill and the River Gwash.

The pooch perspective: The presence of the Gwash all the way around dogs. Otherwise watch out for the sheep.





7. Wilsthorpe and Braceborough

Relax in the tranquillity provided by this rural backwater, and enjoy a skyline dominated by an impressive church spire

THE ROUTE

I parked on the road right by the church in Wilsthorpe but you can also choose to start and finish in Braceborough if you prefer. The public footpath heads south west out of Wilsthorpe from opposite the church. Initially you walk down a wide gravel drive then over a couple of small grass fields before reaching the arable land beyond, with the Manor House over to your left. Go under the power lines and you will soon come to the metal bridge over the East Glen river. The bridge crosses the river just 400 yards west of the point where it joins forces with the West Glen River.

Cross the bridge and keep heading south across a big field, then go through the hedgerow and turn right. Stay on the path as it goes around a small spinney and then after 100 yards or so turn right and cross over the new

wooden bridge through the gap in the hedge. (If you have the time and the inclination you can make a short detour to Greatford at this point and then retrace your steps).

From here head north across one big arable field and then one smaller ridge and furrow type wild meadow with two or three lovely trees in the field edges. You will arrive in Braceborough on the village green (for want of a better description) and see the church and Braceborough Hall Nursing Home straight ahead. It's worth a stroll around the peaceful little place but to follow the route you need to turn right as soon as you get into the village. Follow the path through a farmyard then out on to the fields on a well established road. From the edge of the village it's less than one kilometre back to the metal bridge over the East Glen and Wilsthorpe beyond.





INFORMATION



I parked right outside the church in Wilsthorpe but

Distance and time miles/50 minutes. You

Highlights

is a soothing tranquility about the whole walk. Nothing happens very fast in either of these

The pooch perspective I didn't see any livestock when I did it and the East cool off if the dogs can negotiate the bank.



8. Braceborough, Greatford and Shillingthorpe

Step back in time with this stroll to peaceful Shillingthorpe

THE ROUTE

Park in Braceborough down by the Old Hall which is a care home now. This is also the dead end lane that leads to the church and it's a very quiet part of this already peaceful little village.

Take the footpath in the south east corner of what looks like a village green and follow it south east across the fields to Greatford. Walk towards the village centre along the road for 100 metres and take the right turn footpath into Greatford Gardens. Follow the road with the church and the West Glen river on your left hand side. Keep going until you pick up the footpath leading out of the village down the left hand side of a house.

The path now runs through the woods behind Greatford Hall for 400 yards and, while you can't see much of this stunning old house, you get the idea of the scale of the gardens. At the end of the woods it's a right turn and then up a slight incline before turning left and crossing a couple of fields on the way up to Shillingthorpe. There used to be a big house in this

now deserted old park and woodland, but it was pulled down after the Second World War when it served as a convalescence home. The parkland is now used mainly for cattle grazing but the walls of the old garden remain, along with a few ruins which have been enveloped by greenery over the years.

It's a peaceful spot with some sad echoes of former glories but definitely worth a wander. But for this walk the path will bring you on to the main track which runs through the woodland and here you take a right and then very shortly afterwards bear right to head north. You will pass Banthorpe Wood on your left and then head north east on the path with wide open views over the Fens out to the east. On a clear day you can see a long way from here and you will feel like you are on the last piece of elevated land before mainland Europe, and you probably are.

This path leads down to the Greatford to Carlby road which you cross and then walk along the road back into Braceborough.





Distance and time

Highlights Braceborough and attractive villages and Shillingthorpe is a peaceful old park with

The pooch perspective Plenty of opportunity for a good run and if it's a hat day you can get down to the West Glen river in Shillingthorpe Park for a cool off.







18. Stamford and Uffington

Stamford's finest example of Norman architecture, St Leonard's Priory, is a beautiful waypoint on this urban and rural ramble

THE ROUTE

If you are coming from the centre of Stamford then you will need to navigate to St Leonard's Priory at the eastern end of Priory Road just before the Morrisons roundabout. Once you have enjoyed the atmosphere around the ancient priory, walk east across the south side of the Morrisons roundabout and past the empty garage before taking the track down to Hudd's Mill on the right. Turn left at the bottom and then turn right to cross over the first wooden bridge over the millstream. Cross over the main course of the Welland over another bridge. Head straight on and through the kissing gate approaching the railway, but turn left on to the path in the woods before you get to the railway.

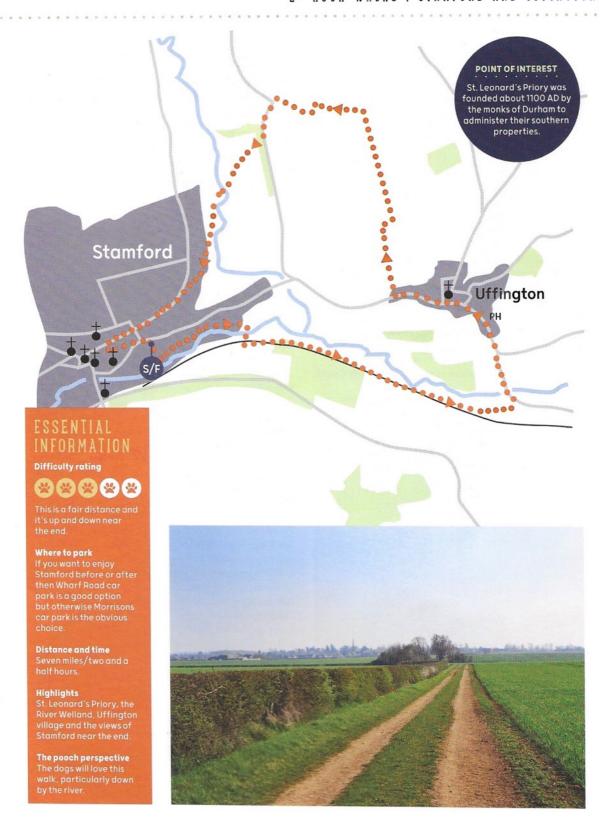
From here stay on the track, which is also the Torpel Way, for a mile. As you walk down this peaceful natural corridor, with the trees meeting overhead, you will also see the Woodland Welcome signs on your left. This means the owner permits people to go and wander around the newly planted woodland down by the river.

You will eventually reach the road just south of the stone bridge over the Welland. Cross the bridge and walk up the hill in to Uffington. (There is a parallel path which

runs north of the river back to Hudds Mill which makes this a nice loop for another day).

Walk through the village on the pavement by the side of the main road, but make sure you stop at the wonderful Bertie Arms for refreshment on the way if you have time.

After the Bertie Arms walk west almost all the way out of the village in the Stamford direction and, just after the layby on the right, you will see the footpath sign pointing down a track to the right. Take this path over some exposed farmland with great views all around for a good mile before the path turns left and heads west towards Cobbs Nook Farm on the Newstead Road. Follow the path around the field edges and when you reach the bridleway turn left and then straight on to Newstead Road for 100 yards. Then turn right and over the stile in the hedgerow to bring you on to the meadows with stunning views over Stamford beyond. You are now on the Macmillan Way and you will follow it downhill and south west over the River Gwash and beyond, until you reach a track which heads up on to Ryhall Road. Turn left at the top of the track and this will take you back into Stamford town centre, although there is a path behind Morrisons just after Homebase if your car is there.



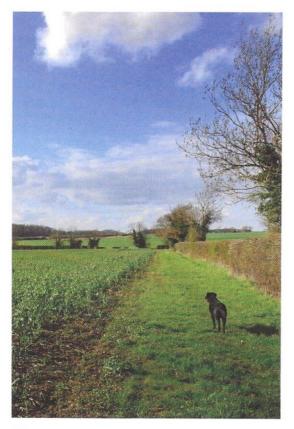
19. The Witham Five

This loop takes in five villages, an ancient oak tree, a golf course and a once famous spa, all in just eight miles

THE ROUTE

You can park near to the church on the main road in Witham. Take the footpath to the left of the church and set off north. You will soon cross the bridge over the small brook and head uphill on a narrow track alongside a house. Turn right on to the track at the top and go past the Grange, a lavish looking new build on your right. You will soon see the footpath sign to the left, so head off into the field and make sure you make the right turn in the direction of Toft after 200 yards.

This path then goes through three fields as it gradually descends towards the A6121 Bourne Road. When you get to the road turn left and take care walking over the hump back bridge on the way into Toft. At the Golf Course



turn right at the footpath sign and turn right again to go past the front of the shop. The footpath south through the course is clearly marked, but I would advise caution because you may be in the landing zone sometimes. Follow the signs and you will go through a hedge and see the sign for the path to Manthorpe across the field. Head south east and you will soon be on the lane into Manthorpe.

Turn right to walk almost all the way through the village and you will find the footpath again on your left just before the end of the village. Take this path downhill and head for the bridge over the river just north of Bowthorpe Park Farm. The stile here was basically nonexistent when I did this walk, but you can still get over the fence and cross the bridge. Then go straight uphill to the farm where the gate is attached by a flimsy piece of string. Turn left after the gate and then immediate right to pick up the path as it goes diagonally through an enclosed field. If you look to your right here you will see the Bowthorpe Oak tree which, at more than 1,000 years old, may be the oldest oak in England.

After the next stile turn right and after about 400 yards turn right over the bridge and then take the path which heads across the field south to Spa Lodge Farm. It's not very clearly cut in the field but you can see the post you are aiming for on the corner in the distance. When you get to Spa Lodge Farm walk the track down past Station House and continue south east until you get to Braceborough.

When you get to the village turn right and look out for the footpath sign on the right. After the small stream take the right hand option and head across the fields past Braceborough Lodge and into Braceborough Woods. Do a very quick right/left when you get to the woods and you will be on the clearly marked path which leads out into the open fields all the way to the A6121 and Carlby just about a mile away. Cross the main road and then take the road into Carlby.

Walk almost all the way through the village (ignoring one footpath sign on your right) and then just before you come to the edge of Carlby take the footpath which goes up between two houses. It's hard to see until you are on it but you have to take this path. It winds around behind the back of some houses before straightening out and heading north. From here it's a beautiful path for a mile and a half all the way back to Witham.

ESSENTIAL INFORMATION

Difficulty rating









fairly good underfoot.

Where to park

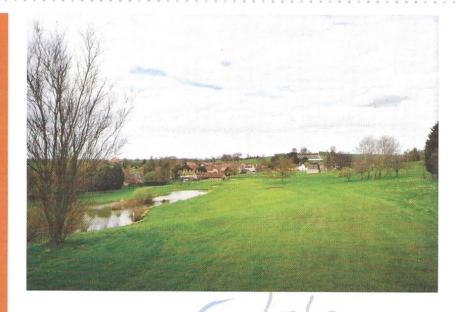
Near the church on the main road in Witham.

Distance and time Eight miles/two hours

Highlights

The massive and ancient Bowthorpe Braceborough Spa and Braceborough Woods, and the path from Carlby to Witham.

The pooch perspective The route does cross a few streams but some of them may run dry between Manthorpe and





POINT OF INTEREST

Braceborough Spa, rising in the grounds of Spa House, was a popular retreat because of its natural spring waters. A bathhouse was built in 1841 and Dr Willis treated George III here for his so called 'madness'. The King supposedly stayed in a wing of nearby Shillingthorpe Hall, now demolished, and there is a tablet in Greatford Church commemorating his stay. There was a stop at Braceborough Spa Halt on the Essendine to Bourne railway but the spa closed in 1939.

Carlby

Braceborough

active

MAGAZINE PRESENTS

EDITH WESTON 1

PILTON 5

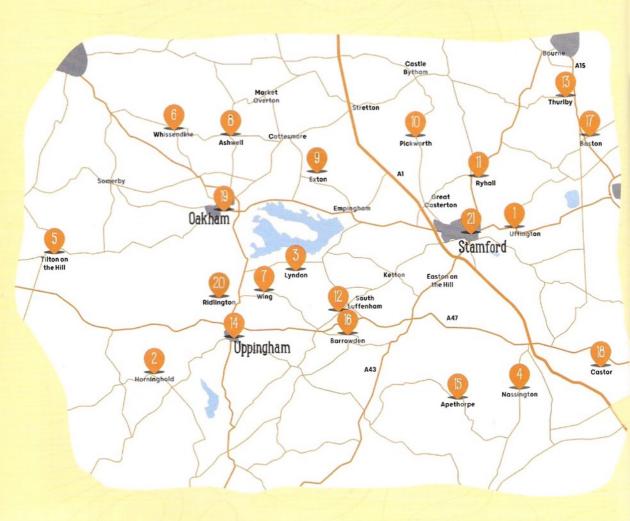
Another 21 rambles around Stamford and Rutland By Will Hetherington

In association with

KING WEST









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ROUTE MAP KEY





















11. Ryhall, Tolethorpe and The Drift

This tiny corner of east Rutland packs a decent punch with a clear river, some steep sections and bags of rural charm.

THE ROUTE

I like to do this as a clockwise walk so I park on the western verge of the main A6121 before the traffic lights in Ryhall. There is a public footpath sign here and parking for three or four cars. Just make sure you don't block the gateway. Take the footpath west along the track with the chicken farm on your left and the Gwash on your right. At the end of the chicken farm the footpath goes straight on up the hill but it's much nicer to take the permissive route to the right and follow the meander of the river. The dogs will have plenty of opportunities for a dip in this tempting water, and I have been in a few times as well.

Follow the horseshoe all the way around and you will then go up a hill towards Tolethorpe and pass the other end of the straight path across the field on the left. Almost immediately afterwards there is a stile in the hedge on the right which leads into a pasture, and then a kissing gate in another 50 metres. From here head down the hill and you will come to Tolethorpe Mill on the left and Tolethorpe Cottage on the right. It's a beautiful spot.

From here stay on the very minor road (ignoring the path to the right) and follow it round until you come to the T-Junction. Turn left here and walk along the road for 100 metres before turning right in the mini layby and through the kissing gate. Take care on this short section of road because there is no verge.

Once you are through the kissing gate head north, passing the pill box in the hedge on the right, and onwards into Walk Farm. There is a very well maintained track all the way here and it's a pleasure to walk through this diverse modern business. In about one kilometre you will come to a steep dip just to remind you Rutland has some contours. Near the top of the hill on the far side of the dip look out for the slightly concealed footpath sign in the bushes and trees on the right. Take this turn and follow the path towards The Drift, an ancient byway which connects Pickworth to the north of Ryhall. When you reach The Drift you will find two or three beautifully renovated farmhouses. Turn right here and after 200 metres look out for the footpath sign in the hedge to the right. Take this right turn and head south east through the valley and across three fields to Grange Farm. Follow the track through the farm, around to the left and then go through a gate on the right at the footpath sign.

Head south over a couple of fields until you join the road just by the campsite. Cross the road and there is a footpath-that goes diagonally across the field and comes out between the houses on the A6121 in Ryhall. Either turn left and walk back to your car along the road or, far better, turn left and explore the pretty centre of the village and the church. You can easily find your way back to the car from there too.

POINT OF INTEREST The Drift is a good example of an ancient drovers' track used to take cattle to market before railways and motorised transport. The cattle moved at about 12-15 miles a day and needed a wide route to graze as they went. The Drift also follows high ground to avoid the cattle becoming stuck in the bogs. ESSENTIAL Little Casterton Difficulty rating Three paws. There are one or two steeper Where to park On the verge of the A6121 or anywhere in Ryhall. Distance and time Five miles/two hours.

The pooch perspective There are some sheep around but not many and

Gwash, Tolethorpe Mill and Cottage, the diversity of Walk Farm, the tranquility of The

Highlights

active

MAGAZINE PRESENTS

RUTLAND

Wills. Walks

21 more rambles around Stamford and Rutland

By Will Hetherington

Jurassic Way
Footpath to
Tixover Grange % mile

In association with



KING WEST







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ROUTE MAP KEY







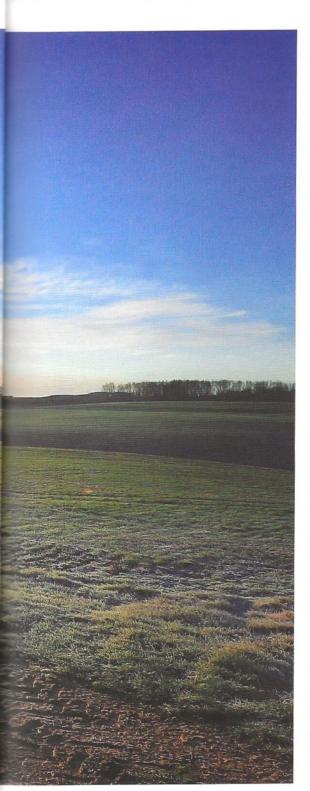












4. Pickworth and the Drift

Most of this route is on excellent farm tracks and tarmac so it's a good winter option.



THE ROUTE

The Drift heads east away from Pickworth at the main junction in the village. Walk gradually uphill along this ancient drover's

track and you will soon be transported to one of the most peaceful places in the whole area. Stay on the track for more than a mile, passing Turnpole Wood on the right as you go, and you will eventually come to a smart red brick house on the left, with a few other houses behind it. Here you will find the gate in the hedge on the right taking you off the Drift and into the farmland beyond the hedge.





The path heads south west for a few hundred yards before coming to a small plantation. Follow the sign into the plantation and take the right turn within 100 yards. Then you will very soon come to the main farm track. Turn right here and after another 200 yards turn left at the sign. Stay on the track following the footpath signs for another kilometre and, if you are lucky, you may see a few hares out on the fields to the left and right. When you reach the no entry sign on the farm track take the right turn off the track and on to the grassy path along the northern edge of a piece of woodland.

It's a nice change of scene for a few hundred yards before you reach Pickworth Road ahead. Turn right and walk

the last three quarters of a mile along the road, passing Taylor's Farm and Christian's Lodge along the way. This is not a busy stretch of road and helps make this walk a good choice in the wettest and muddiest months of the year.

ESSENTIAL INFORMATION

Difficulty rating







One paw. It's fairly flat and mostly on farm tracks and roads. No stiles.

Where to park

Responsibly in Pickworth.

Distance

Four miles.

Highlights

An extremely quiet and peaceful piece of countryside and pretty little Pickworth. Brown hares if you are lucky.

The pooch perspective

This is mostly arable land so very little livestock. although there isn't really any fresh water on the route either.





POINT OF INTEREST

John Clare, the nationally acclaimed 'Peasant Poet', spent his early working life in Pickworth as a labourer in the limekiln in the early 1800s and met his future wife on Walk Farm which features heavily in this route.







19. Stamford, Tolethorpe, Ryhall and Belmesthorpe

A pleasing blend of town and country offers some great views and plenty of pubs.

THE ROUTE

It may seem odd to start a country walk in the middle of town but I think doing it this way delivers some pleasing contrasts. So start at the Recreation Ground in Stamford where the well cared for gardens and bandstand make for a good beginning. At the road junction on the north east corner of the Recreation Ground head north up Kings Road until you get to the Welland Academy on the edge of town. Bear left here on to Churchill Road and after 200 metres take the footpath off to the right and out into the fields.

Stay on this path for the next mile and a half as it heads north past Northfields Farm. You will ultimately come to the road just near Tolethorpe. Turn left here and walk downhill for 100 metres taking care on this tricky stretch of road. Turn right and walk past the entrance to Tolethorpe Hall and you will soon come to a metal gate in the fence on the right. Go through here and over the stile in about 50 metres. Turn left and then almost immediately right to pick up the straight path downhill towards Ryhall. You will join the Gwash on your left at the bottom of this field and then follow the track up to the main road at Ryhall.

Cross the main road and turn left before turning right on to New Road into Ryhall village centre. Turn left at the Green Dragon pub and cross the bridge before turning right to walk to Belmesthorpe on the quiet lane

between the two villages. Turn right at the crossroads in Belmesthorpe and then left up Castle Rise. You will see the footpath between two houses as it heads south out of the village and up the hill. Along this stretch you will be treated to the unusual sight of llamas grazing in the fields before the path crosses a grazing field and then joins a narrow bridleway between two rows of hawthorn, sloe and blackberry bushes. Turn right here and the bridleway soon comes out on to the road which leads down to Newstead. Walk along the road for about 100 metres and then take the footpath off to the right.

From here you will experience some of the best and most unexpected views of Stamford and Burghley House in the distance. The high vantage point gives a great perspective and, while Ryhall Road's industrial estates may not sound too attractive, the contrast with the church spires behind them is strangely pleasing. The path heads diagonally down to a bridge back over the Gwash and bears left across the meadow leading to an uphill track on to Ryhall Road next to the large new Alltech building.

You will quickly move from glorious countryside with stunning views into a busy retail and industrial area. Turn left and take Ryhall Road back into town past Homebase and the hospital and on to St Paul's Street where all of Stamford's marvellous shops, pubs, cafés and restaurants will cater for your every need.

