**Introduction**

Two walks that start from Market Rasen and head towards Middle Rasen, with routes mainly along roads, bridleways and quiet lanes. Lovely views of the Lincolnshire Wolds can be seen on these walks.

The River Rase flows from the Lincolnshire Wolds down through Market Rasen and Middle Rasen and on to West Rasen, connecting all three settlements. The name Rasen comes from the old English word rasen, which means “a plank”. Perhaps this refers to a plank bridge or planks laid across the River Rase or marshy ground.

The church is well worth a visit, particularly as the south doorway is Norman and is one of the most impressive in Lincolnshire with three continuous bands of moulding.

Many of the trees found growing within hedgerows in the area are oak. It was still common in the early 1900s for children to wear oak leaves on the 29th May. This was to remind them that Charles II sought refuge in an oak tree before returning the country to a Monarchy after the austere days of Cromwellian rule. At the time, oak trees were providing timber for the Naval ships for the war. From old records in the 18th century, the church bell could be heard on special days such as Oak Apple Day, the 29th May.
The Route

1. Leave the car park by the John Street entrance and turn right. At the end, cross the main road into the Market Place.
2. Go into the churchyard and follow the path to the left of the church until you reach the road.
3. Turn left, past the Festival Hall car park, over the bridge and left again down Rose Lane.
4. Enter the sports ground and turn left. Follow the path around the edge of the field then on to the back of the industrial estate, always keeping the streams on your left.
5. Turn right at the fence alongside the fenced compound. Cross the road and continue straight across to the main road, Gallamore Lane, emerging next to the Ambulance Station.
6. Turn left along Gallamore Lane, keeping to the grass verge, before carefully crossing over.
7. After the left-hand bend, turn right along the footpath signposted Beck House. At Low Grange Farm, follow the path round the barn to the right and continue straight on.
8. Turn left into Low Lane then immediately right at the waymarker. Cross the stream using the footbridge to the stile at the end of the field.
9. Continue following the footpath across the fields and over the stile until you reach Skinnere Lane.
10. Turn left onto Skinnere Lane and continue along the bridleway, ignoring the road as it turns left at Prospect Farm.
11. When you reach a footpath on your left, you have two choices.

12. Take the waymarked path to the right, through the kissing gate and over the footbridge. Follow the path as it follows the stream, through the gate, across the field to another gate on the right.
13. When you get to the road, go left over the bridge and immediately left down a track and through the gate on your right. Continue across the fields, through gates to Gallamore Lane.
14. Turn left and carefully cross the road, taking the footpath on your right across the field and between houses to emerge on the A531. Turn left and return to Market Rasen along the footpath.

For the Longer Version of This Walk

1. Ignore the path on the left and carry straight on along the bridleway to the corner and turn left. Keep straight on until you come to T junction. Turn left and walk on the road toward the church.
2. Turn right opposite the church, following Church Street round to the off and turning right at the next junction. This brings you to the crossroads on the main road where you need to take care in crossing before going straight ahead into Mill Lane.
3. Keep to the grass verge as you walk gently uphill along Mill Lane, passing the restored mill on the left (now painted black with a white dome).

As you walk along this bridleway there are good views of the Lincolnshire Wolds on the horizon. On the left you should be able to see Claxby Radar Tower and ahead to the right is the Belmont TV mast.

4. The track bends to the left before emerging via South Lane onto the A531. Cross the main road, turn right and return to Market Rasen.

Key
- Blue Line = Waymarked Path
- Black Line = Public Footpath
- Gray Line = 4 Mile Route
- Red Line = 5 Mile Route

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START
Gros Ref: TF 053132
Postcode: LN4 3RD
**Route Information**

**Distance:** 4 miles, 6½ km or 5½ miles, 8½ km

**Time:** Approx. 2 - 3 hours at a leisurely pace for the shorter route
Approx. 3 - 4 hours at a leisurely pace for the longer route

**Maps:** OS Landranger 112 & 113, OS Pathfinder 730 & 747,
OS Explorer 281 & 282

**Parking:** Car park in John Street, Market Rasen - Grid ref: TF 108 89
Postcode LN8 3HH. Please check for parking tariffs.

**Terrain:** Good footpaths, and bridleways which can be very muddy at times. Some verge walking. All on ground level.

**Refreshments:** Cafes and pubs in Market Rasen and Middle Rasen.

**Toilets:** John Street, Market Rasen

**Stiles:** Numerous. Many are stock proof and therefore maybe difficult for some dogs.

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**Coversands Heathlands Restoring the Cover**

Lowland heathland is rarer than tropical rainforest, with the UK still having 20% of the world’s resource, despite massive decline over the last 200 years. The heathland found in the northern half of historic Lincolnshire and the eastern edge of Nottinghamshire is even more special, having a wider variety of plants than typical southern heaths, as well as characteristic short-cropped transplants, lichen-rich heath and sand dunes. This area, known as the Coversands, has gradually lost its important wildlife to farming, forestry and development.

The £1.5 million Coversands Tomorrow’s Heathland Heritage Project has worked to restore this precious habitat. Funded by the Heritage Lottery Fund, this 5 year project restored 700 hectares and re-created 250 hectares of this internationally important heathland. The project not just about wildlife; it also developed strong community participation and school links by working with local organisations and Coversands partners whilst boosting the economic prosperity of the area through grazing projects.

For further information or to request a DVD about the Coversands Heathland Project, contact the Environment Team, North Lincolnshire Council, Church Square House, Scunthorpe, North Lincolnshire DN15 6XQ – Telephone 01724 297390

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Tourist Information - Tel: 01427 676666

If you would like this leaflet in an alternative format please contact us