

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 raesn, which means “a plank”. Perhaps this refers to a plank bridge or planks laid across the River Rase or marshy ground.



Packhorse bridge crossing the River Rase in West Rasen

Originally, Middle Rasen had two churches, St. Peter and St. Paul. In the mid 19th century, St. Peter’s was in ruins and St. Paul’s in good repair, however, strangely, in 1860 St. Peter’s was restored, largely with material from St. Paul, and St. Paul demolished. The remaining church is now dedicated to both St. Peter and St. Paul.

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.



Oak apples are caused by grubs of the gall wasp

Many of the trees found growing within hedgerows in the area are oak. It was still common in the early 1900’s 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.

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.



Claxby Radar Tower



Grey squirrels are a regular sight in the oak trees which grow in many of the hedgerows along the lanes

LOCAL PUBLIC TRANSPORT INFORMATION

For train times to Market Rasen, phone 08457 48 49 50
 For bus services and Call Connect services to Market Rasen contact Traveline on 0871 200 22 33 or www.traveline.info



From Cricket Fields to Green Lanes



Two circular walks; one of 4 miles, the other of 5½ miles from Market Rasen through Middle Rasen and back

1 Leave the car park by the John Street entrance and turn right. At the end, cross the main road into the Market Place.

Go into the churchyard and follow the path to the left of the church until you reach the road.

2 Turn left, past the Festival Hall car park, over the bridge and left again down Rose Lane.

3 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 stream on your left.

4 Turn right at the fence alongside the fenced compound. Cross the road and continue straight across to the main road, Gallamore Lane, emerging to the left of the Ambulance Station.

5 Turn left along Gallamore Lane, keeping to the grass verge, before carefully crossing over.

6 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.

7 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. Continue following the footpath across the fields and over the stile until you reach Skinners Lane.

8 Turn left onto Skinners Lane and continue along the brideway, ignoring the road as it turns left at Prospect Farm.

9 When you reach a footpath on your left, you have two choices.

Early in the 20th Century, the area between Low Lane and Skinners Lane was one of the sites of Market Rasen's race course.



FOR THE SHORTER VERSION OF THIS WALK

A Turn left onto the footpath and over a footbridge. Take the grassy track and walk toward the village of Middle Rasen. Go through the kissing gates and follow the school fence to enter the cemetery. Follow the path through the cemetery and exit via a metal gate into North Street where you turn left to walk past the church and Primary School.



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B 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.

C 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.

D Turn left and carefully cross the road, taking the footpath on your right across the field and between houses to emerge on the A631. Turn left and return to Market Rasen along the footpath.

FOR THE LONGER VERSION OF THIS WALK

10 Ignore the path on the left and carry straight on along the brideway 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.

If you wish to visit West Rasen and its medieval packhorse bridge and 300 year old thatched village shop, there is a footpath beside the River Rase. To find this footpath, turn right. Almost straight away you come to a bridge over the little river. Take the footpath that goes off to the right beside the river. Follow along the river bank to West Rasen and return along the same path. This will add 3 miles or 5km to your walk.

11 Turn right opposite the church, following Church Street round to the left 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.

Keep to the grass verge as you walk gently uphill along Mill Lane, passing the ruined mill on the left.



12 Turn left at the waymarker, just before the brick farm buildings into Green Lane.

As you walk along this brideway 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 right is the Belmont TV mast.



13 The track bends to the left before emerging via South Lane onto the A631. Cross the main road, turn right and return to Market Rasen.

ROUTE INFORMATION

- Distance:** 5½ miles, 8½ km or 4 miles, 6½ km
- Time:** Approx. 3 - 4 hours at a leisurely pace for the longer route
Approx. 2 - 3 hours at a leisurely pace for the shorter 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
- 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.



Tourist Information - Tel: 01427 676666

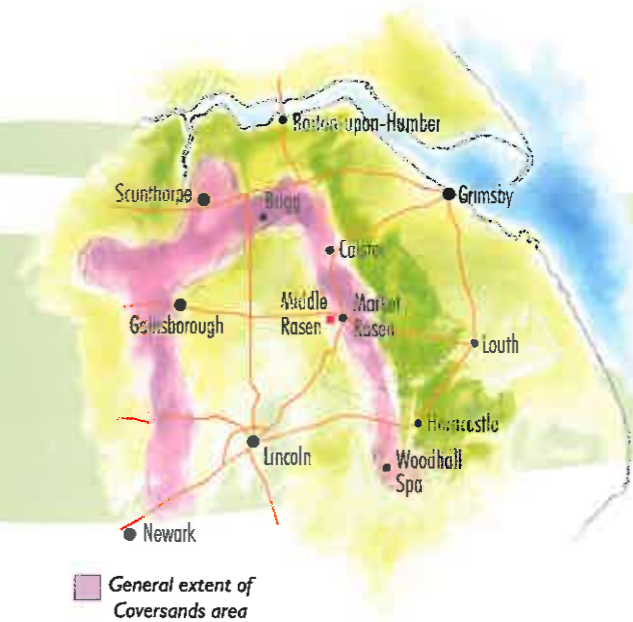


COVERSANDS HEATHLANDS RESTORING THE COVER

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 grasslands, 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 was 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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