

## Good Cycling Code

- Always follow the Highway Code
- Consider wearing a helmet and reflective clothing
- See and be seen – fit lights and use them in poor visibility
- Keep your bike roadworthy
- Be courteous to other path and road users
- Take plenty of water and have a drink regularly
- Take energy foods (cereal bars/banana) and avoid sugary snacks
- Cycling at 8 mph can use between 230-350 calories per hour

**Louth Cycle Centre** - Unit 5,  
Station Estate, Newbridge Hill,  
Louth **Tel: 01507 607447**

**Rail Leisure Cycle Hire** -  
The Old Station Yard, Station Rd,  
Ludborough **Tel: 01507 363470**  
[www.railleisure.com](http://www.railleisure.com)

## Places of interest/refreshments nearby:-

**Legbourne Post Office and Shop** - **Tel: 01507 354947**

**The Royal Oak 'The Splash'**, Watery Lane, Little Cawthorpe  
**Tel: 01507 600750** [www.royaloaksplash.co.uk](http://www.royaloaksplash.co.uk)

**The Queen's Head Inn**, Station Road, Legbourne **Tel: 01507 603839**

**Hedgehog Care**, Authorpe - Lincolnshire's famous little hedgehog hospital  
**Tel: 01507 450221** [www.hedgehogcare.org.uk](http://www.hedgehogcare.org.uk)

**Tourist information** - **Tel: 01507 601111**

Email: [customerservices@e-lindsey.gov.uk](mailto:customerservices@e-lindsey.gov.uk) Web: [www.visitlincolnshire.com](http://www.visitlincolnshire.com)

Routes produced in collaboration with

**Quality wholesome foods**

<http://jolleyskitchen.blogspot.com>  
**01507 607252**



The Lincolnshire Wolds Countryside Service helps to protect and enhance the Wolds landscape by working with local landowners, communities and businesses - for more information contact: [www.lincswolds.org.uk](http://www.lincswolds.org.uk) 01507 609740 Email: [aonb@lincswolds.org.uk](mailto:aonb@lincswolds.org.uk)



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



Lincolnshire Wolds

# CYCLEROUTES

## Legbourne to Authorpe *and back*

Passing through a series of lovely Lincolnshire villages, this route starts with a good climb on the edge of the Wolds and finishes with level cycling on the middle marsh



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Overall Distance: 13.5 miles  
Terrain: Mainly country roads, some busy roads  
Highest Point: 62 metres above sea level  
Lowest Point: 12 metres above sea level  
Journey Time: @ 8 mph = 1¾ hours and breaks

Produced by [www.digiprint.co.uk](http://www.digiprint.co.uk)

CYCLEROUTES



Cycling is a great way to keep fit and appreciate the countryside. These easy to read leaflets provide useful information on mileage, approximate timing and gradient.

Each route has been selected to avoid major roads wherever possible and is split into 4 stages, with a stage per page.

A simple map and points of interests are included – for those times when you need to catch your breath, admire the countryside or explore the area.



## Stage 1: Legbourne to Muckton

(3.6 miles and approx. 30 minutes)



Legbourne

Little Cawthorpe

Muckton Bottom

Muckton

Start from the car park and picnic site on Louth Road, Legbourne (TF 360 847) and turn left onto the A157, towards Louth

- 1 turn left at the first bend ! and continue toward Little Cawthorpe
- 2 follow the road around a right hand bend and cycle up the hill
- 3 keep on this road, ignore junctions !, and cycle uphill out of the village
- 4 climb uphill to Muckton Bottom, then follow the road to Muckton to take a rest at the churchyard i



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## Stage 2: Muckton to Authorpe

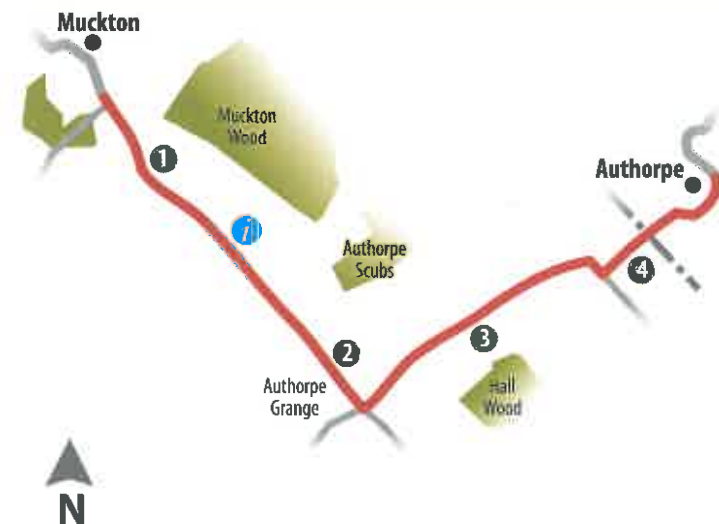
(2.2 miles and approx. 15 minutes)

Muckton

Authorpe Grange

Authorpe

- 1 Continue out of Muckton village and along to Authorpe Grange - look at the surrounding woodland i
- 2 keep on the road until the crossroads at Authorpe Grange then turn left to Authorpe
- 3 cruise downhill, with fine views over the Middle Marsh and to the coast
- 4 continue round the bends, over the disused railway line and into Authorpe village.



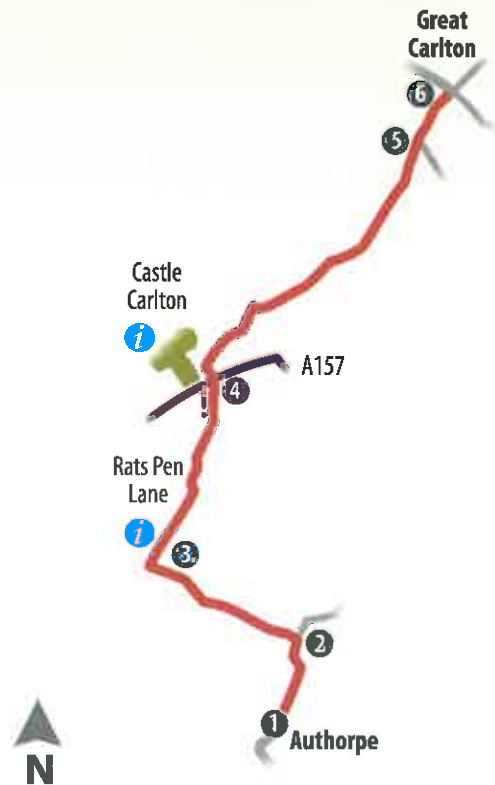
**Stage 3: Authorpe to Great Carlton**  
(3.7 mile and approx. 30 minutes)

**Stage 4: Great Carlton to Riverhead**  
(4 miles and approx. 30 minutes)



Authorpe      Willoughby Lane      Castle Carlton      Great Carlton

- 1 Continue along through Authorpe
- 2 turn left at the junction, signposted Castle Carlton and Louth
- 3 continue along and round the bend, onto Rats Pen Lane **i**
- 4 at the main road junction, cross the road **!** and continue towards Castle Carlton **i**
- 5 continue straight on into Great Carlton to the junction at the end of this lane
- 6 look out for the left turn to Little Carlton.



Great Carlton      Little Carlton      Legbourne

- 1 Take the left turn to Little Carlton
- 2 continue through this pretty village and past the disused watermill
- 3 take a left turn at the junction, signposted Legbourne
- 4 continue on this lane to eventually meet a junction with the busy main road
- 5 turn right at this junction **!** and cycle all the way through Legbourne **i**
- 6 past the village look out for the car park on your left and the end of the route.



## Points of interest

### Muckton Churchyard

This pretty little churchyard lies at the centre of the village. The small church that once stood here had been rebuilt in 1878 but was declared redundant and removed in the early 1980s. The churchyard is still in use, with graves regularly tended and cared for. There is a bench in this tranquil and peaceful spot which makes an ideal place for a quiet break. The roofed gate that forms the entrance to the churchyard is known as a lychgate, look for the dedication plaque that reveals the appropriate name of its maker.



Old aerial photo of Muckton church



Bluebells blanketing the floor of a wood

### Woodlands

The land here on the eastern edge of the chalk has a covering of clay left by the retreating ice sheets, providing ideal conditions for trees to flourish. Some of the surrounding woodland has remained under tree cover since 1600, allowing traditional woodland plants such as bluebells, wood sorrel and violets to thrive undisturbed and earning it the title of ancient woodland.

### Rats Pen Lane

The wide grass road verges on Rats Pen Lane are a haven for a variety of insects, small mammals and in summer are coloured with a variety of wildflowers. The verges are within the Roadside Nature Reserves scheme run by Lincolnshire Wildlife Trust in conjunction with Lincolnshire County Council. They are managed to ensure they continue as an example of unimproved grassland that was once widespread through the county.



Wildflower verge



Bee orchid



All Saint's Church Legbourne

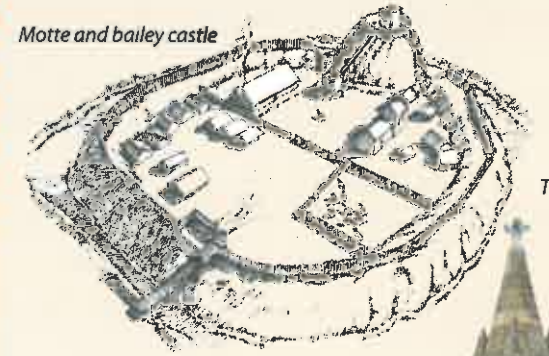
### Legbourne Medieval Village

As you cycle through Legbourne back to the car park, take a look at the fields in the village. Here lie the remains of the medieval larger settlement of Legbourne – only visible as lumps and bumps in the fields but depicting the outlines of medieval crofts (yards) and tofts (house platforms). Unlike deserted villages, which were abandoned totally, Legbourne survived at a reduced size, before thriving once more as a present day village.

### The Carltons

The three settlements of Castle, Great and Little Carlton are all cycled through but what does the name Carlton actually mean? Well, the first part is from the Old Norse language, *karl*, meaning a free peasant and the second part is taken from the Old English *tūn*, meaning settlement, farm or village. So, the name Carlton means 'settlement of the free peasant'. The remains of a motte and double bailey castle can be found at Castle Carlton, it was founded in the 12th century, forming part of the estate of Hugh Bardolf. You can only approach on foot and dense tree cover makes it hard to see the original layout of the castle. The motte was the central mound that carried the castle's main tower or keep, the baileys were the surrounding walls. The Normans introduced the design and it is thought that at one time there were over 1,000 of this type of castle across the country.

Motte and bailey castle



The old water pump at Legbourne

### Legbourne Pump

The village pump that stands in front of the church was built by Canon J. Overton in 1877 in memory of his mother. The pump was the principal supply of water to the village until 1953, when mains water finally came to the village.

