# **GOOD CYCLING CODE**

#### **ON ALL ROUTES**

Please be courteous! Always cycle with respect for others, whether cyclists, pedestrians, people in wheelchairs, horse riders or drivers, and acknowledge those who give way to

#### ON SHARED-USE PATHS

- Give way to pedestrians: leave them plenty of room • Keep to your side of any dividing line and keep to the left when you meet other cyclists
- Be prepared to slow down or stop if necessary
- Don't expect to cycle at high speeds
- Be careful at junctions, bends and entrances
- Remember many people are hard of hearing and visually impaired - don't assume they can see or hear you
- Carry a bell and use it don't surprise people
- Give way where there are wheelchair users and horse riders

#### WHEN CYCLING ON BOADS

- Always follow the Highway Code
- Be seen most accidents to cyclists happen at junctions
- Fit lights and use them in poor visibility • Consider wearing a helmet and conspicuous clothing
- Keep your bike roadworthy
- Do not cycle on pavements except where designated pavements are for pedestrians
- Use your bell not all pedestrians can see you

# AND IN THE COUNTRYSIDE

- Always follow the Countryside Code • Respect other land management activities, farming or
- forestry and take litter home with you
- Keep erosion to a minimum if off-road • Try to cycle or use public transport to travel to the start
- and finish of your ride • Match your speed to the surface and your skills

# THANK YOU FOR CYCLING!

The bicycle does not cause pollution or contribute to climate change. Thank you for choosing this environmentally friendly form of transport.

#### CONTACTS

# Lincolnshire County Council t: 01507 327771 www.lincolnshire.gov.uk Lincolnshire Wolds Countryside Service Navigation Warehouse, Riverhead Road, Louth, Lincs LN11 0DA t: 01507 609740 www.lincswolds.org.uk Louth Tourist Information Centre New Market Hall, Off Cornmarket, Louth t: 01507 609289 louthinfo@e-lindsey.gov.uk Mablethorpe Tourist Information Centre High Street, Mablethorpe t: 01507 474939 e: mablethorpeinfo@e-lindsey.gov.uk Lincolnshire Tourism t: 01522 526450 www.visitlincolnshire.com



# Alford is a charming market

own, on the slopes of the Lincolnshire Wolds, which has become a centre for arts and crafts. It is a marvellous town to potter about in. There's a magnificent 5-sailed windmill landmark, six stories high, that continues to grind flour with ranquil power. The mill has an antique shop and tearoom in the converted engine house. MARKET DAYS: TUESDAY AND

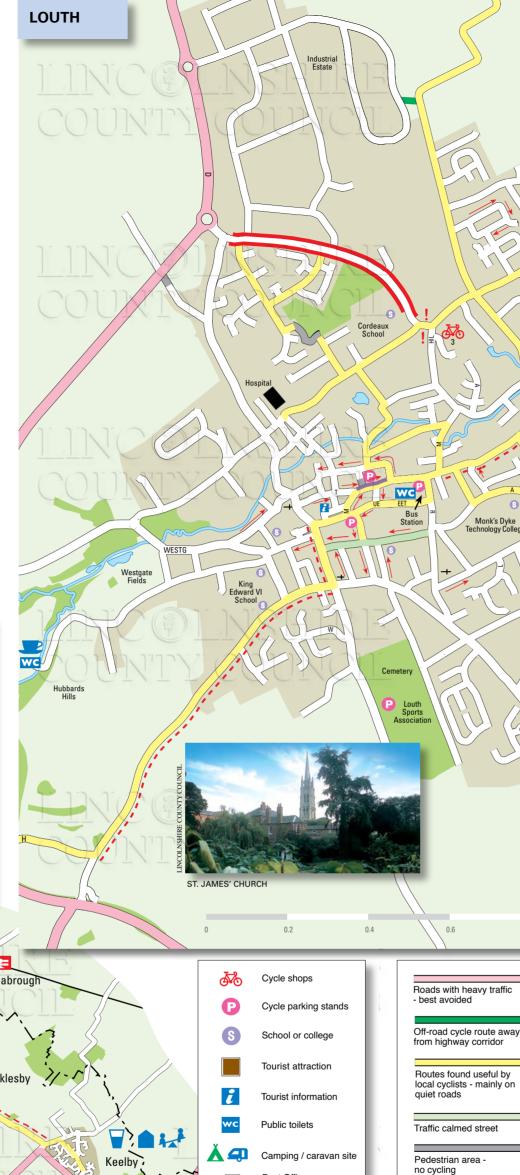
# ALFORD MILL Caistor

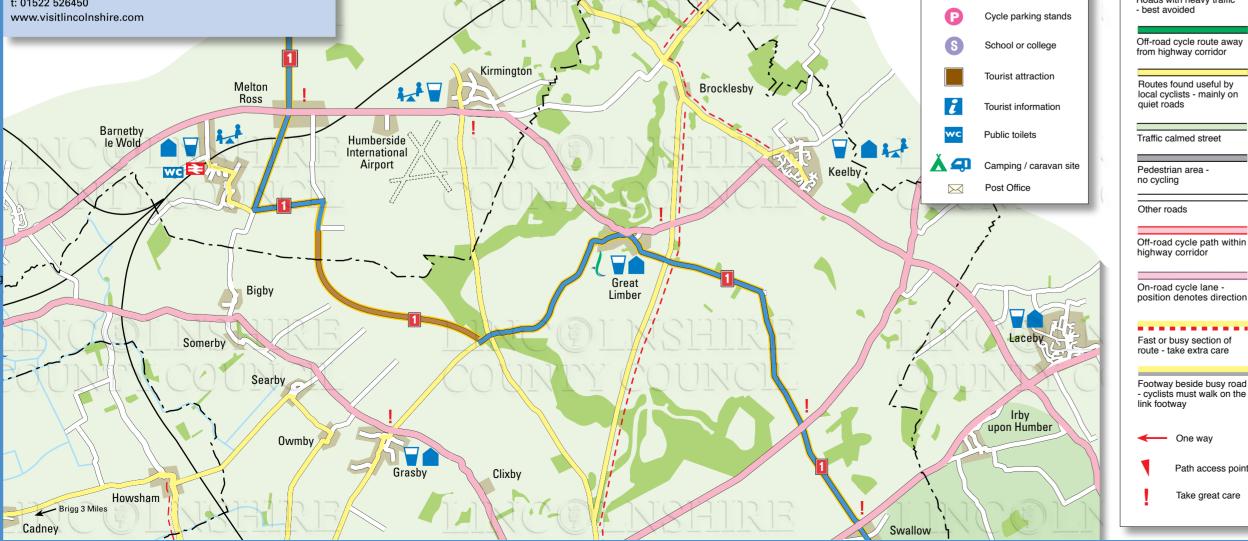
Nestling into the hillside at the northern edge of the Wolds, Caistor is an attractive mixture of Georgian and Victorian buildings built since a ferocious fire destroyed the town in 1681. It's a little market town whose population swells a little each week with the Saturday market gathering around the town pump, a cast iron depiction of a lion on a massive pedestal, to commemorate Queen Victoria's Diamond Jubilee in 1897. MARKET DAY: SATURDAY

#### Louth

The town stands directly on the Greenwich Meridian line - the line that world time and longitude are measured from. The attractive market square becomes a busy place for the market. St James' spire, 500 years old and 90m high, is the tallest spire on a parish church in the country. Louth retains many interesting buildings from Georgian and Victorian periods, and still has many independently owned and run shops. MARKET DAYS: WEDNESDAY (AUCTION) THURSDAY (LIVESTOCK) FRIDAY AND SATURDAY









### Market Rasen

Market Rasen is a small bustling market town standing on the banks of the River Rase on the western edge of the Lincolnshire Wolds. Although famous for the only racecourse in incolnshire there's more to Market Rasen. There are all kinds of shops in the town and a thriving market. Between the town and the incolnshire Wolds is Willingham Woods - a great place for a picnic. ARKET DAYS: TUESDAY (AUCTION), FRIDAY AND SATURDAY



# **The Lincolnshire Wolds**

For more than 30 years, much of the Lincolnshire Wolds has been designated an Area of Outstanding Natural Beauty (AONB), with vistas of big skies over undulating landscapes, punctuated by the picture postcard villages. It has historic sites and connections with famous people such as poet Alfred, Lord Tennyson. Experience its uncluttered roads and enjoy a wealth of sights, a lively calendar of events and a working landscape dotted with fields changing in character and colour all year long - this is a place where you can relax.

Take a cycle through this wonderful countryside and explore its hidden valleys, lush flora, streams and rivers, and as the only upland landscape in the east of England from Yorkshire to Kent, rising to 150m on its western edge, soak up the views towards a distant horizon. Use your time to meet the local people who are proud of their heritage and local traditions.



Across the Wolds there are many fields with lumps and bumps in. These are often sites where a village used to be. Many settlements shrunk in the 12th - 14th centuries. The Black Death reduced the population of many villages but the changes in farming practises often lead to an area being abandoned by locals. Landowners started to enclose their land for extensive sheep farming which meant tenants could no longer use the land to make their living. Many had no other trade and had to move to a town.

Although the economy of the Lincolnshire Wolds has mainly been based on agriculture, industry has shaped its landscape too. For nearly forty years from 1929 the Nettleton area was one of the most industrialised parts of the Wolds. Up to 180 people were employed mining ironstone here. There were railways, together with mounds of spoil, concrete

and machinery throughout the area.

between Nettleton and Normanby le Wold.

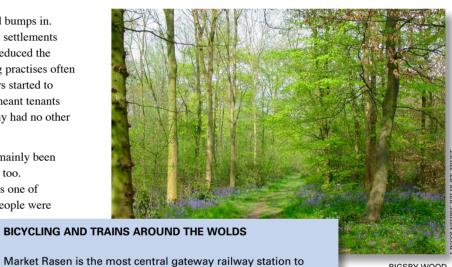
The Wolds has many interesting churches, one of which is All Saints Church at Walesby, which is affectionately known as the Ramblers' Church. It has dramatic views across the Trent valley and has a stained glass window dedicated to walkers with an image of cyclists

seen for miles.

#### **Nature Reserves**

The map marks a host of nature reserves that are open to the public. The sites offer a variety that is not often found in so small an area. In the east can be found the National Nature Reserve at Saltfleetby/ Theddlethorpe Dunes. Covenham Reservoir attracts wintering wildfowl and other aquatic and waterside birds whilst as a contrast Rigsby Wood offers 37 acres of ancient oak and ash woodland and Red Hill includes steep chalk escarpment grassland, a quarry with an exposure of red chalk that is rich in fossils, and many flower species including bee orchids.

enjoy the reserves on foot.





#### CYCLE SHOPS

- James Cycles 21 West Street, Alford t: 01507 463329
- two -10 bike co (BMX specialists) 13 Market Place, Caisto t: 01472 859670
- 3 Louth Cycle Centre Unit 15, Station Estate Newbridge Hill, Louth t: 01507 607447
- Rasen Bikes 17-19 Queen Street, Market Rasen t: 01673 844511

Cyclists Touring Club Louth Section Tim Newberry 7a Linden Walk, Louth LN11 9HT

t: 01507 600084 Sustrans The National Cycle

Path access point

Take great care

Network Centre, 2 Cathedral Square, College Green, Bristol BS1 5DD t: 0845 113 0065 www.sustrans.org.uk



FAMILY DAY OUT IN MABLETHOR

#### Mablethorpe

Mablethorpe is a fantastic, friendly seaside resort. Alongside the modern entertainment facilities are the traditional features of golden sand on the award winning beach, splashing waves, the funfair, lots of ice cream and a massive friendly welcome. MARKET DAYS: MONDAY (SUMMER) AND THURSDAY

#### **Generating Power From the Wind**

The ten wind turbines on the Mablethorpe Wind Park were completed in October 2004. They produce over 16 million units of electricity each year, provide sufficient power for over 5000 homes and save an annual 15,000 tonnes of carbon dioxide emission. There is an information board at the viewing area.

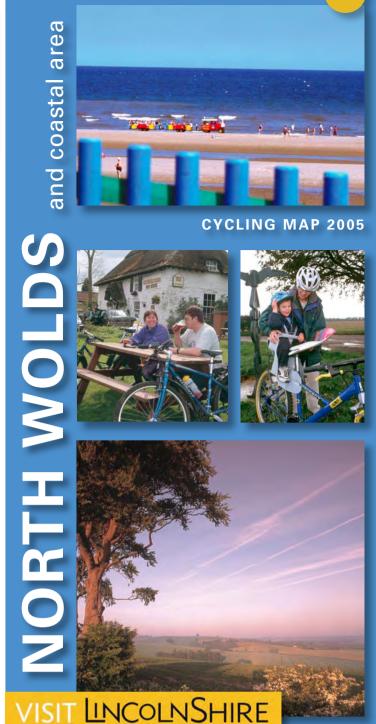


Sadly many workers lost their lives in this work and some are buried in the churchyard at nearby Claxby. The church and many of the houses in Nettleton are built of locally sourced stone. There is an information board about local mining in the rest area on the road

Being the highest ground in the area, the Wolds has been important for communications. The Stenigot mast is a lattice tower 110m tall and was built as part of the Chain Home Defence System. The visible TV mast is Belmont mast, built in 1965. It is 388m tall and can be

These are all sites for cycling to, rather than cycling round and cyclists are asked to leave their cycles at the car parks/entrances and

RIGSBY WOOD



## THE NORTH WOLDS AND SURROUNDING AREA

This map has been produced by Lincolnshire Country Council in partnership with the Lincolnshire Wolds Countryside Service, East and West Lindsey District Councils and local cycling interests. t covers an area of enormously interesting variation. In the west is the lat plain of the River Ancholme with its network of delightful lanes nd villages leading into Market Rasen. The central area shows much of the LincoInshire Wolds Area of Outstanding Natural Beauty with ts hills, wonderful views and picturesque villages. In the east is the coastal area. Although Mablethorpe, with its 4-mile long promenade cycle path, is probably the best known resort, the area offers cyclists a wonderful variety of cycling. As well as the opportunities to visit the towns of Louth and Alford, little used lanes give access to the

The map has been produced to enable cyclists to find and enjoy the network of lanes and cycle facilities in the area. Although the lanes marked are generally the quieter ones, riders must bear in mind that all roads have periods of use when they are busier and attract faster hicles and so cyclists must always take care.



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COVER IMAGES: TOP, LINCOLNSHIRE COUNTY COUNCIL; CENTRE, WEST LINDSEY DISTRICT COUNCIL BOTTOM, EAST LINDSEY DISTRICT COUNCIL



C East Lindsey ISTRICT COUNCIL LINC ILNSHIRE COUNTY COUNCIL



Produced by Cycle City Guides, Wallbridge Mill, Frome, Somerset BA11 5JU with Realistic Solutions t: 01522 788425 email: maps@realisticsolutions.biz This map is based on Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Maiesty's Stationery Office. Licence Number 100025370

