



# Time for walkies

Did you know most dogs (except for breeds that have been radically changed by man's selective breeding) have the energy and strength to travel an average of fifteen to twenty miles a day?

Dogs that do not get enough exercise become frustrated and often demonstrate destructive, undesirable behaviors such as barking, chewing, running away and digging.

Dog walking is a great way to exercise, for both you and your pooch, whilst enjoying some fresh air. If you have the time to spare and really want to give you both a workout, why not take in the circular walk between Spalding and Fosdyke Bridge. Perfect for a pleasant weathered Sunday!

The route sets off from Spalding railway station, taking in the River Wellend and following the flood bank and past the Ship pub at Pinchbeck on the way back – a great place to stop for a revive 45! The circular totals 18.6 miles, but it's straightforward, enjoyable and your dog will love it!

## Directions

The walk starts off at the railway station in Spalding.

Leave the railway station car park and turn right along the A151 for a few yards, before turning left down a road that heads eastwards past the supermarket.

This road becomes Swan Street. When it meets New Road follow New Road for a short distance until you reach the B1172 Westlode Street. After the sharp right hand bend on the B1172 walk a short distance and turn left down Albion Street, which heads northeastwards along the western bank of the River Welland.

Continue and you'll reach a footbridge on the right, cross it to gain access to the eastern riverbank and follow the B1173 Commercial Road northeastwards until you come to a roundabout.

Cross over the roundabout and when the road curves to the right on the other side turn left down a road called Roman Bank. When Roman Bank crosses the Coronation Channel, near some large floodgates, turn left to take a footpath that runs along the top of a flood bank. This footpath follows the Coronation Channel for a few yards to the junction with the River Welland.

The footpath continues to follow the River Welland northwards for a little over a kilometre until the A16(T) road is reached. It is possible to walk under the road bridge over the river and once on the other side rejoin the flood bank. Follow it northwards for a little under six miles until the A17(T) road is reached at Fosdyke Bridge.

Once the A17(T) is reached, turn left to cross Fosdyke Bridge. On the other side turn left down some steps and follow the footpath that heads southwestwards along the northern bank of the River Welland.

This part of the walk follows the Macmillan Way, a 290-mile long path from Dorset to Boston – thankfully you're not walking that! Follow the path as it heads along the flood bank (there is a handy and firm track available).

As the path passes under some power lines the track leads off to the right; continue straight on along the flood bank until it ends at Reservoir Road in Surfleet Seas End. Join the road and follow it as it heads southwestwards past the Ship Inn; a few yards further on turn left to cross the River Glen using a road bridge.

On the other side of the bridge turn right to join a footpath (still following the Macmillan Way) as it heads westwards along the southern bank of the River Glen.

The path will cross a little drain and skirt past a golf course before reaching the A16(T). Cross the road and continue on along the footpath on the other side; a mile later a bridge carrying the B1356 road over the river is reached in Surfleet. Cross this road and continue on along the footpath as it heads southwestwards beside the river, before turning to take a more southerly course.

On the northern outskirts of Pinchbeck it turns to head west again, passing close to a large water tower on the left. Cross over the railway line, using the pedestrian crossing, and on the other side continue on for a short distance until the B180 road is reached by the Ship Inn. We'd suggest a stop off here, for a well deserved drink and quick refresh!

Once you're out of the pub and back on the walk, turn left and follow the B1180 as it climbs up to cross the railway line on a bridge. Beside a chapel on the left, turn right down Rotten Row and follow this as it curves to the left.

At the junction turn right down Holt Lane and then left down Penny Toft Lane. When this road curves sharply to the left continue straight on southwards along Blue Gowt Lane. When the lane turns sharply to the right continue straight on down a track, which leads to a bridge over Vernatt's Drain. On the other side of the bridge the lane becomes Two Plank Lane, which can be followed southeastwards until it ends at a T-junction.

At the junction turn right down Wygate and then turn left to head southwards down Woolram. When this road ends at a T-junction, turn left down Pennygate for a short distance until it ends at the B1356 Park Road. Then turn right to head southwards for a few hundred yards down the B1356 road, immediately crossing the railway line on a level crossing and then paralleling to the west of the railway line.

When the road ends at a T-junction with the A151 road turn left along the A151 and cross the railway line; it turns to the left and heads back to the railway station – you can now feel very proud of yourself for making it and probably exhausted!

Feel free to tell us the tales of your walk and post any advice you may have for other dog walkers here.