

## 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.raileisure.com](http://www.raileisure.com)

## Places of interest/refreshments nearby:-

**Rushmoor Country Park**, Louth Rd, North Cockerington  
A 'farmtastic' day out for everyone with tea room available for non farm visitors.  
**Tel: 01507 327184** [www.rushmoorpark.co.uk](http://www.rushmoorpark.co.uk)

**The Woolpack Inn**, Riverhead Rd, Louth **Tel: 01507 606568**

**J Shaw & Son**, Yarburgh Rd, Alvingham - Fresh fruit and vegetables, local shop  
**Tel: 01507 327395**

**Alvingham Farm Shop**, Yarburgh Rd, Alvingham - Locally produced meat and  
butchery, delicatessen, café and sandwich bar **Tel: 01507 327205**

**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](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

## Louth to Grimoldby *and back*

A gentle cycle ride around the villages to the east of Louth - an ideal way to re-introduce yourself to cycling



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Overall Distance: 11.5 miles

Shorter Route: 7 miles

Terrain: All on country roads

Highest Point: 20 metres above sea level

Lowest Point: 4 metres above sea level

Journey Time @ 8 mph: 1½ hours plus breaks

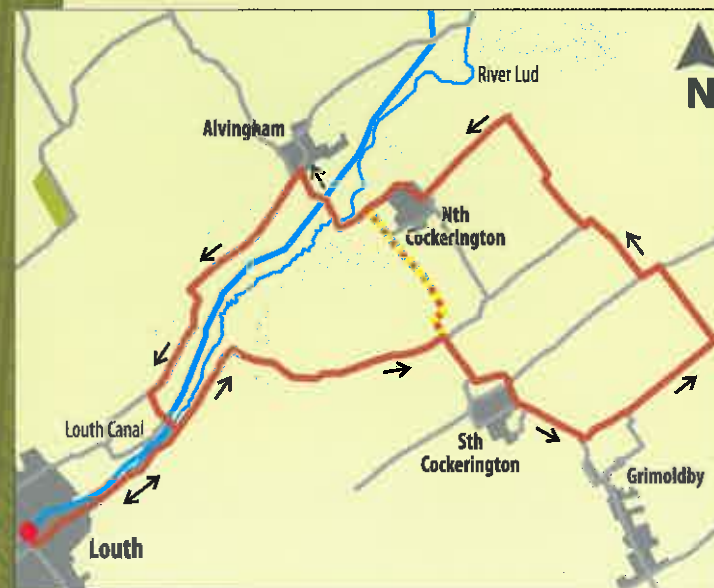
CYCLEROUTES



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: Riverhead to Grimoldby (4 miles and approx. 30 minutes)



Riverhead

Rushmoor Country Park

South Cockerington

Grimoldby

Start from Navigation Warehouse (TF 337 879) and head left onto Riverhead Road

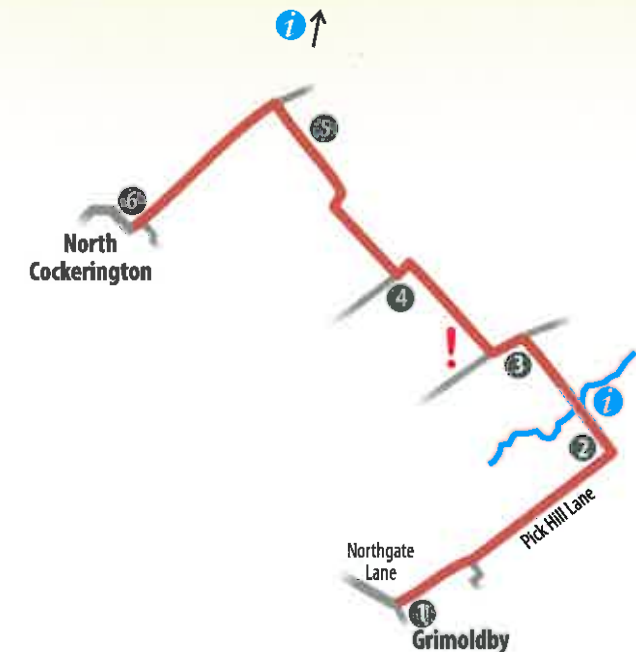
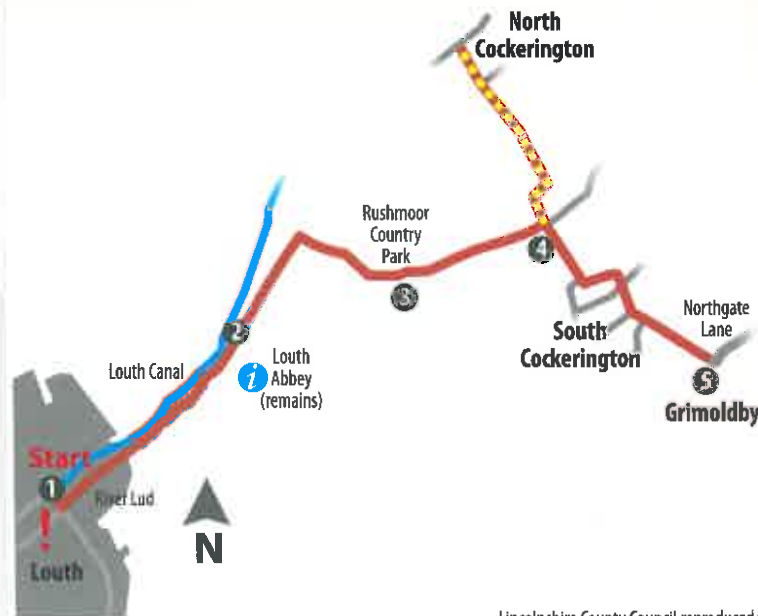
- 1 turn left onto Eastfield Road **!** and cycle out of town
- 2 you'll pass the site of Louth Abbey on your right **i**
- 3 follow the road past Rushmoor Country Park to the next right hand bend
- 4 if you want to do the shorter route of 7 miles, turn left at this bend, towards North Cockerington and follow School Lane to point 2, stage 3.  
To stay on the longer route, continue around this bend and through South Cockerington.
- 5 continue on towards Grimoldby, and take the first left onto Northgate Lane.

## Stage 2: Grimoldby to North Cockerington (3.5 miles and approx. 30 minutes)

Grimoldby

North Cockerington

- 1 Continue on Northgate Lane and onto Pick Hill Lane
- 2 continue on the lane and round a tight left hand bend, you'll pass over one of the marsh drains that prevent this low lying area from flooding **i**
- 3 turn left at the junction and then immediately right **!** continue to the next bend
- 4 continue round the bend and then take an immediate right turn towards North Cockerington
- 5 as you continue along this lane you'll get a good view of Conisholme wind farm **i**
- 6 follow lane to the left and stop at the junction with Chapel Lane.



### Stage 3: North Cockerington to Alvingham (1 mile and approx. 10 minutes)

### Stage 4: Alvingham to Riverhead (3 miles and approx. 25 minutes)



North Cockerington

Alvingham Lock

Alvingham

Alvingham

Ticklepenny Lock

Riverhead

- 1 At the junction, continue ahead on Chapel Lane and around the village.
- 2 turn right at the next junction and follow the road to Alvingham - this is where the shorter route meets the main route (if you are joining from the shorter route turn left towards Alvingham)
- 3 cycle over the River Lud and then on to Alvingham Lock *i*
- 4 continue on to Alvingham and stop at the next bend with Church Lane on your right.

To visit Alvingham *i* turn right and follow Church Lane, past the village stocks and down to the farmyard. Leave your bicycle in the two churches car park, walk past Alvingham Watermill, through the farmyard and to the churchyard. After your visit, return to the junction, at point 4.



- 1 From Alvingham junction, follow the road, signposted Louth, as it runs parallel to Louth Canal
- 2 turn left at the junction signposted Louth Park, crossing Louth Canal at Ticklepenny Lock *i*
- 3 turn right at the junction **!**, following Eastfield Road back into Louth
- 4 turn right onto Riverhead Road **!** and to Navigation Warehouse, the end of the route.

KEY	
	Route
	Main roads
	Minor roads
	Shorter route
	Points of interest
	Use caution

Route maps not to scale.



## Points of interest

### Louth Park Abbey

Situated at the eastern edge of the town, Louth Abbey was founded by Cistercian monks in 1139, becoming famous for wool production. The Abbey was closed by Henry VIII in 1536 during the dissolution of the monasteries and subsequently fell into ruin. Much of the stone and other materials from the ruins were reclaimed for construction of buildings in Louth. All that remains of the site are some lumps and bumps in the fields, outlining the position of the buildings.



The Louth Canal at Alvingham

### Louth Canal

This 12 mile route allowed sea-going vessels to navigate between Louth, the North Sea and beyond, with construction beginning in 1765 at Tetney Lock, reaching Louth in 1770 at a total cost of £28,000. Louth became a boom town, with main imports of coal and timber, whilst corn and wool was exported. With the advent of the steam engine and railways, the canal fell into decline towards the end of the 19th century. The Louth flood in 1920 caused much damage to the locks, bridges and roads which served the canal. Commerce on the canal never recovered from this event and it was closed in 1924. In 1986 a small group of enthusiasts formed the Louth Navigation Trust to help create a sustainable future for the Navigation Warehouse and the canal.

### Mar Dykes and Drains

Much of the low lying land to the east of Louth has been drained with an extensive network of man made mar (marsh) dykes and drains. Some of these dykes date back several centuries, when settlers at the time needed to cultivate the fertile soil. The land itself is barely above sea level and without the continual maintenance of the drainage system much of the land would be transformed to wetland, unsuitable for habitation and agriculture.

### Conisholme Wind Farm

Dominating the view for part of the route, Conisholme Wind Farm was completed in April 2008, the 20 wind turbines standing at a height of 89 metres to the blade centre. The blades themselves are 24 metres long or about 3 double decker buses parked nose to tail! At their most efficient, the turbines have the capacity to produce 43 million units of electricity per year – that's enough power for over 13,000 local homes.



### Alvingham churchyard

Whilst there are two churches in one churchyard at Alvingham, the smaller of the two, St Mary's, sits a mile from its parish of North Cockerington. No longer used for active worship, St Mary's is managed by the Churches Conservation Trust. The larger church is St Adelwold's, the only church in the country dedicated to the saint who later became Bishop of Lindsfarne.



Ticklepenny Lock

### Alvingham and Ticklepenny Locks

Of the eight locks along Louth Canal, no two locks are of the same dimensions and six of the eight locks are of a barrel-sided construction. These had four bays on each side with wooden ties where they met, designed to strengthen them against the pressure of the surrounding land. The gates on the locks of the canal have long been removed. Alvingham Lock has a wharf adjacent to it which is in good condition as can be seen from the modern bridge over it. Ticklepenny Lock was named after Alfred Ticklepenny, a lock keeper and toll collector in the early 19th century.



St Mary's (left) and St Adelwold's at Alvingham