

Muston Parish Walks

Muston is an ancient village which has preserved its sense of tranquillity in spite of its close proximity to the busy A52. The village can be approached from the A607 via Long Lane in the Vale of Belvoir, then east along the A52 (Map ref. OS Explorer 247 SK831 383)

If walking from Bottesford go via Easthorpe to Muston Lane, then with extreme care cross the A52 to Easthorpe Lane, Muston.(2km), and join the routes at point B

Car Parking: Muston Gap Public House Car Park (please check with the pub staff before leaving on the walk)

Walk 1:

2km (1.2miles), allow 45 minutes, easy level ground,

Parking: Muston Gap PH

Leaving Muston Gap Public House car park, cross Church Lane to a stile in the corner of the field and follow the path to Skerry Lane. Follow the lane bearing left, then at the junction turn right past the colourful cottage gardens to reach Corner Farm.

A. Turn left taking the footpath to the left of a large barn and farmyard, then cross the bridge over the River Devon.

A prominent ditch and bank in the field marks the site of a medieval building.

Cross the fields towards farm buildings ahead, and cross the stile to Easthorpe Lane. Walkers from Bottesford will join the route here

B. Continue along Woolsthorpe Lane past farms and pretty gardens to the Market Cross. Turn left by the Cross, down the slope and re-cross the River Devon. Bear left, slightly uphill to a stile leading to Muston Parish Churchyard.

To the right of the medieval church is the handsome rectory, which became home to the poet George Crabbe in 1789.

Walk through the churchyard to Church Lane. *If you have time, turn left over the bridge, sharp left and you will find a quiet garden to sit in. A children's play area is nearby.* Turn right and follow the lane back to the Muston Gap PH

Walk 2:

6.5km (4 miles), allow 2 hours, mainly hard surface paths.

Parking: Muston Gap PH

Follow the directions for **Walk 1** until you reach **point B**. Instead of turning left by the cross, continue along the road to the end of the village, then turn right along the track with views towards Belvoir Castle and the Ridge. *The hedge alongside this track is great for blackberries.*

Continue along the track past a footpath going off to the left. Take the next footpath left, through Muston Meadows Nature Reserve, managed by English Nature. *This is one of the finest lowland meadows in England and known for its colony of over 10,000 green-winged orchids.* Bear right through the narrow field to the crossing in the field boundary. Then heading for the castle, carry straight on to meet the track once more.

1. As the path meets the track again, turn left. After 80 metres turn right to cut across two fields. Turn left when you meet another track, then left again.

2. Follow the towpath with Grantham canal on your right. Pass the brick arch of Longore Bridge (bridge No. 58) *In Spring, wildflowers thrive with swans and geese adding to the enchantment. See if you can spot the old white canal sign - 253Ú4 miles from the Trent.*

3. Just after Muston Bridge (bridge no. 59), follow the track away from the canal, then left to join the wooded route of a disused mineral railway line. *Iron ore was once mined from Belvoir escarpment and hauled along this track. Sustrans now maintain it as part of the national cycle network - route 15.*

4. Continue until you reach a small parking area and a track crossing. Leave the old railway line and follow the road back towards the village. On reaching the village Cross turn right down the slope and cross the River Devon. Bear left, slightly uphill to the churchyard, on reaching the lane turn right back to the Muston Gap PH.

Useful Information:

Buses: Service 625 Grantham - Nottingham. If walking from Bottesford, more buses would be available. Please confirm with Traveline (0870 608 2 608) before you travel.

Refreshments & toilets: Muston Gap PH

It is advisable to wear suitable footwear when walking. Stout shoes or walking boots are recommended.

Some stretches of the route follow minor country roads. Beware of traffic approaching from both directions. If possible stay on the verge, if not walk in single file on the right hand side of the road.

Enjoy the walks, whilst observing the Countryside Code.

Walking - Be fit and well

The benefits of walking regularly include; reduced risk of heart disease, stroke, bowel cancer, breast cancer, osteoporosis and obesity. In addition, many people feel better in themselves. Regular exercise is thought to help ease stress, anxiety and mild depression.