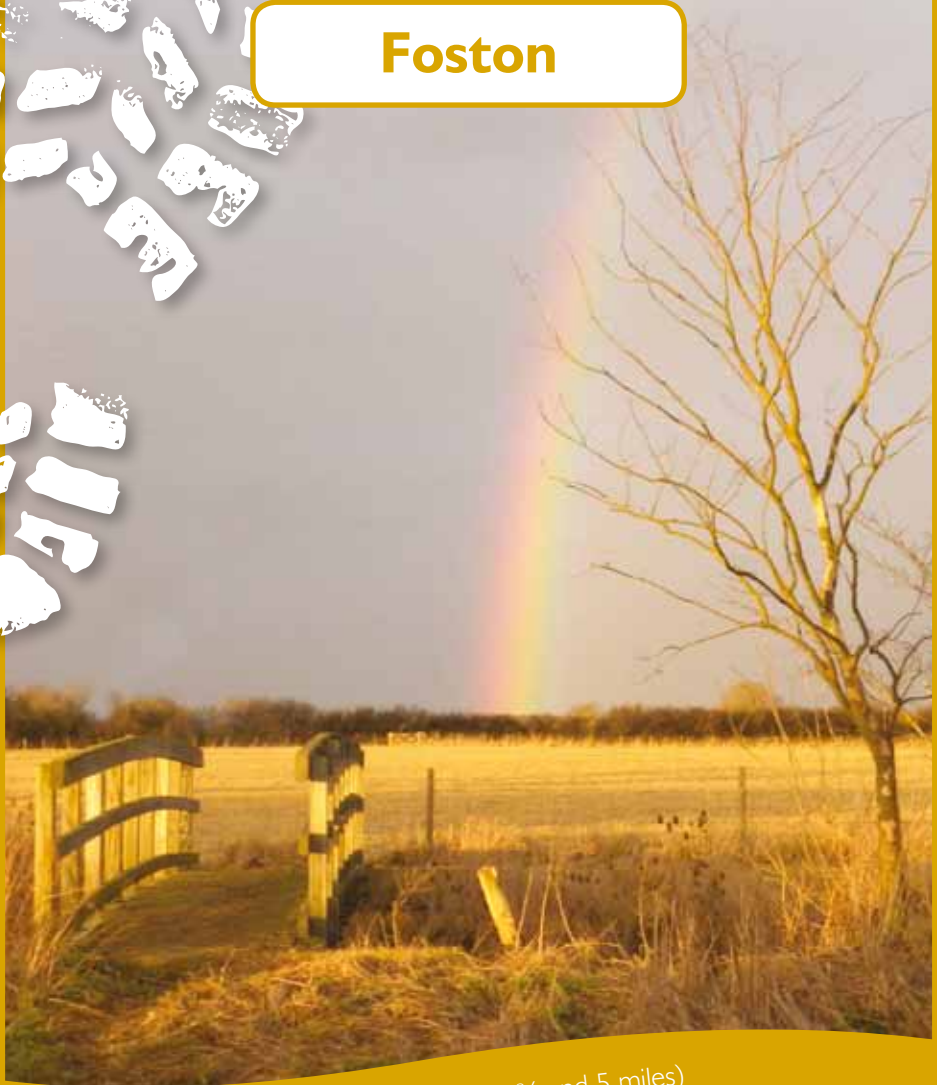


Foston



Three circular walks of 3, 4 ½ and 8 km (2, 2 ¾ and 5 miles)

VISIT LINCOLNSHIRE

Introduction

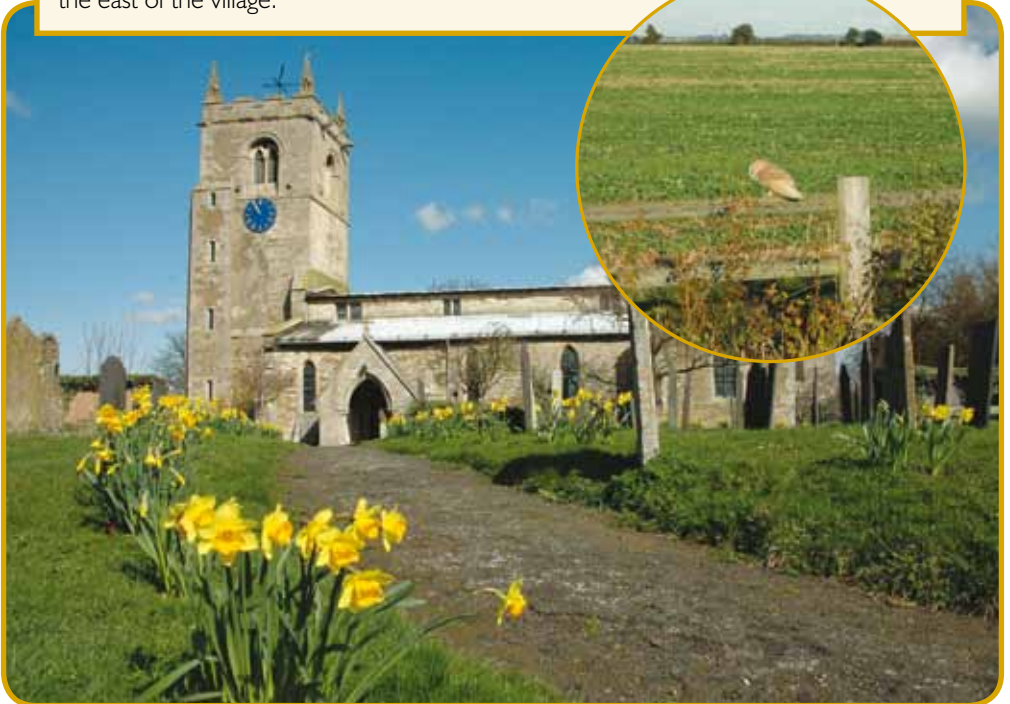
The village of Foston lies on an ancient crossroads, situated on the northern edge of the Vale of Belvoir, nearly six miles north-west of Grantham. Foston is traditionally a farming village with the River Witham running to the north of the village and the Foston Beck along the eastern border.

In Roman times there was a settlement in the parish and various pieces of Roman pottery, coins and other artefacts have been found in the area.

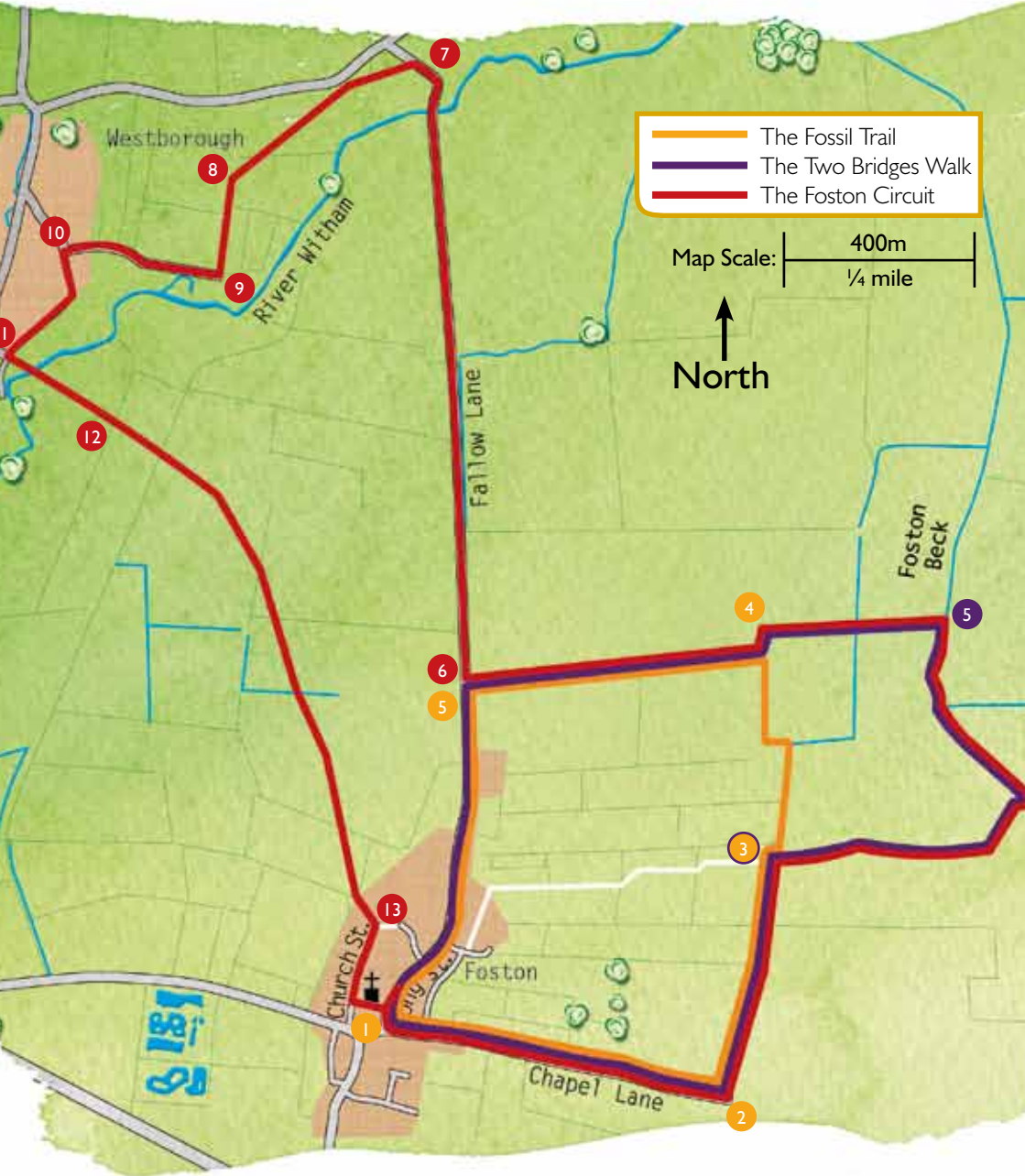
Foston is most likely to have been founded in the late Anglo-Saxon period. The Saxons settled in the district and extensive remains have been excavated on Loveden Hill, which can be seen to the east of the village.

The name Foston comes from 'Fot's village' from the Old Norse personal name Fotr and the Old English ton - village. Foston also appears in the 1086 Domesday Book as "Foztun".

In the early 19th Century, Foston had several Inns and Staging Houses due to its location on the Great North Road. The Duke William public house was at the Allington crossroads, The Black Horse still exists in the centre of the village as a private house and flats, but The Black Boy was demolished in 1950, which stood at the Junction of Tow lane and Newark Hill. More recently, the Coopers Arms was demolished to make way for a residential property, situated on Newark Hill.



Map



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The Fossil Trail

St Peter's Church

St Peter's Church dates back to the 12th Century and was substantially restored in 1858. It is a Grade I Listed Building with the chancel arch being one of the finest examples of late Norman buildings in Lincolnshire, having lines of beautiful clean cut chevrons decorating it. Look out for the unusual weather vane on top of the tower.

The Old Hall

The Old Hall is a Grade II Listed Building dating from 1647 as depicted on the worn date stone. The 17th and 18th century improvements and extensions to the hall use the typical masonry-work of their period, which can still be seen today.

The Great North Road

At the turn of the last Century when the Great North Road ran through the village, the vehicles on the road were mainly horse drawn. Travelling circuses would pass through the village along with occasional dancing bears and travellers from all walks of life.

- 1 Stand with your back to the Church notice board, turn right then immediately left into Chapel Lane. Follow Chapel Lane, past the Scout Hut (Gorrie Hall) and Village Playing Field and continue as it turns from road into track. *This section of walk, to the junction with the restricted byway, uses a permissive footpath by kind permission of Baggaley Farms.*
- 2 After approximately 550m past the Scout Hut turn left onto a restricted byway.

Devil's Toenails

Keep your eyes peeled for these fossils which are abundant along the trail, suggesting that this area was once a shallow sea bed. They are related to oysters and the complete fossil consists of two articulated valves: a larger gnarly-shaped shell (the 'toenail') and a smaller, flattened shell, the 'lid'. The soft parts from inside have long since disappeared.

- 3 Continue on the byway, crossing straight over a junction with a footpath. Follow it as it bends to the left and then the right and then carry straight on for about 250m (with fields on either side).
- 4 Turn left onto the Viking Way at the signpost.

Walk up to and through the first gate and onto the second gate which leads onto Fallow Lane.

Ridge and Furrow

The final field on the left contains ridge and furrow, the remnants of medieval ploughing. The ridges are a result of ploughing with non-reversible ploughs on the same piece of land year after year.

- 5 Turn left on Fallow Lane and walk back into Foston village, where Fallow Lane becomes Long Street. The Church will be found on your right after about 800m (½ mile).



The Two Bridges Walk

Follow the directions for **The Fossil Trail** up to the end of point **2**

- 3** At the footpath junction turn right and follow the footpath down the middle of a field for 250m before bearing diagonally left to the first bridge over the Foston Beck.
- 4** Cross over the bridge and turn left. (Alternatively, to make a longer route, at this point you can turn right and pick up walk 3 'The Foston Beck Walk', from the Marston & Hougham walks leaflet).
- 5** The second bridge will appear on the left. Cross the bridge (which is

part of the Viking Way) and continue straight ahead following the Viking Way for approximately 400m ($\frac{1}{4}$ mile), round to the left and then turn right at the signpost to continue on the bridleway and Viking Way.

The Viking Way

This is a long distance footpath through Lincolnshire; starting on the banks of the Humber and ending at Rutland Water it covers a distance of 147 miles. The route is signposted with a Viking helmet.

Continue from point **5** of **The Fossil Trail** above.

The Foston Circuit

Follow all the directions for the **Two Bridges walk** above to the end of point **5** and the junction with Fallow Lane.

- 6** As you emerge from the Viking Way onto Fallow Lane, turn right (not left back towards the village) and continue for about 1.2km ($\frac{3}{4}$ mile) to the River Witham. Cross the river via the footbridge then follow the track up to the footpath sign on the left.

River Witham

The River Witham rises in South Witham and flows through both Grantham and Lincoln before entering The Wash at Boston. Look out for wildlife as you

walk close to the river, including herons, kingfishers and swans.

Fallow Lane Ford

A concrete based ford with footbridge, allows access between Foston and Westborough through the River Witham. There are also the remnants of another 'rough' ford further down stream towards Westborough.



The Foston Circuit

7 Turn left onto the public footpath and walk across the field, towards a large willow tree in the hedge line. Cross the next field, heading for the far right hand corner of the field.

8 Cross the bridge in the corner of the next field and turn left onto a bridleway. Follow the bridleway straight on for 250m as it narrows between hedges to a junction.

9 Turn right to keep on the bridleway. Continue straight on as the bridleway becomes Long Lane.

10 Turn left onto Back Lane.

11 At the end of Back Lane turn left (away from Westborough Church) towards the river. Cross over the bridge then head diagonally left across the first field. This is clearly signposted as you are now back on the Viking Way.

12 Head straight across the second field, through a gap in the hedge and into field three. Foston Village is approximately 1 km (½ mile) ahead of you. Carry straight on, neither turning left or right, but heading towards Foston Church in the distance.

Follow the footpath through the field boundaries, up a slight incline, keeping Foston Church in front of you.

13 After diagonally crossing the final small field, you re-enter Foston village on Church Street. Continue straight along Church Street to reach the Church on your left to finish the circuit.



All Saints' Church, Westborough

Parts of the Church date back to the 11th Century with additions during the Middle Ages and restoration in 1811. Medieval settlement remains have been identified in the area close to the Church.



Useful information

Walk location: Foston lies 9 ½ km (6 miles) north-west of Grantham, close to the A1.

Starting point: St Peter's Church, Long Street, Foston, NG32 2LD. Grid reference: SK 858 429.

Parking: Please park responsibly in the village.

Public Transport: For times and more information call the Traveline on 0871 200 2233 or visit www.lincolnshire.gov.uk/busrailtravel or www.lincsbus.info



Ordnance Survey maps for the area: Explorer 247 Grantham. Landranger 130 Grantham.

Walk length: The Fossil Trail: 3km (2 miles) which will take approximately 1 hour to complete.

The Two Bridges Walk: 4 ½ km (2 ¾ miles). Approximately 1 ¼ hours to complete.

The Foston Circuit: 8 km (5 miles). Approximately 2 ½ hours to complete.

Type of walks: The walks use tracks, field paths, roadside paths and quiet lanes. The walks are mostly level but may be uneven and muddy in places. There are no stiles on any of the walks.



Foston Conservation Group

Walk descriptions, information and photographs provided by Foston Conservation Group.

Lincolnshire
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Be a responsible walker

Please remember the countryside is a place where people live and work and where wildlife makes its home. To protect the Lincolnshire countryside for other visitors please respect it and on every visit follow the Countryside Code. Thank you.

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take litter home
- Keep dogs under close control
- Consider other people

Most of all enjoy your visit to the Lincolnshire countryside

This leaflet is one in a series of walk leaflets produced by Lincolnshire County Council's Countryside Access Team to help you explore and enjoy the county's countryside. If you have enjoyed these walks and would like information on other walking routes in Lincolnshire then please visit our website.

If you encounter any problems whilst on these walks, such as an overgrown path or a broken signpost, please let us know so they can be corrected.

We would also welcome your comments and suggestions on the walk and leaflet to help improve future editions.

If you would like to request a copy of this leaflet in an alternative format or a different language please contact us.

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