

Hereward Heartlands Trail

Health & Safety Risk Assessment

Route: Hereward Heartlands Trail

Location: Witham on the Hill – Lound – Toft – Manthorpe – Bowthorpe – Witham on the Hill

Distance: Approx. 5.4 miles / 8.75 km (Circular route)

Duration: Approx. 2.5–3 hours

Terrain: Public footpaths, bridleways, country lanes, farmland, meadow, woodland, golf course

Intended Use: Self-guided countryside walking (spring to autumn, weather permitting)

1. General Route Information

The Hereward Heartlands Trail is a circular countryside walk following **existing public rights of way**, bridleways, and quiet country lanes. The route passes through a mix of rural environments including farmland, grazing land, a golf course, and historic landscape features.

Walkers are advised to:

- Wear suitable footwear for uneven and muddy ground
- Be mindful of changing weather conditions
- Follow the Countryside Code
- Take personal responsibility for their own safety

Hazard points and route guidance are identified on the official GPX file available via herewardthewake.co.uk/hereward-heartlands

2. Section-by-Section Risk Assessment

Section 1: Witham St Andrew's Church to Lound Crossroads

Distance: Approx. 2.6 km

Defibrillator: Available at Lound Crossroads

Identified Hazards:

- Steep descent from St Andrew's Church (pinch point)
- Narrow country lanes with blind bends
- Farm machinery operating at certain times of year
- Uneven ground
- Narrow bridge
- Seasonal mud and potential surface water or flooding
- Livestock present in fields

Control Measures / Advice:

- Walkers advised to take care on steep descent
- Keep to verges where available
- Be alert for vehicles and farm machinery
- Follow waymarked public rights of way

Section 2: Lound Crossroads to Toft Golf Club

Distance: Approx. 1.1 km

Total Distance So Far: Approx. 3.75 km

Identified Hazards:

- Walking along a country lane
- Road crossing (A-road)
- Farm machinery at times
- Golf course crossing (pinch point)

Control Measures / Advice:

- Extreme care required when crossing the A-road
- Walkers advised to keep to the **yellow Lincolnshire County Council waymarker post** when crossing the golf course
- Awareness of golfers and golf balls

Section 3: Toft Golf Club to Manthorpe

Distance: Approx. 1.5 km

Total Distance So Far: Approx. 5.2 km

Defibrillator: Located next to Manthorpe village noticeboard

Identified Hazards:

- Uneven ground
- Lane crossing
- Golf course crossing
- Steep bank on golf course

Control Measures / Advice:

- Walkers advised to cross fairways promptly and attentively
- Take care on steep banks and uneven ground
- Follow indicated route carefully

Section 4: Manthorpe to Bowthorpe Oak

Distance: Approx. 1.0 Km

Total Distance: Approx. 6.2 Km

Identified Hazards:

- Uneven ground
- Livestock present
- Farm machinery at certain times
- Narrow bridge
- Steep bank

Control Measures / Advice:

- Walkers advised to keep dogs under close control
- Be mindful of livestock
- Use bridges carefully, especially in wet conditions

Section 5: Bowthorpe Oak to Witham St Andrew's Church

Distance: Approx. 2.5 Km

Total Distance: Approx. 8.75 Km

Identified Hazards:

- Road crossing (A-road) where traffic moves quickly (pinch point)
- Two steep ditches (risk of losing balance backwards)
- Uneven ground
- Farm machinery at times
- Narrow bridges
- Seasonal mud

Control Measures / Advice:

- Extra caution required when crossing the A-road
- Walkers advised to pause, assess traffic, and cross together where appropriate
- Take care near steep ditches and banks

3. Land Use and Access

The route follows **existing public rights of way** but passes through or alongside:

- Working farmland
- Grazing land
- Toft Golf Club
- Bowthorpe Oak area

Walkers are reminded to:

- Respect private land
- Keep to the designated route
- Leave gates as found

- Follow any local signage

4. Emergency Information

- Mobile phone signal may be limited in some areas
- Defibrillators available at:
 - Lound Crossroads
 - Manthorpe village noticeboard
 - Witham on the Hill next to St Andrew's Church
- In an emergency, dial **999** and provide location details where possible
- Emergency Support: Always inform somebody close that you are undertaking the route

5. Responsibility and Disclaimer

The Hereward Heartlands Trail is provided for **self-guided walking**.

Walkers undertake the route **at their own risk** and are responsible for their own safety.

The WakeHereward Project and Hereward Country:

- Do not supervise or marshal the route
- Do not accept liability for accidents or injuries
- Provide information in good faith to support safe enjoyment of the countryside

Further Information

Route details, GPX download, and updates available at:

<https://herewardthewake.co.uk/hereward-heartlands>

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