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 - 25³/₄ 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.

Ontinue 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.

The routes are clearly marked with bold, yellow topped waymarker posts and waymarker discs with the Parish Walks symbol.



Walking - Be fit and well

Walking is a form of excercise that is suitable and enjoyable for all ages. It's a free and fun way for families and friends to get fit togther. Just 30 minutes of brisk walking on a daily basis can benefit your health and quality of life.

useful information:

Bus 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

Muston

This leaflet is one of a series produced to promote circular walking throughout the county. You can obtain others in the series by visiting your local library or Tourist Information Centre. You can also order them by



Special thanks go to the Bottesford Environmental/Conservation Volunteers (BECV) for the descriptions of the walks.

Your Parish or Local Community Group may wish to produce a walking leaflet, please contact the Access Officer at County Hall for more information.

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.

contact details:

Access Officer, Community Services Department, County Hall.
Telephone: 0116 305 8160 Fax: 0116 305 7965
Minicom: 0116 305 7334

email: footpaths@leics.gov.uk Website: www.leics.gov.uk/paths For more information on Bottesford and Muston: www.bottesford.org.uk

The information in this leaflet is available in other formats on request.



