

Thornton Le Clay – Bulmer – Foston: 5 miles – all distances are approximate.

Starting at the post box in Thornton Le Clay: walk up High Street and after 40 yards turn right at MacDonald Farm: footpath signposted from opposite side of the road. Go up the track and keeping right of the 'barn' follow along the hedge to your right over 2 stiles. At the 3rd field continue straight across with the telegraph poles and the new fence to your right. Cross the stiles over the stream. Go straight on up the field, about 15 yards to the left, go over the stile.

Keep left along the field edge until forced to turn right and follow along the right hand side of the hedge line. After half a mile at the foot of the hill the path becomes a grass track. Follow straight on, bearing to the right of the hedge. Continue straight along the main track for another half mile, this time uphill, again keeping the hedge on your left. Cresting the hill, the track turns sharply right, so leave it and continue straight on, still with the hedge on your left, towards a copse of conifers on the skyline.

15 yards after the start of the conifers, as the track turns right, go straight through the line of trees to a small gate. Follow the direction of the way mark arrow, aiming for a stile just out of view about 20 yards to the right of a large tree ahead of you on the horizon. Turn right along the road and after a short rise go down the hill and up Bulmer Bank!

On reaching Bulmer, take the lane, which is the first turning on your right. After quarter of a mile downhill, the lane turns to the left and when you reach a hedge turn right along the left hand side of it following the signpost to 'Foston 1¼ miles'. After half a mile the path descends to a footbridge across the stream.

Bear right and then turn left, following the hedge line up the field. At the end of the hedge continue in a straight line toward the horizon for about 80 yards, then turning 90 degrees left, follow the hedge line on the downhill side. At the third tree the path turns 90 degrees right, again follow to the left of the hedge line. With Foston Grange to your right, the farm track is then reached.

At the farm track, turn left following it back to the road, then turn right towards the church and into Foston.

From Foston, make your way on the pavements back up the road to Thornton Le Clay.