



It's never too late!

There is no such thing as "too old to exercise". Whatever your age or fitness, you can benefit from doing a bit more physical activity. Try to get out and walk as much as possible within your own limitations

Start at your own level

There is no point wearing yourself out on your first walk. Start gradually, set yourself small targets and goals and build slowly from there. Small changes can make a big difference, the most important thing is to make a start.

Build walking into your daily routine

Any activity is better than none, but to get the most benefit you need to do 30 minutes continuous moderate physical activity on at least 5 days of the week, but this can be broken down into shorter sessions if needed. Any health benefits you have gained will be lost if you don't continue to be active.



Walkers are Welcome

Cleobury Country joined this volunteer led national organisation of affiliated towns in 2010. This status is awarded to towns with well maintained, safe way-marked footpaths and who give a warm welcome to walkers in their accommodation, pubs, cafés and shops. Our area has three active footpaths groups, a supportive Chamber of Trade and a Visitor Information Point.

Cleobury Mortimer Footpath Association

is a member of Shropshire County Council's *Parish Paths Partnership* (P3) scheme.

We have monthly work parties to clear overgrown routes and put in stiles, fingerposts etc to make footpaths more accessible. We also encourage use of local paths by leading walks on some Sundays and by producing a number of guides, including this one, to walks in our glorious countryside.

For more information about walking see www.shropshirewalking.com or contact Shropshire County Council Countryside Access Team 0845 6789000

For more information about Cleobury Country or CMFA see www.cleoburycountry.com or www.cmfa.co.uk



Cleobury Country Walks



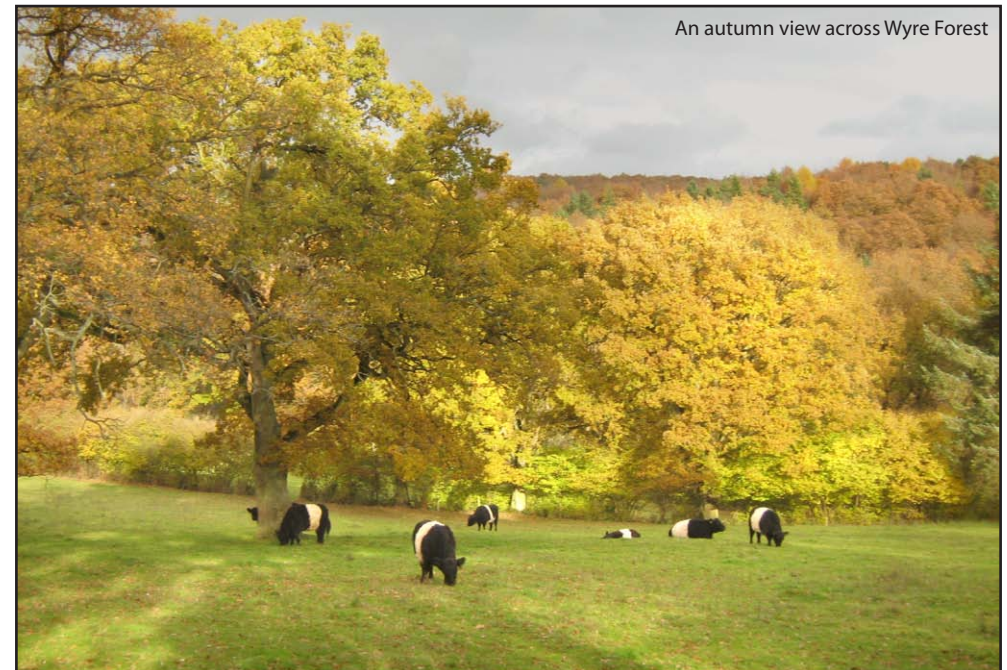
Walk 13: The Far Forest

Length: 4½ miles (7kms) or 3 miles (4.5kms)
Time: 2¼ or 1½ hours plus time at The Betts

Start & Parking: Far Forest. Far end of New Road. (Turning off A4117 opposite the village Hall). Roadside parking.

Walk Grade: **Moderate.** Undulating but no steep hills. Steady uphill at end of walk. 11 Stiles. Can be muddy.

Please take great care when walking along the busy A4117. Beware of traffic.



An autumn view across Wyre Forest

A walk on the edge of Wyre Forest featuring woodland & attractive scenery. Lovely at any time of year but particularly so in the autumn. The route includes an exploration of The Betts Nature Reserve – a little woodland gem in a quiet part of the Wyre Forest.

Artwork by MA Creative • www.macreative.co.uk • June 2010

Walk Directions

- 1 Head away from the A4117 around left hand bend at bottom of New Road, ignoring right turn, then left again at next bend (Church Lane) ignoring road straight ahead. Pass Far Forest church then take path on right through gate into woodland.
- 2 Follow waymarks to keep to right hand edge of woodland. At end (with stile on your right), turn left downhill. Continue forward where edge of woodland turns right. Go through old metal kissing gate, over footbridge and into field.
- 3 Continue along right hand field edge, (ignore FP on left) and over stile ahead. Go diagonally left across field towards bungalow, through gate and forward then left along lane. Shortly turn right down track at bend then left (opposite house) onto bridgeway. Continue to road.

For short option, turn right to walk along road, passing turning on right to entrance to nature reserve at point 10

- 4 Turn left for 100mtrs. Take track on the right, just after buildings and straight on into the grounds of Catswell Farm. Veer left off the drive, into a hollow before the drive bends right keeping to the left boundary of the property and in the far corner descend into woodland via steps.
- 5 Go left over a stile and continue through woodland. Where the main track starts to go up again, take the path on the right downhill to a footbridge. Once over the footbridge(county boundary) into a field, follow the right hand field boundary uphill and bending left to a gate and the A4117.
- 6 Turn right and walk along the right hand side of the A4117 for 150metres to turn right down a bridgeway. Pass a metal gate and forward along a track. Where the track bends right, veer left through a metal gate in deer fencing.
- 7 Walk in the same direction to a waymark post at a path junction. Continue

forward (ignoring path to metal gate on right) on track and through a metal gate. Go downhill through a cutting to a cross track THE OLD RAILWAY [The Bewdley to Tenbury Wells line opened in 1864, closed in 1962].

- 8 Go forward uphill. At the top, take the track to the right out of the wood and shortly left over a stile. Keep the field boundary on your right to gate at end of field and forward to a track.
- 9 Turn left and continue along track to a lane and turn right. At road junction go right. Continue along lane, over a river bridge (county Boundary) then uphill to an entrance to THE BETTS NATURE RESERVE on your right [Named in memory of a founder member of the Worcestershire Wildlife Trust. Dippers, wagtails and kingfishers are seen along the brook, which is also used by otters. Many butterflies are seen in summer].

To explore the reserve, go downhill to an information board showing the route of permissive paths around the reserve. Following a path around the reserve and eventually exit at the same access point

- 10 Take the stile opposite. Keep the field boundary to your left. Go over a stile and forward between fence and hedge over another stile. Continue in same direction through gates and then with field boundary on your right through a kissing gate to a road.
- 11 Turn left and continue along lane for some distance. It winds to go under old railway route then uphill. Where the road bends sharp right go left down a bridgeway and to the right hand side of a house. Continue down to footbridge, left and up again to go over stile on right.
- 12 Go over next stile ahead then uphill with field edge to your left, then after stile, onto concrete track uphill into farmyard. Follow main track through farm and left past barn. Follow this track which eventually becomes road in same direction back to the car.

