



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 15: Earls Ditton Exploration

Length: 3 miles (5kms) or 6 miles (10kms)
Time: 1½ or 3 hours

Start & Parking: The Crown Public house, Hopton Wafers

Walk Grade: Short walk Moderate with three steady ascents (and descents!).

The longer walk is Energetic with two further ups & downs. The second half of both walks is more gentle. Earls Ditton Ford and the brook after point 4 may be difficult to cross after heavy rain.

Note: Due to the terrain, nearly all our walks involve at least one short steep uphill and some stiles. However, you can take it as slowly as you like and the views make it worthwhile.



Ditton Mill and Ford

A wonderful walk with glorious rural scenery. Goes into little known countryside south from Hopton Wafers to explore the hamlet of Earls Ditton. Was Ditton in the Domesday Book. Became Earls Ditton in the middle ages when owned by the Mortimer Family who were Earls of the Marches.

Do be encouraged to visit the Crown who have allowed free use of their car park for this walk.

Walk prepared by Cleobury Mortimer Footpath Association

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

Walk Directions

1 Go right on A4117 and immediately right at minor road. At t-junction go right and immediately left through gate with brook to right. Keep left then through gate into field. Keep field edge to your right for 100mtrs then left across field to stile in far hedgerow.

There may be electric fencing, if so use the handles to unclip the wire to get through.

2 Go across next field and through old hedgerow. Turn right uphill and over stile at top. Diagonally left through gate then in same direction over stile in hedge onto A4117.

3 Go through gate opposite. With field edge to your right continue in same direction through several gates and downhill over footbridge. Now uphill following line of cables to gate onto lane. Turn right past farm buildings to crossroads.

4 Turn left and with EARLS DITTON HOUSE (now a farm) to your left go immediately right through gate into field. Go left parallel to hedgerow. After going through old fence line, veer right downhill to stile in bottom left corner of field. Go over stile and brook beyond. Continue uphill with hedge on left to go over stile onto lane.

For short option:

5 Turn left along lane. At crossroads with farm tracks go left and continue a long way downhill to a junction. EARLS DITTON FORD & MILL are both to your right but go left up to the entrance to Dippers Bank park homes site and rejoin longer walk at 10

For the longer route:

5 Go over stile opposite and in direction of fingerpost to far side of field and

through gate on left. Go right along track past farm buildings and into field. Keep field edge on your left through several gates until hedge ahead. Turn right downhill, left through gate and follow track down to stream crossing.

6 Do not cross stream but turn sharp left uphill to left of isolated clump of trees. Through dip and over rise to stile into wood in left hand field edge. Turn right downhill and left through trees to wicket gate. Downhill then left with stream on right for 200mtrs then over stream via footbridge.

7 Go diagonally left uphill to gate. Keep field edge to the left to stile. Left along lane for about 5 minutes to go over stile on the left. Follow right field edge to another stile.

8 Do not go over this but left along field edge then diagonally across field and over stile onto track. Now downhill with field edge to left, through gate to pass a pond and eventually over a stile on the left and through trees to a lane and turn left.

9 Through ford at EARLS DITTON and pass the old Mill on your right. Pass a left turn then where the lane bends left, go straight on into Dippers Bank park home site.

10 After first park home on left, go left then right. At end, go over stile. Go in same direction through field with ELAN VALLEY PIPELINE [Completed in 1904 to carry drinking water from Wales to Birmingham. The water travels all the way by natural flow] below to your left and across corner of next to a footbridge and uphill to a gate.

11 In same direction with field edge to your right, take the stile in the far right corner of the field then continue along track to the A4117 and go right to The Crown.

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