



# 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](http://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](http://www.cleoburycountry.com) or [www.cmfa.co.uk](http://www.cmfa.co.uk)



# Cleobury Country Walks

## Walk 16: The Catherton Excursion

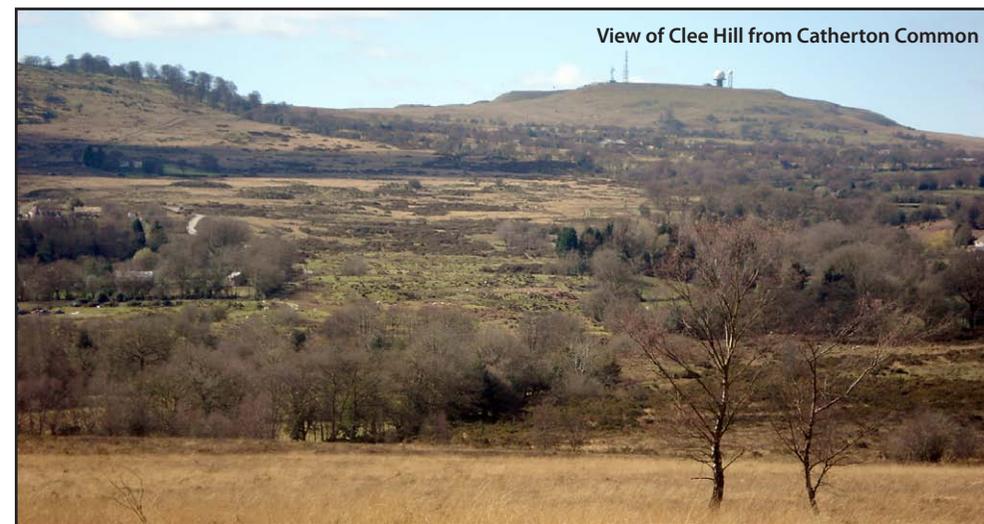


**Length:** 2 miles (3.5kms) or 4½ miles (7kms)  
**Time:** 1 or 2½ hours

**Start & Parking:** On Catherton Common: Take the Catherton Road from Cleobury and immediately after the cattle grid, turn left for Hopton Wafers. Parking after 200mtrs before next cattle grid.

**Walk Grade:** Short walk: Easy, just one stile and a steady uphill from point 9. Longer walk: Moderate, more up and down and several stiles.

**Both walks can be boggy after a wet period when wellies would be useful. Even in a dry period, stout boots are recommended.**



View of Clee Hill from Catherton Common

An exhilarating walk on a clear day but not recommended in poor visibility. The start & end of the walk are over Catherton Common, an SSSI. It features open heather moorland with views to Clee Hill.

The walk also visits Cramer Gutter, A national Nature Reserve managed by Shropshire Wildlife Trust. Over 100 flowering plants have been recorded there. Look out for bog asphodel & bog pimpernel in spring, marsh gentians in late summer and watch the dragonflies skimming about in the summer. The gutter refers to the stream at the bottom.

Walk prepared by Cleobury Mortimer Footpath Association

Artwork by MA Creative • [www.macreative.co.uk](http://www.macreative.co.uk)

## Walk Directions

- 1 Follow path north across **CATHERTON COMMON** in direction of waymark post (positioned on other side of cattle grid). Following faint track\*, keeping at the same height then very gradually climbing, go straight on at all cross paths to end of common with house (The Turf House) eventually appearing ahead. Turn right along track to road.

*\*Second part of this path is not a right of way but the common is open access*

- 2 Cross road and go diagonally left towards trees at left edge of common. Turn right along edge. Path is at first undefined but becomes clearer. Keep close to left hand edge and at fallen trees, keep close to brook through the trees, eventually over brook then over stile in left corner onto U-bend of a track. Go ahead (right) along track, passing Fir Tree Cottage, eventually through gate to **CRAMER GUTTER NATURE RESERVE**.
- 3 Continue in same direction (if necessary, take wide detour to the right to avoid boggy area) to information board about the reserve. With your back to the board, go diagonally left downhill, through gate onto common and in same direction uphill to waymark post with gate 50 metres ahead.

### For the short walk

- 4 Turn right at waymark post (before gate) and follow directions from point 8

### For longer walk

- 4 Go through gate ahead and left downhill with field boundary on your left. Go over stile ahead and in same direction to go left into next field after about 100mtrs. Turn immediately right

and with fence on your right, go round bend then forward and over stile in middle of field edge ahead (ignore stile to the right). Go diagonally left into trees and over stile in far left corner of woodland. Turn right and over brook and stile.

- 5 Turn left along field boundary and over stile in middle of hedgerow ahead at end of long field. Turn immediately right through gate and continue through another gate to a third gate at end of field on right. Go through this gate, if crop in field, go left downhill for about 100mtrs then right on path through crop to track on far side. If there is no crop you can go diagonally left across field to same point.
- 6 Take track, keeping hedgerow on your left. After about 200mtrs go left through field gate. Turn right keeping hedge on your right until you go over a stream, then uphill with telephone poles to your left to a gate in far corner of field. Follow track to road at **CATHERTON**. *[The white, half-timbered Catherton Cottage on the left, was a double cruck Eating Hall for workers who mined and smelted iron from bell pits on the common. It was also the medieval home of the Iron Master. The cruck timbers with lavish carved blades have been dated to 1485, the foundations are older].*
- 7 Turn right for 100mtrs then right down farm track. Follow this undulating track to a stile and footbridge. In next field go uphill keeping field edge on your left and over a stile. Go forward in same direction to go through gate and turn left to rejoin shorter walk
- 8 Follow track, keeping left at fork, eventually onto gravel and then to a road. Turn left along the road and then right (signposted Hopton Wafers) back to the car.

