



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 17: A Round of Golf



- Length:** 4½ miles (7kms)
Shorter version from either start point is 3 miles (4.5km)
- Time:** 1½ or 2 hours
- Start:** Outside St Mary's Church, Cleobury Mortimer
Or from the golf course (Start & finish at point 5)
- Walk Grade:** Moderate. One steady climb then easy throughout until another short uphill near the end. *Involves crossing the busy A4117, on a bend. Please take care!*

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.



A walk to (or from) our well known golf club where it may be possible to stop for a drink or meal at the clubhouse which is open to non-members.

A varied walk with attractive views.

Walk prepared by Cleobury Mortimer Footpath Association

Walk Directions

- 1 From the Church, cross the road. Turn left and continue, passing the parish hall and the OLD POST OFFICE [*once home of our famous postman poet Simon Evans*].
- 2 Cross the road and continue in the same direction. Turn left into New Road. Where the road bends left, go straight on into Rockley Bank. At the end, take the footpath downhill, and over the River Rea. Go right through a gate passing PAPERMILLS COTTAGES [*Papermaking was a major 19thC local industry. A paper mill here was burnt down in 1887. The cottages were built for the mill workers*].
- 3 Straight on through gate and along river. With NEWBRIDGE ahead [*Built by Telford in 1783-94*] go up steps onto main road. Cross road (with great care) and turn left along pavement, around bend to parking area and kissing gate on other side of road.

For the short route back to the church

- 4 Continue uphill along pavement for a few minutes. Turn right down farm track. Where track bends right, go straight on towards trees. Go through gate into trees and continue to footbridge on right. Go over bridge, rejoining longer walk at point 8.

To continue to the golf course

- 4 Cross road again and go through kissing gate. Continue uphill with field edge on left. Go through gate (into nature reserve) and immediately right, through gate. Follow path to road. Cross and go over stile opposite. Continue with fence to left through trees. Cross access road to golf club, and continue in same direction to car park and club house.

- 5 Leave car park in far corner (to right of clubhouse). With woodland on your right and golf course to your left go through trees to a waymark post. Downhill, over a footbridge, steeply uphill and over a stile. Diagonally left across field, and over stile. Keep field edge on your left and over a stile to the A4117.

- 6 Cross with care and go through gap in hedge to path through trees. At the clearing continuation is slightly to the left through trees but in same direction to a stile. Turn right and follow track to the main entrance drive to MAWLEY HALL [*Seat of the Blount Family for centuries until 1960's. The house was built by Smith of Warwick in 1735*].

- 7 Take the path opposite which winds downhill passing an old walled garden. At the bottom continue for about 100 metres to a footbridge over the River Rea at the site of UPPER FORGE, [*a 16th Century Iron Forge production ceased in 1820s*].

If doing the shorter walk starting from the golf course, do not go over footbridge but continue straight on. Emerge into field and up to a track where go right to road. Turn left downhill along pavement for a few minutes to a parking area with kissing gate on other side of road. Rejoin walk at point 4 to return to the golf course.

- 8 Go over footbridge and uphill with fence on your left. Go through a high gate, across a field to another high gate and stile. Turn left along the lane. After 100 metres go right through first farm gate. Go forward 50 metres then over stile in right hand hedge.

- 9 The church steeple should now be visible. Head towards this and go through a gap. Go downhill to a kissing gate and uphill back to the church.

