



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 21: Dinmore Dally



Length: 5miles (8kms)

Time: 2½ hours

Start: Outside St Mary's Church, Cleobury Mortimer
Or from the golf club (start and finish at point 10)

Walk Grade: Moderate. A longish walk but just one long but gentle climb

An alternative (mainly off-road) route between points 7 and 11 is shown on the map to shorten the route by 1 mile or provide a short walk of 2½ miles (4km) from the golf course.



One of the views of Cle Hill which dominates this walk

A walk to the North East exploring the small hamlet of Neen Savage with ancient church and picturesque ford before climbing to high ground at Dinmore with wonderful views over the Cle hills.

This walk goes to our popular golf club where it may be possible to stop for a meal or drink. It is open to non-members

Walk prepared by Cleobury Mortimer Footpath Association



Shropshire County
Primary Care Trust



RURAL
DEVELOPMENT
PROGRAMME

Walk Directions

- 1 Take the path north between Church and Market Hall (Visitor Information). Continue along narrow section to road. Go straight across, uphill and continue to crossroads. Go straight across passing junior school on left and through kissing gate into field.
- 2 Veer right downhill. At bottom go down steps, over footbridge, then right uphill to Cleanly Seat Farm. Continue down the farm track (not over stile into field) to a road.
- 3 Go left along road and where it turns left uphill, go straight on alongside river and over footbridge. Turn left along track with River on your left. Continue for some distance until track meets a road. Turn left.
- 4 Pass Neen Savage Church and continue downhill to a ford of the River Rea. Continue along road another 100metres and take footpath on the right up the drive of a private house NEEN SAVAGE OLD SCHOOL HOUSE [a School for 20 poor parish boys from 1829 to 1888].
- 5 Pass house and continue through gate into paddock. At far end, go over stile through woodland to a stile then footbridge into field. Go left uphill along field edge to go over stile at top onto line of old DITTON PRIORS RAILWAY [This spur off the branch line from Bewdley to Tenbury Wells was opened in 1908. During the Second World war it carried armaments from the Royal Navy Depot at Ditton Priors. The line closed in 1960].
- 6 Go over another stile and in same direction across field. Go through a farm gate and across another field to road. Cross road and enter field.

- 7 Continue in same direction (to right of farm building) with hedge on the left, through a gate and eventually to another road.

As you climb, take time to look back at the wonderful views opening up behind.
- 8 Cross this busy road with care and go straight ahead down farm track. Follow track around right bend and through gate. Where it bends left, turn right off the track to follow narrow path through trees to go over a stile on the right.
- 9 Turn left along field edge to a fingerpost where two footpaths diverge. Take leftmost path through line of trees and diagonally right across field to gate in hedgerow. Cross field slightly left and over stile ahead. Follow path with hedges on either side to road (golf course access road).

If starting from the golf course or stopping for refreshments, cross road and continue through trees. To restart the walk, retrace steps to this point.

- 10 Take the path through trees with fence line on right to road (this runs parallel to golf course access road away from the golf course). Cross (busy) road and through gate opposite. Follow path to gate where turn left and immediately through another gate.
- 11 Go right to follow field edge downhill, down into dip and through kissing gate out on to the main A4117. Cross this road with care and go right along the pavement and follow the A4117 into Cleobury Mortimer and back to the church.

