



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 22: The Shakenhurst Sortie

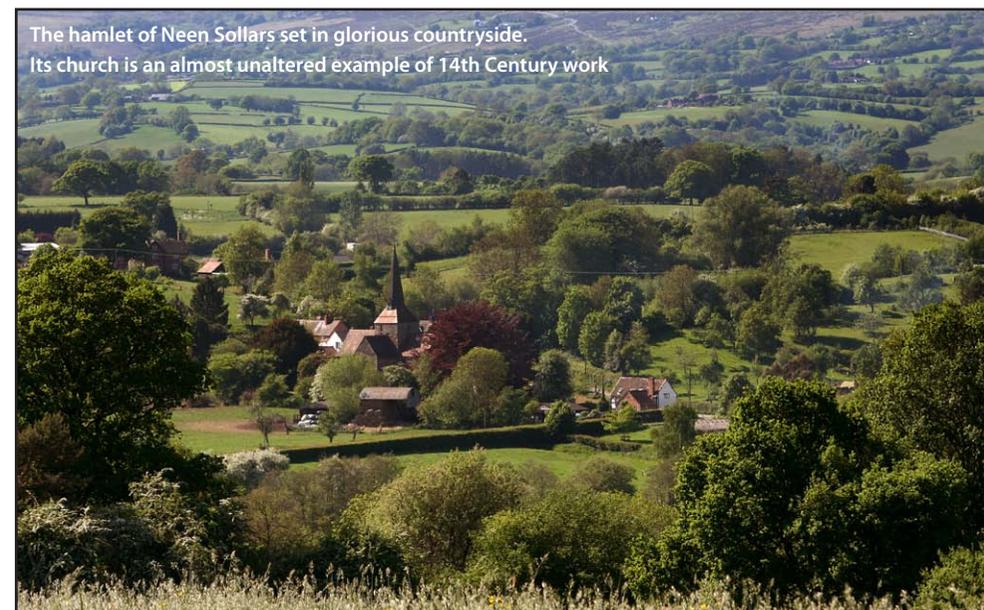
Length: 2½ miles (4kms) or 5½ miles (9kms)

Time: 75 minutes or 3 hours

Start: Live & Let Live Pub, Neen Sollars (OK to park when pub is closed) (On the Hill between Neen Sollars Church and the A456)

Walk Grade: Energetic. Several quite steep ups and downs and can be muddy. The shorter walk is moderate with a steady uphill along a lane at the start and end of the walk. There are two stiles on the shorter walk.

To start the shorter walk: Go uphill along lane from the pub and join the walk at point 10 by turning right at High Point Farm.



The hamlet of Neen Sollars set in glorious countryside. Its church is an almost unaltered example of 14th Century work

A walk of variety including spectacular views, hidden valleys and woodland. The full walk is quite robust but there is a shorter option for those with less time or energy .

The Live & Let Live is a wonderful pub in a glorious location. It is open all evenings and weekend lunchtimes. Our local Hobson's beer can be sampled and the pub serves excellent home made meals including a Sunday Roast.

Walk prepared by Cleobury Mortimer Footpath Association

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

Walk Directions

- 1 Take lane downhill and after the second house on left, take footpath on left through gate. Veer to left hand field edge and go downhill through woodland and over a stile at the bottom. Continue in same direction uphill along right hand field edge and over another stile and stream. Go diagonally right uphill to old hedge line and turn right
- 2 Keep old hedge on left downhill, to gate then left to a stile onto driveway. Go right to follow track, over the River Rea then over disused railway. After 100 metres, take stile on right, diagonally downhill through a gate. Continue along next field edge. To your right is the site of NEEN SOLLARS STATION *[From 1864 the railway opened a new world to locals. It was a very busy station especially on Tuesdays when the lanes would be packed with livestock making their way to the station. It closed in 1964].*
- 3 At end of field go through gate, left along track to road junction then right along the road to cross the River Rea.

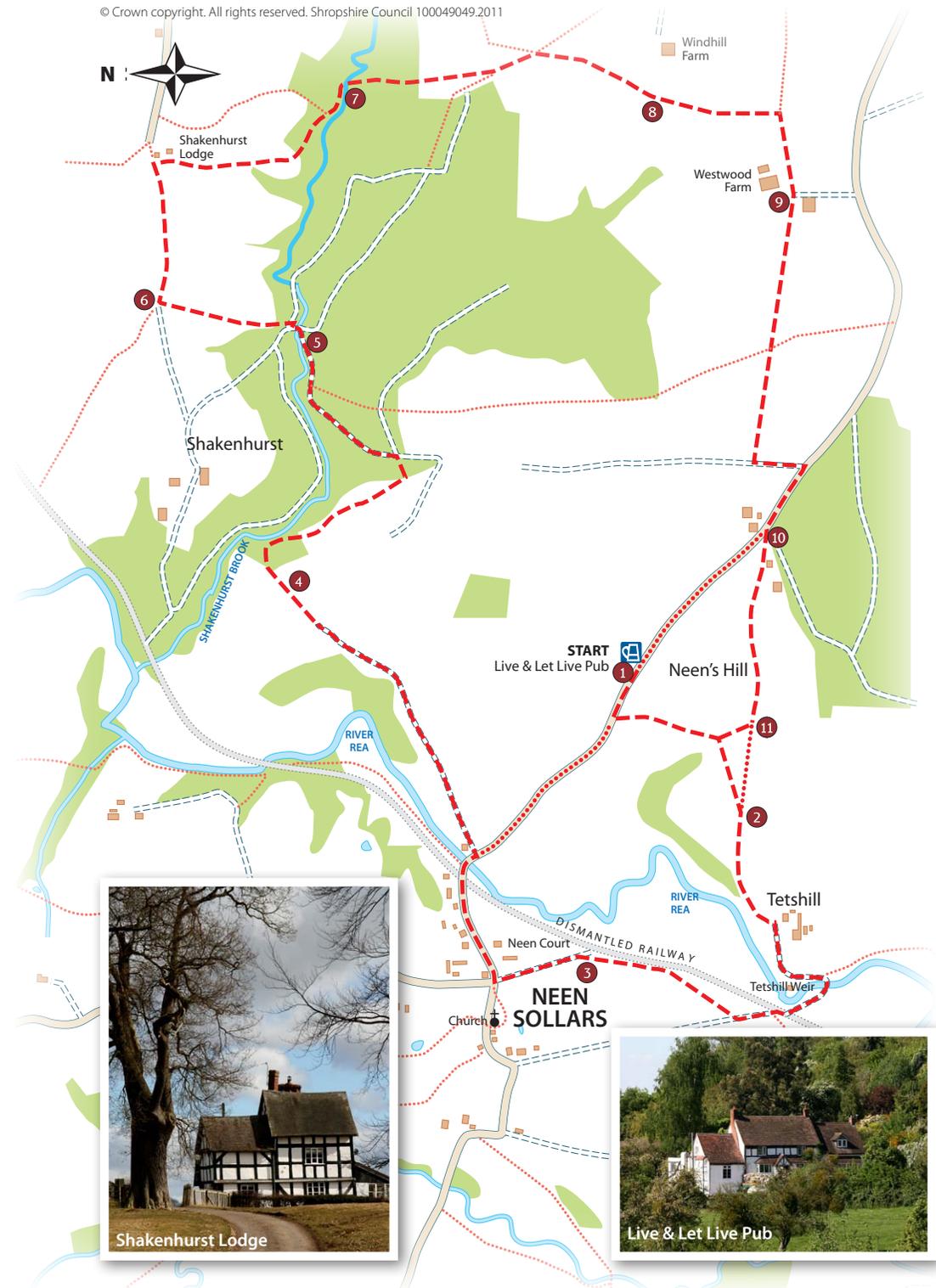
For **SHORT WALK** follow lane uphill back to the pub.

For **LONG WALK**, go left along Bridleway, through gate and uphill with field edge on your right. Continue uphill through next field, through gates and in same direction to top of ridge.

- 4 Continue downhill still in same direction to left of conifers. Go left through two gates into forestry then steeply downhill. At waymark post go right and after 100 metres over stile into meadow. Continue along bottom of slope, then with woodland to left to stile on left. Go over stile into trees and after brook go left through trees to emerge onto track. Turn left downhill along track to junction.

- 5 Turn left over bridge and after 100 metres go right through gate into field. Go left uphill with field edge on left. At top veer diagonally right to the Estate Road for SHAKENHURST HOUSE *[House dates from late 18th century].*
- 6 Turn right along estate road and just before black & white lodge, go right off road. Continue in same direction and downhill with hedge on left. After gate, go over stile in this hedge. Turn right keeping field boundary to the right to stile into woodland ahead. Go diagonally left down to forest track at bend.
- 7 Go left and after 100 metres right over footbridge. Uphill through trees to kissing gate into field. Keep in same direction first with woodland on right, then across next field. Continue through next field to right of black and white farmhouse to fence on horizon to go through gate.
- 8 Veer left downhill, over footbridge and up through trees into meadow. With field edge on right go over stile in far right corner. Continue over two stiles into farmyard.
- 9 Go straight across farm track into paddock. Continue in same direction through several fields keeping near left hand field boundary. At farm track turn left to a road. Turn right along road for 100 metres to High Point Farm on left.
- 10 Take path down the driveway of High Point Farm and through a gate into a field. Continue downhill through two gates.
- 11 For the **SHORT WALK** continue in same direction to point 2 100 metres ahead and follow instructions from point 2.

For the **LONG WALK**, immediately after the second gate, veer right into a dip where you meet the outward route. Return to the pub.



Shakenhurst Lodge

Live & Let Live Pub