



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 at least 30minutes moderate physical activity on at least 5 days of the week.

Moderate activity is anything which involves:

- Breathing a little faster
- Having a slightly faster heart beat
- Feeling warmer

You should aim to reach a single session of 30mins but you can break this down into:

- 3 x 10minutes
- 2 x 15minutes

Any health benefits you have gained will be lost if you don't continue to be active

Listen to your body

If you feel any dizziness or pain whilst walking, slow down or stop completely and take a rest. If the problem continues, consult your doctor before walking again.

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



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Cleobury Country Walks



Walk 10: Neen Sollars Walkabout

	Distance	Time
Route A only (red on map)	1½ miles (2kms)	40 mins
Route A + B (blue on map)	3 miles (5km)	90 mins
Route A+B+C (green on map)	5 miles (8km)	2½ hours

You can also do Route B only or Route B+C by returning to the village Hall along the lane after point 11

Start: Neen Sollars Village Hall. A donation for parking would be appreciated. Please put through letterbox.

Walk Grade: Route A is a gentle stroll with just one short hill. Route B is moderate and involves a bit more up & down and more rough ground. Route C is quite energetic.



One of the many splendid views on this walk

A choice of routes from a gentle stroll to a half day walk. All include quite wonderful scenery in a remote and tranquil area. Route C in particular has some fabulous views.

The Live & Let Live is not on route but worth a visit. An interesting pub in a wonderful location. Not open weekday lunchtimes. Up the hill on the way out to the A443

Walk prepared by Cleobury Mortimer Footpath Association

Walk Directions

- 1 Turn right along road round left hand bend, to right hand bend with stile on the left.

For route A only, continue on road and through gate into churchyard. Follow instructions from point 11.

For Route B & C:

- 2 Go over stile on the left, forward into an open field and in same direction uphill to go over stile. Go right through gateway and along field to another stile
- 3 Continue in same direction through orchard, to gate in bottom left corner with step to side. Over this then downhill. Continue with pond glimpsed through trees to your left and uphill over a stile.
- 4 Go right to follow field edge and over stile in corner then straight ahead to far right corner of field to a road.

For route B only turn right along lane to entrance to Reaside farm on right and stile on left. Follow instructions from point 9 (going over stile on the right).

To continue on Route C:

- 5 Turn left along lane to take track on the right going steeply uphill. At the top, go left over stile and downhill keeping field boundary on your right. At the bottom go over stile and through wooded area to go over footbridge.
- 6 Straight uphill. Just over the top, go over stile to the left of gate. Downhill through gate, pass brick building on your right and immediately after go right through gate.
- 7 Diagonally right across field to far left corner. Over stile and steeply down through woodland, over footbridge then left and uphill to go over another stile into meadow.
- 8 Left then right alongside the River Rea

going over stile and on in same direction. Just before footbridge ahead, go over stile on right *[on your left is bridge carrying old railway line over river]* and climb steeply uphill keeping field edge to your right. At the top go over stile and turn left along tarmac to road junction with stile opposite.

To complete Routes B & C.

- 9 Go over stile (opposite track to Reaside Farm) and diagonally left to far corner of field to go over stile and along right hand side of pond, through trees and over stile into field.
- 10 Veer left to stile in far left corner of this field, downhill over stile then through gate to road. Go straight across into Churchyard.

To complete all routes

- 11 Go round NEEN SOLLARS CHURCH *[An almost unaltered example of 14th century work. Worth a look inside]* and continue through gate to t-junction.

On the opposite corner is the OLD TOLL HOUSE *[Intended to collect tolls for those using the Cleobury Road. But locals created 'alternative' routes and it was eventually closed. Also doubled as a blacksmiths].*

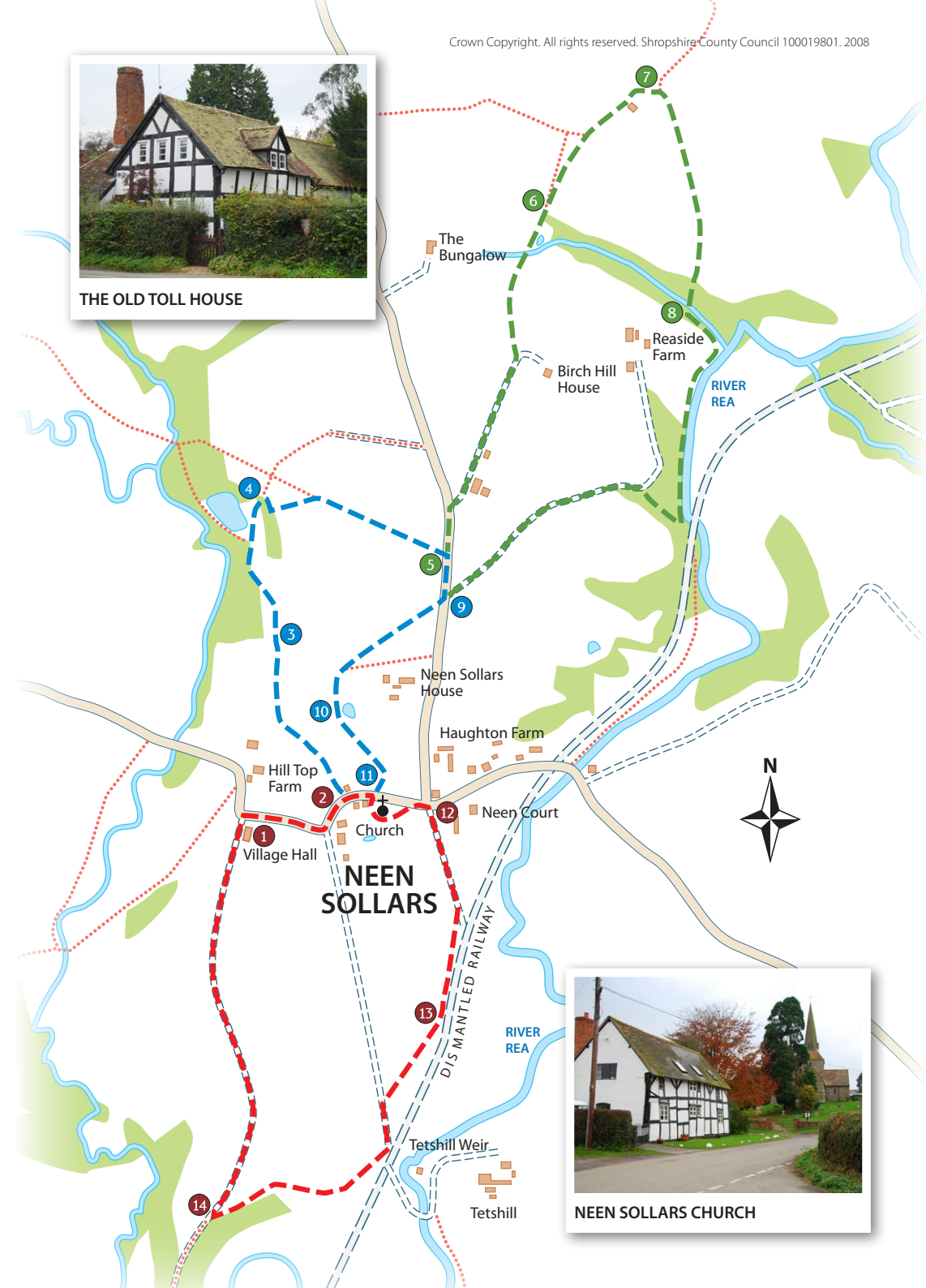
- 12 Turn right down track opposite road to Cleobury and after about 150 metres, go right through gate immediately after barn. Go left, keeping field edge on your left to gate. *[The site of old NEEN SOLLARS STATION is beyond the hedge. From 1864 the railway opened a new world to locals. A busy station especially on Tuesdays when the lanes would be packed with livestock making their way to the station. It closed in 1964]*

- 13 Go through gate and diagonally uphill and over stile. Turn left along track to left bend and go over stile on right. Go slightly diagonally across field and over stile. Steeply uphill to another stile. Left along field edge to stile and track.

- 14 Turn right along track to the village hall.



THE OLD TOLL HOUSE



NEEN SOLLARS CHURCH