



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 12: The Bransley Twist



Length: 5 miles (8kms)
Time: 2½ hours

Start: Outside **St Mary's Church**, Cleobury Mortimer

Walk Grade: Energetic – Several ups and downs and lots of stiles



Cleobury Mortimer from the west with the Wyre Forest & Severn valley in the distance

A walk to the west of Cleobury with magnificent views in all directions, first to the Malverns and Black mountains to the south & west and then over Cleobury to the Wyre Forest & Severn Valley to the East. A wonderful walk for a clear day.

Walk prepared by Cleobury Mortimer Footpath Association

Walk Directions

1 Go uphill along the high street and left down narrow lane by the Post Office (Eagle Lane). At the end of the Lane, turn left along road for ¼ mile, Go left into a small industrial estate which includes a vet and right over a stile.

2 Follow the line of the electricity wires across the field to a track between two ponds and over a stile. Go uphill keeping the field edge to your right and right over a stile.

Go diagonally left across a field towards the right of two oak trees and over a stile to a lane. Go over the stile opposite and diagonally right downhill over the next stile.

3 Turn left to follow the field boundary downhill and over a stile. Turn right and continue over a stile, a track, and two more stiles to another track. Turn left down track and then right at a junction of farm tracks to pass the old BARNSLAND farmhouse on your left. *[A 16th Century building. Once called Baronsland and reputed to be the home farm for the powerful Mortimer Family in medieval times].*

4 Turn right at the next junction of farm tracks passing stiles on either side to a gate into a field. Turn left across field to a hedge line. Keep this on your left heading diagonally across field to a metal gate then a stile into woodland. Bear right downhill to a footbridge over a brook into a field.

5 Go diagonally right up hill, keeping a lone tree well to your left and over a stile towards farm buildings. Continue, keeping farm buildings to your left and left over a stile beyond the last farm building to a lane. Turn right and continue to a T-junction.

6 Turn right and uphill round a right hand bend. Go over a stile on the left, down along the right hand hedge and through a gate at the bottom. Go uphill keeping field edge on the left to a stile onto a lane. Turn left along lane through LOWER & UPPER BRANSLEY *[Listed in 1583 survey as a hamlet. In medieval times there was a chapel of ease here. Upper Bransley is 18th Century].*

7 Continue to a main road (A4117). Cross and go through right hand gate opposite. Keep hedge on your left hand side to a gap. Turn left, keeping the hedge on your right over two stiles and onto a lane. Take time to look back at views opening up behind.

Turn right along lane to go over a stile on the right just before Severn Trent works where the lane bends left. In this field is an outlet for the ELAN VALLEY PIPELINE *[Completed in 1904 to carry drinking water from Wales to Birmingham. The water travels all the way by natural flow]*

8 Continue through two fields keeping the boundary on your left. Skirt to the right of a barn conversion to a farm track. The official Right of Way goes diagonally right across a field to a stile in the far hedge. However, it is easier and acceptable to walk along the farm track to the lane, turn right for about 50yds and through a gate on the left.

9 Go diagonally right downhill and through a gate at the bottom. Turn left, through another gate and along tarmac path, uphill past a sports area and through a gate on the left. Continue past the Social Club to a lane at a bend. Walk in the same direction along the lane with playground on your left. Turn right at crossroads down Langland Road, continue downhill and over a road, to take a narrow path back to St. Mary's Church.

