



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



Cleobury Country Walks

Walk 14: A Walk in Three Parishes



Length: 3 miles (5 kms) or 4½ miles (7kms)
Time: 1½ or 2¼ hours

Start: Outside St Mary's Church, Cleobury Mortimer

Walk Grade: Short Walk Easy, Longer Walk Moderate: A few stiles (7 on short walk, 9 on longer) and across fields but fairly flat, one steep slope at end.

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



Walkers on route

A walk to the west of the town into Neen Savage and Hopton Wafers Parishes. The high ground gives extensive views over Cleobury to the Severn Valley.

Walk prepared by Cleobury Mortimer Footpath Association

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

Walk Directions

- 1 Take path between Market Hall and Church and through narrow section to road. Cross and continue to crossroads with playing field beyond. Turn left along road and where it bends left, go straight on to right of Sports & Social Club and through gate. Turn right and follow path, fork left after 100m. At bottom, go through another gate then immediately right into field.
- 2 Go diagonally left up to gate in far corner onto Road. The official Right of Way is via the stile opposite and across to far right corner of field but it is easier to turn right for 100mtrs then take farm drive on left and follow it past **Lea Farm** [A C18th rebuilding of a medieval manor house. Listed in a survey of 1581 as a hamlet]
- 3 Go through opening into field to left of barn conversion. Keep hedge on your right and go right through waymarked gap around back of garden. After 50mtrs, go over stile on your right into orchard. Keep hedge on your left to go over two stiles and follow power lines to gate by reservoir leading to lane.

For the shorter walk only:

Turn right along lane for half a mile. Pass farm on left and shortly after dip go right over a stile and diagonally uphill to gate in far corner. Turn right along lane to rejoin longer walk at 7

For the longer walk

- 4 Go through gate almost opposite and across field towards a row of poplar trees. Go through area of trees to go over stile on right. Turn left along field edge to corner then go diagonally

right across field towards two oak trees. Between the trees go right through gate and over brook into the parish of Hopton Wafers.

- 5 Head slightly left uphill and through wide gap in far left corner of field. Now veer right uphill to go through gate to right of house ahead. Turn right towards large tree in hedgerow ahead with stile to the left. Continue in same direction and over next stile into Neen Savage parish. Continue in same direction across field.
- 6 Go right over small stream into next field and continue with stream on your left. At end of field go left across stream via footbridge and continue in same direction to gate at top corner of field onto Lane. Turn left along lane then right at crossroads passing gate on the right where the short walk rejoins.
- 7 Continue to a fork where go left. After 200m turn right down track with tall hedge to your right. Pass house [site of the POORHOUSE where aged and sick paupers went to be cared for]. Go over stile, downhill over footbridge (into **Cleobury Mortimer parish**) and steeply up to tarmac track. Turn left into caravan park [the site of the WORKHOUSE, built in 1740, it took in poor people who could not support themselves. These people did small jobs to pay for their keep]
- 8 Take right hand of two roads and then right down footpath between hedge & wall. Go across estate road and through gate into open field. Continue in same direction uphill to large tree then right and into a narrow section to a kissing gate. Go forward to crossroads where you retrace your outward route

