



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 18: Rea Valley Amble



Length: 3 miles (5kms) or 4½ miles (7kms)
Time: 1½ or 2½ hours

Start: Outside St Mary's Church, Cleobury Mortimer

Walk Grade: Easy or Moderate. Both versions of this walk are quite gentle with just one uphill stretch at the end. 6 stiles on shorter route, 7 on the longer route.

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.



Starting high up with views along the valley then dropping down for an attractive stretch along the river. Both versions of the walk visit Neen Savage Ford, a local beauty spot.

Attractive and interesting at any time of year. In spring the route abounds with daffodils & anemones.

Walk prepared by Cleobury Mortimer Footpath Association

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 cross roads. Go straight across passing junior school on left to go through kissing gate into field.
- 2 Veer right downhill. At bottom go down steps, over footbridge, then right uphill to Cleanly Seat Farm. Go over stile ahead (not down main track) and turn left to keep field edge to your left to lane. Go straight across down farm track. Continue past buildings onto grassy track and through gate.

For shorter route only

- 3 Go over stile on right just after gate, downhill through trees, over stile and across field to riverside then left. Go over stile at end and continue in same direction to go over stile at end of field onto road. Turn right along road to the river at picturesque Neen Savage Ford. Go over footbridge and turn right to rejoin longer walk at point 8

For longer route only

- 3 Continue on track to road. Turn left along lane for 200 metres then right down farm track. Go over cattle grid and after tree on right, veer right off track to pass to right of house. Head downhill to far corner of field and river. Continue with river to your right to go over stile and footbridge over brook.

Stile may be obscured by nettle growth in high summer

- 4 After stile, with river to your right go through two fields then cross river via footbridge. Turn right along river and through gate into trees and into field. Keep river to your right then go left

around field edge with brook to your right to a stile at a corner.

- 5 Over stile then with field edge on your left go through gate. Forward in same direction through another gate. Just before line of conifers, go over stile in hedge on right.

- 6 Keep field edge to your left and at end go left through two gates. Head across field with gardens of CHILTON HOUSE [*Late 18th century with upper storey added later*] about 50 metres away to your left to go through gate in hedgerow ahead. Continue forward along right field edge. **Watch out for holes in ground.**

- 7 Go through field gate and forward keeping to high ground to left field edge. Go over stile on left to lane. Turn right along lane passing Neen Savage OLD SCHOOLHOUSE [*a School for 20 poor parish boys from 1829 to 1888*] on the left to Neen Savage Ford where there is a seat to rest and enjoy this attractive location.

- 8 Continue along lane passing old vicarage on left and church (12th century) on right. As road bends left, go straight on down track with Black & White farmhouse to your left. Continue for half mile, passing outlet for ELAN VALLEY PIPELINE on right [*Completed in 1904 to carry drinking water from Wales to Birmingham. The water travels all the way by natural flow*] to white house on left, and footbridge over river.

- 9 Go over footbridge and turn left along lane. Take footpath on left part way up steep hill and follow up steps into cul-de-sac. At end go right. At right bend go straight on into cul-de-sac. At top left corner, continue along footpath. At lane turn left, and immediately right. At end, turn left and retrace your outward route back to the Market Hall.

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NEEN SAVAGE FORD



NEEN SAVAGE CHURCH

