



# 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](http://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](http://www.cleoburycountry.com) or [www.cmfa.co.uk](http://www.cmfa.co.uk)



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# Cleobury Country Walks

## Walk 19: The Court Circular



**Length:** 4½ miles (7kms)

**Time:** 2½ hours

**Start & Parking:** The Crown Pub on the A4117 at Hopton Wafers

**Walk Grade:** Moderate. One long steady uphill in the first half of the walk, then keeping high with gentle return route mostly on country lanes towards the end

*Earls Ditton ford can be difficult to cross after heavy rain*



Hopton Court, Once home of Thomas Botfield, a major landowner and industrialist in the mid 18th Century.

A varied walk of hidden valleys and splendid vistas of rural countryside exploring the land once owned by Thomas Botfield.

Do be encouraged to visit **the Crown** who have allowed free use of their car park for this walk.

Walk prepared by Cleobury Mortimer Footpath Association

## Walk Directions

- 1 From the pub turn right up the main road for about 20metres and left along a tarmac lane signed 'No Through Road'. Pass bungalow on right and continue along grass track, into path between trees. Continue over a stile and into a field. Continue in same direction with hedge on left. Pass a gate and continue to go over a waymarked stile by gate.
- 2 Veer slightly left downhill to trees and over footbridge. Continue in same direction across field and over stile in opposite hedge. Continue in same direction through meadow to the left of wooden pylons. You will see below you on the left the ELAN VALLEY PIPELINE *[Completed in 1904 to carry drinking water from Wales to Birmingham. The water travels all the way by natural flow]*
- 3 Continue with wooden fence on your left to a stile into a service road alongside a row of mobile homes. The road turns left, then right, to exit onto a lane. Turn left along lane and ignore right turn. Go over Ford at EARLS DITTON. *[a medieval settlement with mill. The name derives from when the Mortimer Family were the Earls of the Marches].*
- 4 Continue uphill and up steps on the right into trees and over stile into a field. Turn right and keeping field boundary on the right, pass a pond, through a gate at bend and uphill still with field edge to your right to a track.
- 5 Go over stile on other side of track and diagonally left across field to hedge. Go right with hedge on your

left to stile on left with bungalow ahead. Go over stile onto lane at bend. Go right along lane passing farm buildings and black & white farmhouse on your right. Where lane bends right go through waymarked gate on left.

- 6 First keep field edge to your right then drop downhill away from edge across field to cross footbridge in trees ahead. Now uphill across brow of field to go over stile ahead.
- 7 Go in same direction across field and over a stile. Go right along field edge, over stile and diagonally left to stile in field corner onto lane. Go left along lane to road (A4117).
- 8 Cross road and through right hand gate opposite. Keep hedge on left to a gap. Turn left through gap, keeping hedge on your right over two stiles to a lane. Take lane slightly to the left opposite. Pass Hillocks farm and continue downhill to another farm on left and take waymarked path at field gate on the left beyond..
- 9 Go right downhill to Footbridge. Continue in same direction uphill to gate in corner of field. Now straight ahead to gate onto lane. Turn left along lane to pass entrances to HOPTON COURT and the BOTFIELD CHAIR on the right *[a stone seat used by Thomas Botfield to rest when walking and all he could see around him he owned]*
- 10 Continue along the lane to Hopton Wafers, passing ST MICHAELS CHURCH on the right *[rebuilt by Botfield in 1825. It contains his tomb and monument].* Ignore road on the right. Turn left at next road junction back to the pub.

