



# 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 2: Over the Water to Worcestershire

**Length:** 3 miles (5kms) or 5.5 miles (9kms)\*

**Time:** 1.5 hours or 3 hours\*

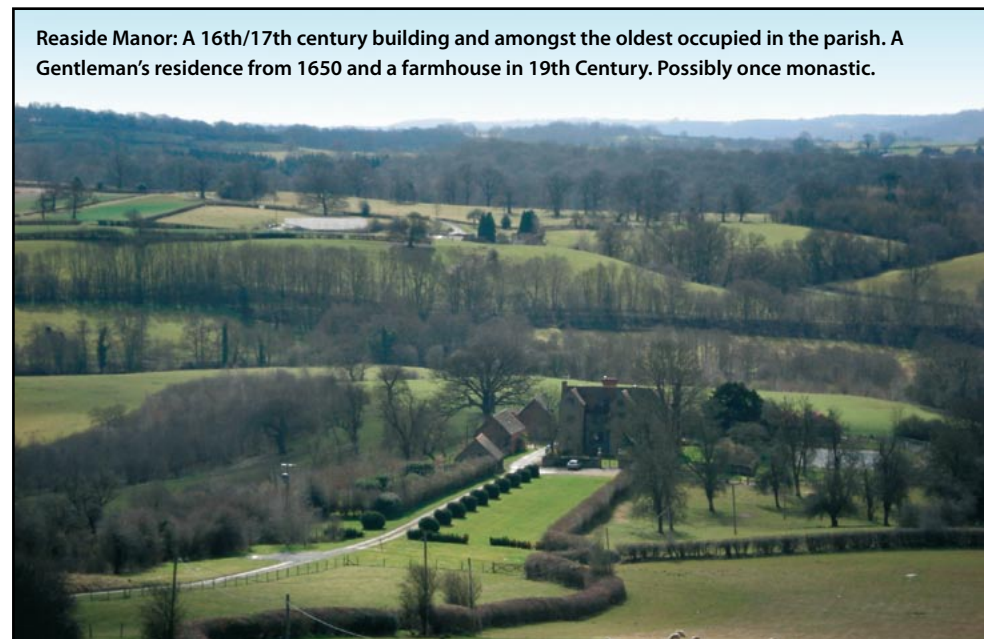
\*The longer walk is achieved by combining with the Mawley Hall Tour. Start with this leaflet and join the Mawley Hall Tour as instructed in the description.

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

**Walk Grade:** Moderate or Energetic\*. Two steep ups at the start, then easy until one or two steep ups at the end, 8 or 10 stiles

*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.*

**Reaside Manor: A 16th/17th century building and amongst the oldest occupied in the parish. A Gentleman's residence from 1650 and a farmhouse in 19th Century. Possibly once monastic.**



A short walk to the south giving wonderful views over the Teme Valley. The route heads south into Worcestershire before heading back along little used Bayton Road.

Walk prepared by Cleobury Mortimer Footpath Association

## Walk Directions

- 1 From the Church, cross the road using the crossing point opposite the Pharmacy.

Turn left and then right down Lion Lane and through a kissing gate at the bottom.

- 2 Go right, through gap in hedge and diagonally uphill to a stile into the next field.

Go diagonally left uphill, over a stile then diagonally right over another stile (note the allotments directly ahead). Continue in the same direction going downhill.

- 3 Go through a gate and right along a track. In the next field, veer left to go diagonally uphill across a field past a large oak tree. At the top go over a stile into another field.

- 4 Continue with the field boundary on your left. Go through a gate to spectacular views over the Teme Valley. Continue in the same direction downhill. Go through a gate and left to follow a track to REASIDE MANOR.

Please respect the privacy of the residents of this private house as you continue through the property and into a field.



THE COUNTY BOUNDARY

- 5 Go left past a tree house then downhill, through a gate, across a field and over a footbridge (over the RIVER REA). Once over the river you are in Worcestershire.
- 6 Go diagonally right across the field to a gate in the far corner. After the gate, veer left and shortly the path turns left down a sunken track to the Bayton road.
- 7 Turn left along the lane to another bridge over the River Rea and back into Shropshire. Continue for about half a mile to a farm track on your right at the top of the hill.\*\*
- 8 Continue along the lane for another 5 minutes until the lane goes steeply downhill and sharp right.
- 9 Do not go right but forward along a footpath and right over a stile into a wooded area. Follow the path alongside the brook and uphill to another stile. Go uphill along a narrow field, and over a stile at the top.
- 10 Continue in the same direction. The steeple of Cleobury Church should now be visible. Go through a gap with a seat to your left and a view over Cleobury.

Go downhill to the kissing gate you went through at the start of the walk.

\*\*For the longer walk using another of our leaflets – *The Mawley Hall Tour* – at point

- 8 turn right down the track (instead of continuing along the road) and follow the instructions for the Mawley Hall tour from point 4 on that leaflet.

