



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 20: Milson Meander



Length: 2¼ miles (3½ kms) or 3½ miles (5 kms)

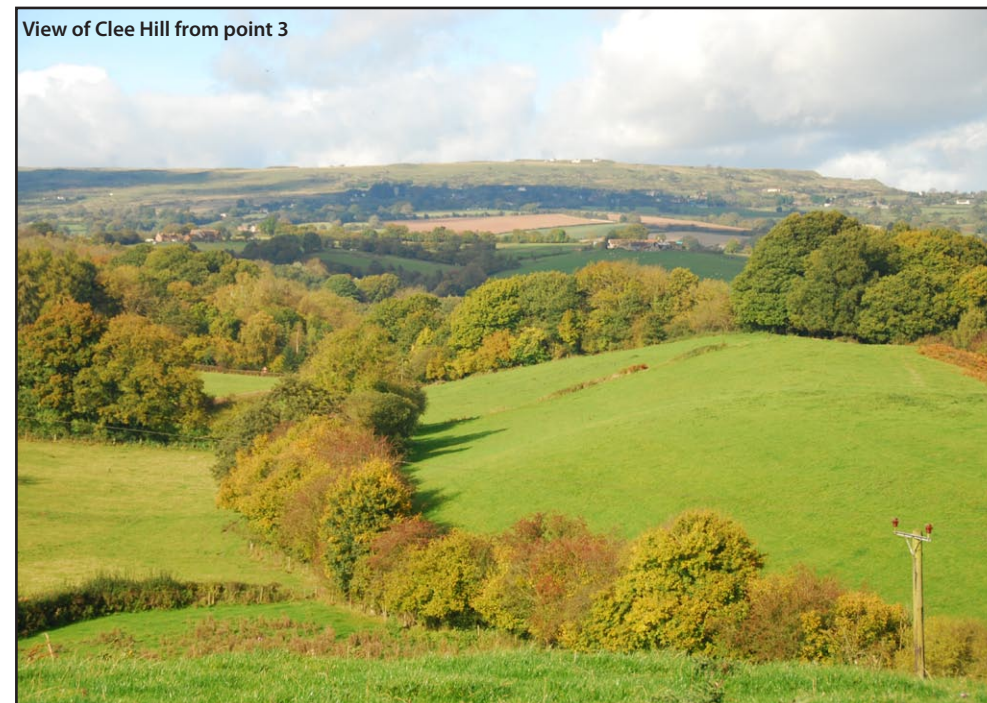
Time: 1 or 2 hours

Parking & Start: Small Parking area outside Milson Church

Walk Grade: Moderate: Two uphill on both walks and several stiles.

There can be quite a lot of cattle on this route in summer

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.



An attractive walk featuring remote river valleys and wonderful vistas around the small community of Milson.

Walk prepared by Cleobury Mortimer Footpath Association

Walk Directions

- 1 From MILSON CHURCH, [12C with early Norman font and tower with pyramid roof. The yew tree in the churchyard is over 1000 years old], turn right along the lane towards Neen Sollars (away from the main road) After about a third of a mile take a waymarked track on the left just before farm buildings.
- 2 After about 100 metres, veer left off track through gate (about 30 metres away almost straight ahead, after going under telephone wires). Go to left side of tree, down left side of field to stile at bottom left. Continue slightly right uphill, under telephone wires again and over brow of hill to go over stile in fence/hedgerow ahead.
- 3 Continue in same direction steeply downhill towards a river. Turn left parallel to the river and after about 100 metres through a gate. After another 200 metres, go diagonally left uphill onto a ridge.
- 4 Continue in the same direction along the ridge with trees to the right and downhill to go over a stile. Go through trees to a lane (**take care of traffic**).

For the shorter walk

- 5 Turn left along the road for 100 metres to a footpath on the left steeply up a bank. Cross field diagonally right to middle of next hedgerow and over stile. Keep in same direction to far corner of field with houses beyond and stile onto lane. Turn left along lane back to the church.

For the longer walk

- 5 Turn right along the lane and then left onto another lane. Almost immediately go left over a stile (or through gap) and keep field edge on your left to go over a double stile. Continue along field edge for some distance as it meanders uphill and around a bend to a gate with stile to left.

The path between point 5 & 7 has been diverted so will not be the same on OS maps

- 6 Once over stile, go diagonally right across meadow gradually downhill towards a stream. Keep the stream to your left until you meet a stile with footbridge beyond. Cross the river via the footbridge.
- 7 Turn left and follow stream until fence ahead. Go right away from stream and through a wicket gate into trees. Follow winding track uphill. Once you can see open field to your left, look for a stile into this field.
- 8 Go over the stile and diagonally right uphill across a large field. Go across a dip, keeping in same direction and eventually downhill to a brook crossing.
- 9 Over brook, uphill and through gate (lift chain over gatepost). Follow track uphill bending left then right, and through farm gate at top. Follow track with beech hedge on right to lane.
- 10 Turn left along lane and after a few minutes walking come to t-junction where you turn right along road back to the church.

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