



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 3: The Mawley Hall Tour



Length: 4 miles (6.5kms) or 5.5 miles (9kms)*

Time: 2¼ hours or 3 hours*

The longer walk is achieved by combining with **Over the Water to Worcestershire This walk is the second half of the combined walk. The description gives joining point.

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

Walk Grade: Energetic – Three long uphill and quite a few 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.



The view over the Rea Valley to Pinkham Mill

The Mawley Hall Estate centres on the main residence which dates from 1735. The walk is noted for picturesque crossings of the River Rea at Upper & Lower Forge and a wonderful view over Cleobury (near the Hall Entrance).

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.
Go slight left and uphill to a seat at the top of the hill. Pause to look back at the view over the town. Continue in the same direction across a long field to go over a stile.
- 2 Continue forward and down a narrow field to a stile at the bottom left corner. Then down through trees, over a stile and left to a lane.
- 3 Turn right along the lane going steeply uphill and after a few minutes walking to a track on the left with Bridleway sign**
- 4 Go down the bridleway passing through a stableyard then, with views of Mawley Hall to the left, down to the river crossing at LOWER FORGE
- 5 Continue over the footbridge (to the right) and along the main track, first flat and then curving left to go uphill. Eventually reach a t-junction with the main access road to MAWLEY HALL.
- 6 Turn right, with a wonderful view over Cleobury, to a junction of paths. Turn left to go downhill past the old Walled Garden.
- 7 The track continues winding downhill. As you reach the bottom of the hill, ignore the first track on the left (back along the river) but after about another 100mtrs, turn left through trees (path easily missed) to go over the River via a footbridge.
- 8 Continue over a stile at the far end of the footbridge and uphill away from the river onto a ridge with wonderful views. After passing a seat on your right, take the path which goes diagonally right downhill to the River.
- 9 Go over a stile and follow the River as it bends to the right and eventually out to tarmac at PINKHAM MILL.
- 10 Take the path opposite, to the left of the old Inn, through a gate and uphill until it becomes a wider gravel track by a bungalow on the right. Continue forward another 100mtrs and turn right down a bridlepath.
- 11 Go straight across the lane at the bottom, then shortly left down a path alongside a brook, passing the old pumphouse which is now the Scout & Guide Headquarters, to arrive at the Wells which was once the town's water supply.
- 12 Turn left along the main road to return to the church.

**If making a longer walk by combining with another of our leaflets – *Over the Water to Worcestershire* – this leaflet is joined at point 4 for the second part of that walk.



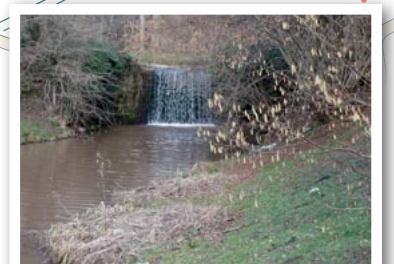
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MAWLEY HALL



THE INN AT PINKHAM MILL



LOWER FORGE