



# 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 5: Teme Valley Views



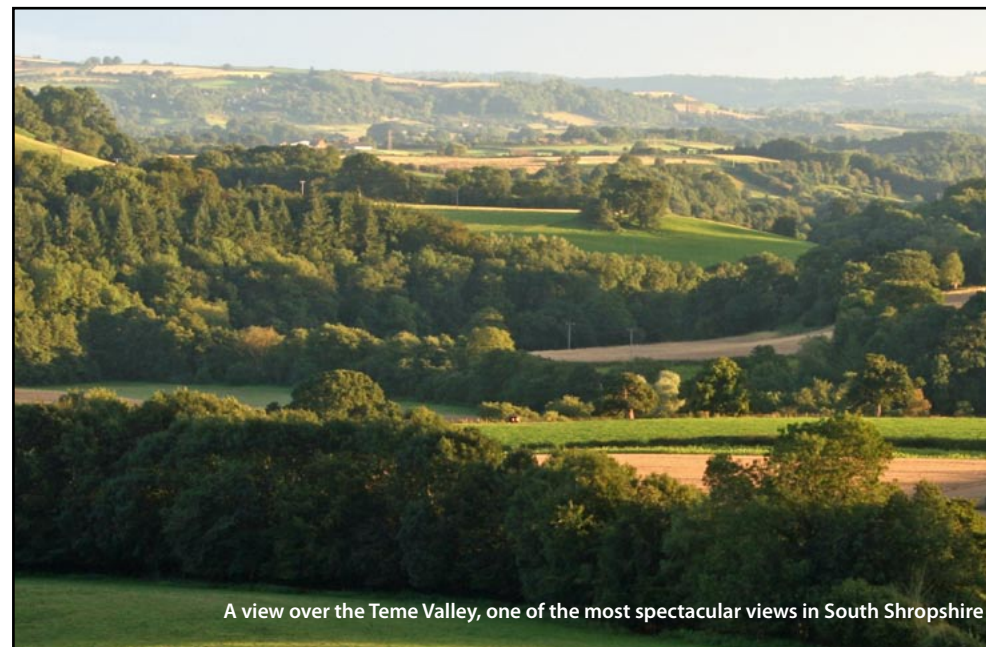
**Length:** 3 miles (5kms)

**Time:** 1½ hours

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

**Walk Grade:** Energetic. A number of stiles, Two steep hills and a long uphill stretch at the end

*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.*



A view over the Teme Valley, one of the most spectacular views in South Shropshire

A walk to the south of the town giving spectacular views over the Teme Valley and on a clear day all the way to the Malverns & the Black Mountains

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. 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 [*a 16th/17th century building and amongst the oldest occupied in the parish. A gentleman's residence from 1650, it became a farmhouse in 19th Century. Possibly once monastic.*]

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

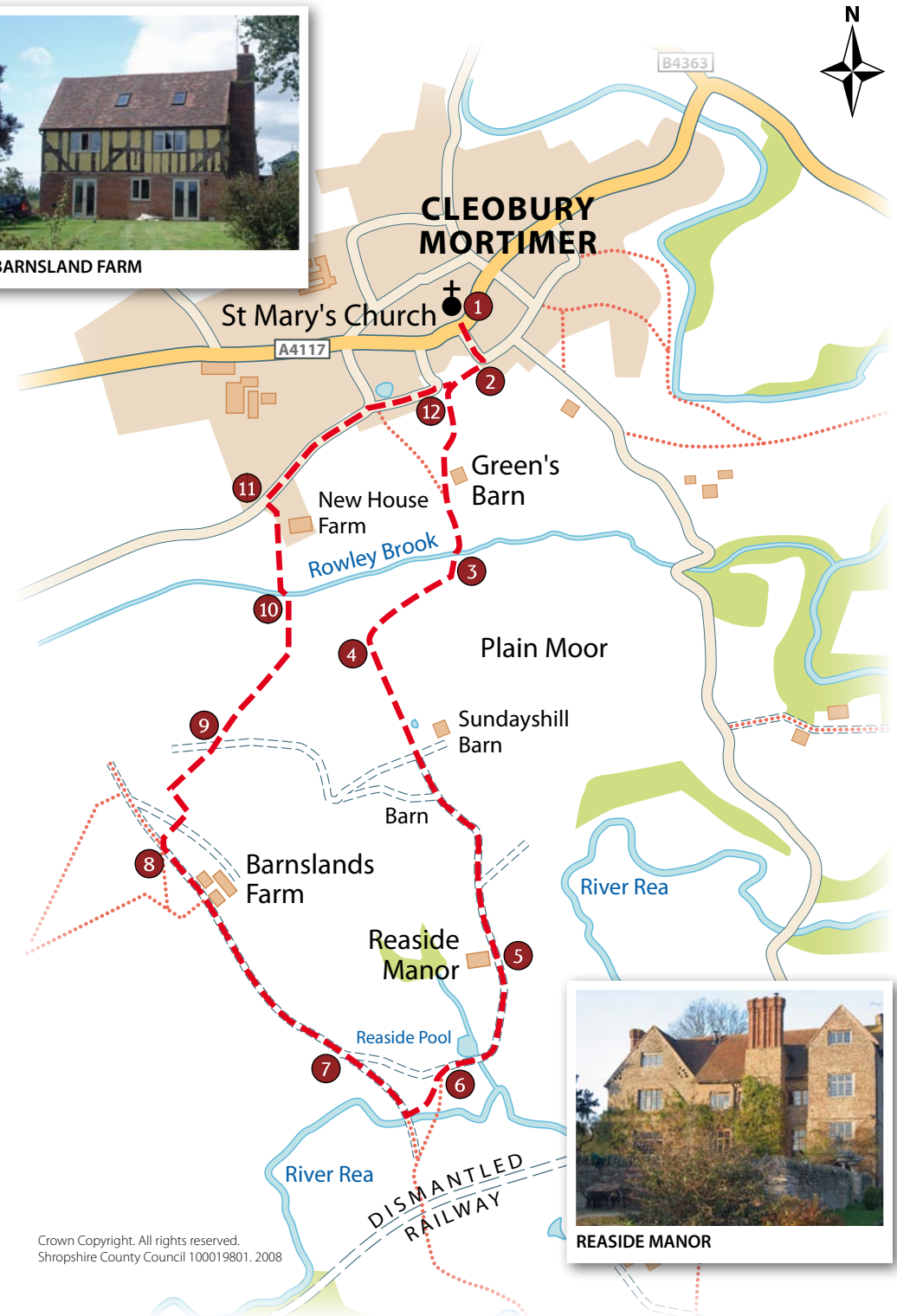
- 5 In the field beyond the manor, bear slightly right towards a shallow cutting leading into trees and over a stile. Follow the path along the dam of a pool and over a stile

**Note: at the time of writing the dam has collapsed and the route meanders through the derelict pond.**

- 6 To follow the right of way, go diagonally left down to the river and a footbridge. Do not go over the River Rea, but head back uphill to a gate on the skyline. (However, it is possible to stay at the same height keeping the hedge on your right and then to the gate straight ahead).
- 7 Go through the gate, cross a field to another gate and follow a track through a series of fields to BARNSLAND FARM. [*The farmhouse is 16th Century. Once called Baronsland and reputed to be the home farm for the powerful Mortimer Family in medieval times*]. Continue through the farmyard and steeply uphill to a stile on the right.
- 8 Go over this stile and forward over two stiles, with track in between. Go over the next stile on the left and uphill with a hedge on your right and right over a stile. Continue diagonally left uphill, over a stile and onto a track by a seat
- 9 Straight across, over a stile and diagonally right across field (aim for two telephone poles close together). Go over the stile and left downhill keeping the field boundary on your left.
- 10 Go over a stile and along a concrete path between ponds to a field. Go uphill, slightly diagonally right towards line of trees with buildings of industrial estate (which includes HOBSONS BREWERY [*Our famous brewery, beer has been brewed here since 1993*]. Continue to the road.
- 11 Turn right towards Cleobury. As the road bends left, go right into Eagle Lane. At the bottom of the slope where the lane bends left to go uphill, go forward over a stile.
- 12 Continue in the same direction along the bottom of the field to a gate into Lion Lane. Go uphill to the main road and the Church.



BARNSLAND FARM



REASIDE MANOR