



# 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)



# Cleobury Country Walks

## Walk 6: Upper Forge and Beyond



**Length:** 2 miles (3kms) or 3.5 miles (5.5kms)  
**Time:** 1 hour or 2 hours

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

**Walk Grade:** Easy. Can be muddy and slippery in wet weather, two short but steep slopes (plus a hill for longer version), 3 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.*



Upper Forge, the site of a 16th Century Ironworks, which ceased production in 1820s. Now a beautiful stretch of the River Rea.

A beautiful short stroll along the River Rea Valley to the south and east with a section along the river and a section high up with views. The optional loop goes up into the Mawley Hall Estate for more extensive views

Walk prepared by Cleobury Mortimer Footpath Association

Artwork by MA Creative • [www.macreative.co.uk](http://www.macreative.co.uk)

## Walk Directions

- 1 From the Church, cross the road opposite the pharmacy. Turn left and cross Lion Lane to THE WELLS *[the town's water supply until the 1960's. Until a pumphouse was added(early 20thC), townspeople came to the Well to get their water]*
- 2 Go right passing the pond and left of the Scout & Guides HQ[the old pumphouse]. Walk alongside a brook on your left to turn right at a lane. . At the t-junction go straight across on to a Bridleway and continue to a track at the top.
- 3 Turn left and follow path as it goes to the right of a bungalow and narrows. It eventually comes out to tarmac at PINKHAM MILL *[Until Telford built the Newbridge(1790) the main road ran through this once busy but now quiet hamlet and across the river via a ford. There was an Inn and a mill]*
- 4 Cross over the stile in the right hand corner and take the path along the river. Once over a stile into a large field, do not go uphill but follow the path parallel to the River, eventually going over a stile. Continue following the River as it bends right to a stile on your left leading to a footbridge over the River. This is UPPER FORGE

### For the longer (3.5mile) route only

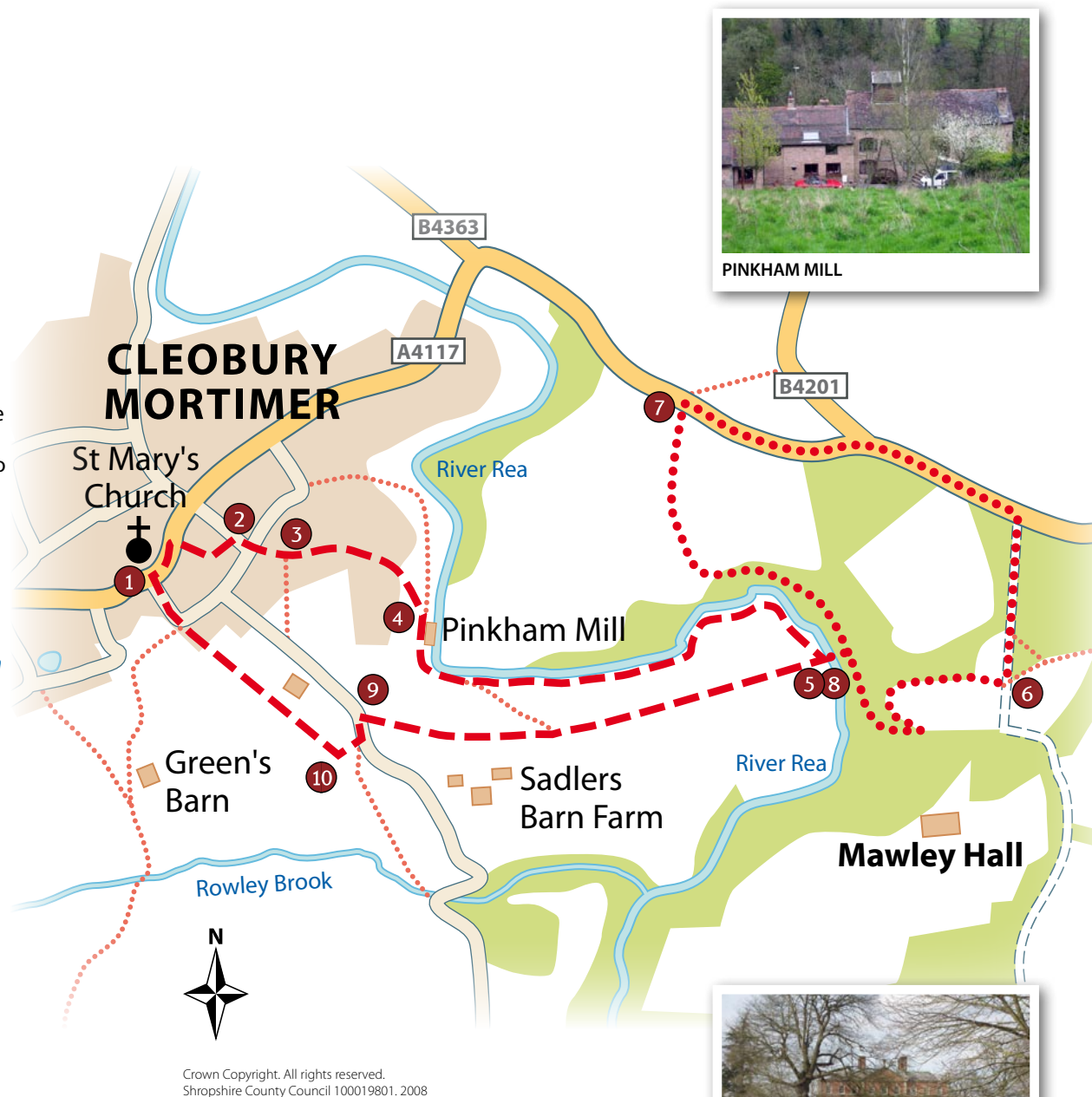
- 5 Go over the bridge and up steps to a path junction. Turn right and ignore the next track on the right to head uphill. At a track turn sharp left to go clockwise around an old walled garden to the tarmac access road to MAWLEY HALL *[Seat of the Blount Family for centuries until 1960's. The house was built by Smith of Warwick in 1735].* Turn left\*

(\*Turn right for a few yards first for a beautiful view over Cleobury. You may also retrace your steps from here to avoid a section along the main road).

- 6 Continue to the main road, turn left and walk for about 5 minutes, passing the turning to Bridgnorth on the right, to turn left down a signposted farm track
- 7 Where the track bends right, bear left off the track towards a gate into woodland. Go through the gate and follow the track until you come back to the bridge, crossed earlier, on your right. Go over the bridge and rejoin the shorter walk.

### For the short (2mile) walk

- 8 Go uphill away from the River back towards Cleobury and along a high ridge with wonderful views to go through a chicken wire gate then straight on to another chicken wire gate & stile to a lane.
- 9 Turn left along the lane for 100m then right through the first farm gate. Go forward to go over a stile in the right hand hedge.
- 10 Continue forward. 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 a kissing gate and uphill back to the church.



Crown Copyright. All rights reserved.  
Shropshire County Council 100019801. 2008



PINKHAM MILL



MAWLEY HALL