



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 7: The Bayton Outing



Length: 6 miles (10kms)
Time: 3 hours

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

Walk Grade: Energetic, several stiles, up and down several long hills.



St Bartholomews Church at Bayton: The church dates back to Norman times but has been heavily restored. The view from the churchyard is spectacular.

A walk to the south exploring the remote and spectacular countryside in the Valley of the River Rea on the way to the small village of Bayton

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 same direction over the brow and down to a gate in the bottom right hand corner.
- 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** Head diagonally left downhill to a footbridge and go over the River Rea. Head uphill on the same line over a stile and onto the bed of an OLD RAILWAY [The branch line from Bewdley to Tenbury Wells

ran through the area with stops at Cleobury and Neen Sollars. The line closed in 1964]

- 7** Go over the stile opposite and then head slightly left uphill past a group of three trees and in the same direction to the left corner of a wood. Follow the tree line to a stile, along the dam of a pool, then another stile into the SHAKENHURST ESTATE [The seat of the Meysey family since the 14th century. House dates from late 18th century. Now occupied by a plastics business]. Continue in same direction to the Estate road
- 8** Turn left along the estate road for half a mile to Bayton. (A short detour to BAYTON CHURCH is recommended). Turn left and then right at a fork. Where this lane bears right, go over a stile on your left.
- 9** Keep the hedge on your left downhill and back over the disused railway. Continue downhill and over a footbridge to a track. Turn left to follow this to the local beauty spot of LOWER FORGE [Site of Old Mawley Hall until 1735, then a 16th Century Ironworks until 1820s. In mid 19th century the house became a girls boarding school run by Nuns. House demolished in 1950s]. There is a mass of snowdrops here in season
- 10** Continue over the footbridge, uphill through a stableyard and eventually to a lane.
Turn right and steeply downhill and where the lane goes sharp right go straight ahead and right shortly over a stile into a wooded area
- 11** Follow the path alongside the brook and uphill to another stile. Go uphill along a narrow field, and over a stile at the top. 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 and uphill to the church.

