



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



Artwork by MA Creative • www.macreative.co.uk



Cleobury Country Walks

Walk 8: The Cleobury Wiggle



Length: 2 miles (3kms) or 3 miles (5kms)
Time: 1 hour or 1½ hours

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

Walk Grade: Easy. Mainly made up paths and lanes, with Two stretches on grass (which can be muddy in wet weather). Three short uphill stretches

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 down the River Rea at Pinkham. 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.

A short walk along the paths, lanes & fields within a mile radius of St Mary's Church.

A choice of distance to fit the time available.

Walk prepared by Cleobury Mortimer Footpath Association

Walk Directions

For the shorter walk: Cross the road via the crossing point opposite the Pharmacy. Go left then right down Lion Lane and through a kissing gate to join the longer walk at **4**.

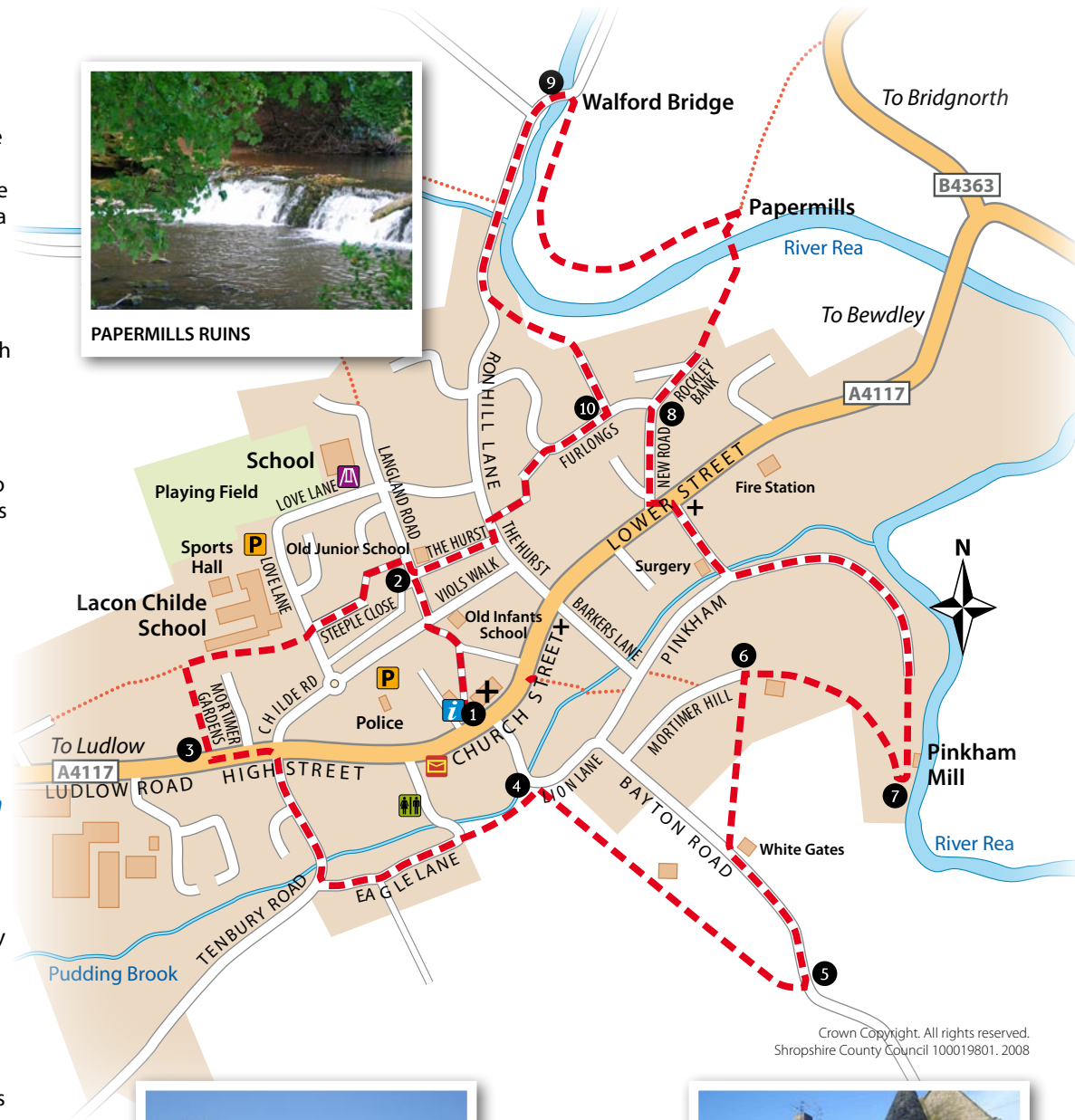
For the longer route:

- 1** From St Mary's Church, take the path between the Church and the Market Hall (Visitor Information point). Continue through high hedges with the OLD JUNIOR SCHOOL on your right to a road. Cross and continue passing the OLD INFANT SCHOOL on the right. *[The splendid Georgian House housed the Junior school and was built in 1740 from a bequest by Sir William Lacon Childe, the lord of the manor. The infant school was built in 1863. Both schools operated until the 1960s]*
- 2** Turn left down a narrow path between houses. Follow this to the end of a cul-de-sac and then continue to a road junction. Cross to take the footpath almost opposite to pass school buildings on the right. At the end of the school buildings turn left down steps and follow the path to the Main Road.
- 3** Cross the road and go left then right at a crossroads (Tenbury Road). As the road bends right go left into Eagle Lane. At the bottom of the slope, where the lane goes left uphill, go over stile. Continue forward alongside gardens to a kissing gate.
- 4** Go uphill away from the town to a seat at the top and view back over Cleobury. Continue forward in the same direction across a field with farm buildings on your left. Once over the next stile turn left down a track, through a farm gate and to a road.

- 5** Turn left along the road, passing one stile on the right after about 150metres, continue for about 5 minutes, to a house then stile on the right. Go over the stile and diagonally left across a field to stable buildings, over a stile and then through a gate to a track.
- 6** Turn right along this track and continue to the right of a bungalow as it becomes a grassy path. Continue downhill through a gate to PINKHAM.
- 7** Go left along the lane, passing the old mill and continue to a junction with the medical centre opposite. Turn right up to the main road. Turn left and shortly, cross the road to go right down New Road. As the road bends left, go straight on into Rockley Bank.
- 8** At the end, take the footpath which goes downhill, through a kissing gate to go over a footbridge over the River Rea. Turn left and with the river on your left pass the ruins of the PAPERMILLS. *[Papermaking was a major 19thC local industry. The paper mill was burnt down in 1885].* Continue to another footbridge.
- 9** Cross back over the River and then go left along a lane keeping the river on your left and then steeply uphill. Halfway up the hill, take a footpath on your left above the river.

Continue up steps into a close.

- 10** At the end of the close, turn right then as the road bends right go straight ahead into a cul-de-sac to take a footpath in the top left hand corner. At the end, turn left then immediately right along a narrow lane. At the end, turn left to return to the church.



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



PAPERMILLS RUINS



OLD JUNIOR SCHOOL



OLD INFANT SCHOOL