



# 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 30 minutes continuous moderate physical activity on at least 5 days of the week, but this can be broken down into shorter sessions if needed. Any health benefits you have gained will be lost if you don't continue to be active.



## Walkers are Welcome

Cleobury Country joined this volunteer led national organisation of affiliated towns in 2010. This status is awarded to towns with well maintained, safe way-marked footpaths and who give a warm welcome to walkers in their accommodation, pubs, cafés and shops. Our area has three active footpaths groups, a supportive Chamber of Trade and a volunteer staffed Visitor Information Point.

## 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 13: Lem Hill Safari



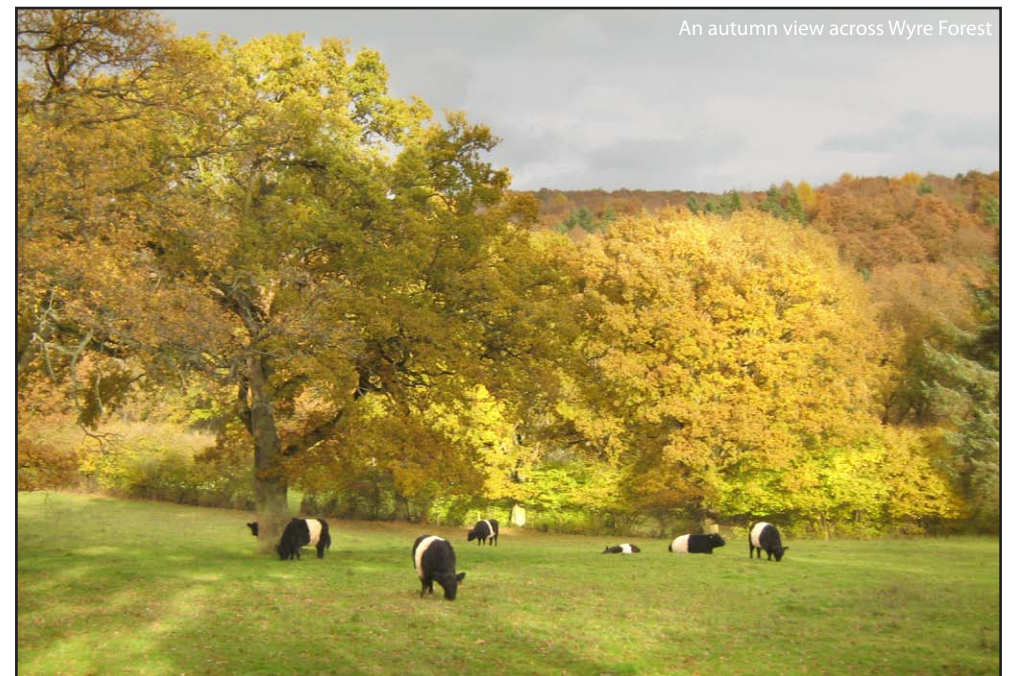
**Length:** 3 miles (5kms)

**Time:** 1½ to 2 hours

**Start & Parking:** Small lay-by on the A4117 to the East of Cleobury at Lem Hill. Just past Green Gap Dog Rescue Kennels on the way to Cleobury. – room for one car only.

**Walk Grade:** Easy, mainly on good tracks. Undulating but no steep hills. 8 stiles, can be muddy.

*Please take care at beginning and of this walk along the busy A4117. Beware of traffic.*



An autumn view across Wyre Forest

A walk on the edge of Wyre Forest featuring woodland & attractive scenery. Lovely at any time of year but particularly so in the autumn. The route includes an exploration of The Betts Nature Reserve – a little woodland gem in a quiet part of the Wyre Forest.

Artwork by MA Creative • [www.macreative.co.uk](http://www.macreative.co.uk) • June 2010

## Walk Directions

- 1 From the lay-by, walk along the road towards Cleobury for about 50 yards and turn right down a bridleway. Pass a metal gate and forward along a track. Where the track bends right, veer left through a metal gate in deer fencing.
- 2 Walk in the same direction to a waymark post at a path junction. Continue forward on the main track and through a metal gate. Go downhill through a cutting to a cross track THE OLD RAILWAY [The Bewdley to Tenbury Wells line opened in 1864, closed in 1962].
- 3 Go forward uphill. At the top, take the track to the right out of the wood and shortly left over a stile. Keep the field boundary on your right to go through a gate at the end and forward to a track.
- 4 Turn left and just before fishing pool on the left, go right through a gate/stile into the grounds of Furnace Mill House. Go forward with house to your left, to the access track to the house. Continue away from house and out to a lane where turn right.

*If you would prefer not to walk through the grounds of Furnace Mill house, continue along track and turn right along lane to the house entrance to rejoin walk at point 5*

- 5 Continue along lane, over a river bridge (county Boundary) then uphill to an entrance to THE BETTS NATURE RESERVE on your right [Named in memory of a founder member of the Worcestershire Wildlife Trust. Dippers, wagtails and kingfishers are seen along the brook, which is also used by otters. Many butterflies are seen in summer].

- 6 Enter the reserve and go downhill to an information board showing the route of permissive paths around the reserve. Take your time to explore the reserve, following the path around the reserve and eventually exiting from the same access point
- 7 Take the stile opposite. Keep the field boundary to your left. Beware of holes in ground along here. Go over a stile and forward between fence and hedge over another stile. Continue in same direction through gates and then with field boundary on your right through a kissing gate to a road.
- 8 Turn left for 50 metres. Take bridleway on the right which goes through the old railway line. Follow track left then right uphill to farm buildings on the right. Continue in same direction away from buildings. Take the track (Bridleway) on the right.
- 9 Continue to a road and turn left for 100mtrs. Take track on the right, just after buildings and straight on into the grounds of Catswell Farm. Veer left off the drive, into a hollow before the drive bends right keeping to the left boundary of the property and in the far corner descend into woodland via steps.
- 10 Go left over a stile and continue through woodland. Where the main track starts to go up again, take the path on the right to descend through woodland to a footbridge. Once over the footbridge (county boundary) into a field, follow the right hand field boundary uphill and bending left to a gate and the A4117. Turn right along road back to the car

