

REMEMBER:

Walking should be enjoyable.
Be realistic about your target.
Start small and increase gently over time.
Always walk with someone if you can.

Be properly equipped. (sensible footwear, a waterproof, a warm jumper, a drink and a small snack if you plan to be out a while)

This is part of an increasing series of local walks for you to use to improve your strength and stamina under the supervision of your doctor.
ALWAYS ask if you are unsure about any of the walks that you would like to undertake.

WALK 1 The School Outing

Distance 1 mile / 1.6 km approx.

Time about 30 minutes.

Difficulty Easy. All-weather hard surface except for short distance through playing field, which can be avoided.

Hazards Some roads do not have pavements, take extreme care and walk facing oncoming traffic.

This walk is suitable for pushchairs.

Notes



These walks are intended to be self-guided. However, volunteers are available to assist with route familiarisation.

For further information please contact one of the following:-

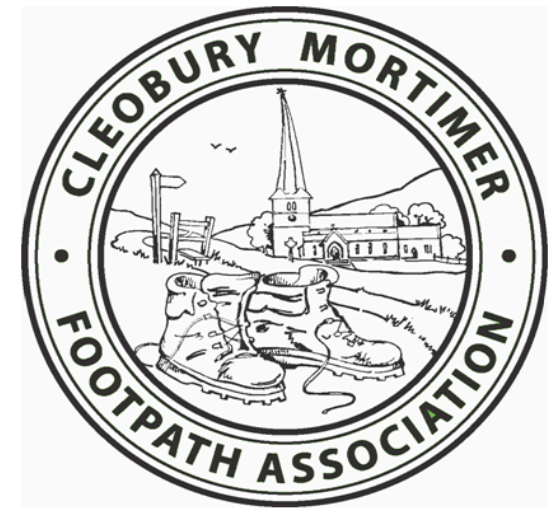
Alan & Deana Kimber. 01299 271754

Steve Parker. 01299 270810

All health related matters must be referred to the Medical Centre.

The footpath notes and maps supplied herein are solely for guidance and the CMFA can accept no responsibility for errors and omissions.

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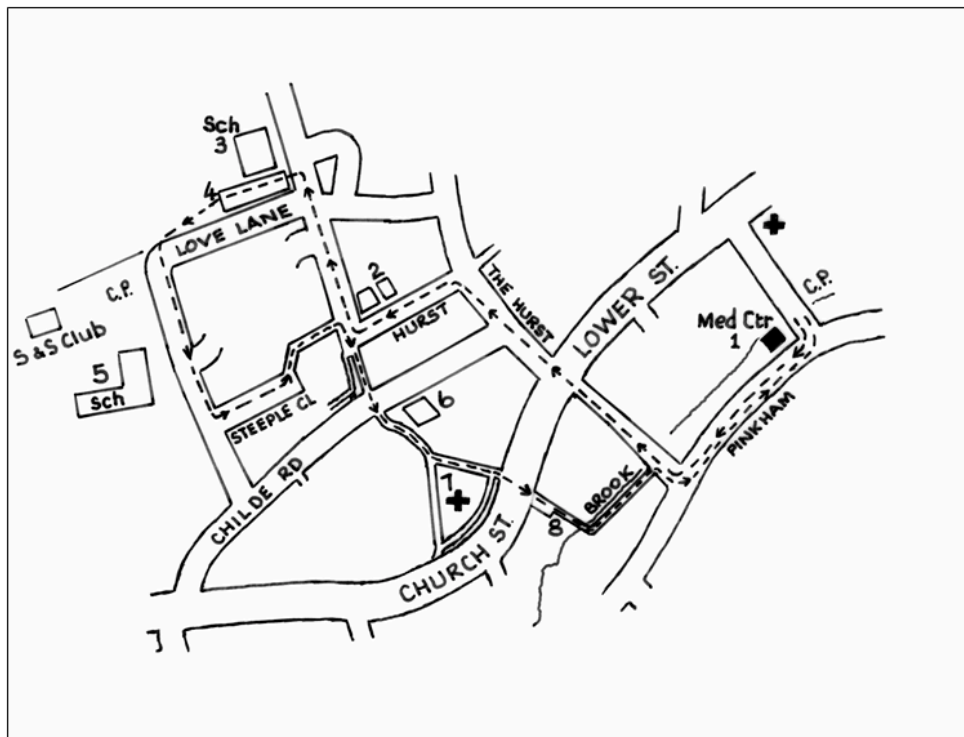
Walking for Health

*An initiative between
your Medical Centre and
the Cleobury Mortimer
Footpath Association*

Walk 1 The School Outing

The purpose behind this series of leaflets is to encourage a healthier lifestyle. By walking for 30 minutes a day, 5 days a week, the risk of ill-health and, in particular, heart disease can be reduced.

Heart disease can affect anyone; but with regular exercise its effects can be minimised. You can start slowly and build up gently to where you breath a little faster, feel warmer and have a slightly faster heart beat.



Walk No. 1

The School Outing

Starting from the **Medical Centre (1)**, turn right to the side of the building and proceed up **Pinkham** passing the old cottages on your left. Turn first right into **Barkers Lane** (formerly Egg Lane) crossing **Pudding Brook**, past the coal yard on your left and up the narrowing lane to its junction with **Lower Street**.

Go straight across the main road into **The Hurst** (*also known as 'Hurst Lane'*). Take the second left, by the school traffic sign, into the narrow lane that the street sign calls **Hurst** (*generally known as 'The Hurst'*). Towards the far end of this lane you will pass the **Old Infant School (2)** and next door the **Old Junior School**.

At the end of the road, turn right around the old school, into **Langland Road**. *Confusion as local maps tell us there are four roads of this name in the area and this one does not possess a street sign.*

Walk to the next crossroads, then straight across **Love Lane** and turn left through the kissing gate into the **children's play area (4)** adjacent to the **Primary School (3)**. Park benches provide the opportunity for a rest stop before continuing on through the playground and into the playing field beyond. *If the field is wet or muddy you may wish to retrace your steps back to the crossroads and walk along Love Lane to the road bend by the car park.*

Walk forward with the boundary hedge on your left, then turn left out of the field where **Love Lane** turns sharp left at the **Sports & Social Club** car park. Cross Love Lane and continue down past **St Mary's Place** and take the next turning left into **Steeple Close** opposite the entrance to the **Lacon Childe School (5)**. Go to the end of the close and look for the footpath in the far left-hand corner to take you between the houses and back to **Langland Road**. Turn right and walk down into the narrowing lane (**Viols Walk**) to its junction with **Childe Road**.

Cross **Childe Road** to enter the narrow pathway running beside the **Old Lacon Childe School (6)** (*since converted for housing*). Follow this path down towards **St Mary's Church (7)** keeping left where the path divides (unless you have a pushchair) and walk along the edge of the old churchyard until you meet the main road opposite The Wells. *Please take special care in crossing the road at this point as it is located on a bend and there is no pavement on the near side.*

People with pushchairs are advised to take the right hand fork where the path divides, passing to the right of the church and crossing the main road at the wheelchair crossing point above the market hall. Then, turn left to join the main route at The Wells.

Step down from the path, cross the road and walk ahead into **Wells Place** where a pathway runs to the left of the **Scouts & Guides Headquarters (8)**. This will take you alongside **Pudding Brook** to **Barkers Lane**. Turn right into the lane and then left at the junction with **Pinkham**. A short walk down Pinkham will take you back to **The Medical Centre** and the conclusion of the walk.