

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 2 The Pinkham Plod

Distance 1 mile / 1.6 km approx.

Time about 30 minutes.

Difficulty Fair. 1 stile (avoidable).
 3 farm gates. 2 slopes.

Hazards

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

Some uneven surfaces.

Short section slippery after heavy rain.

Not 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:-

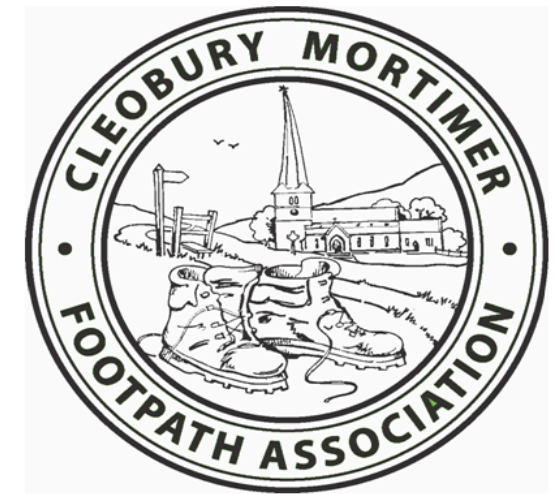
Alan & Deana Kimber. 01299 271754

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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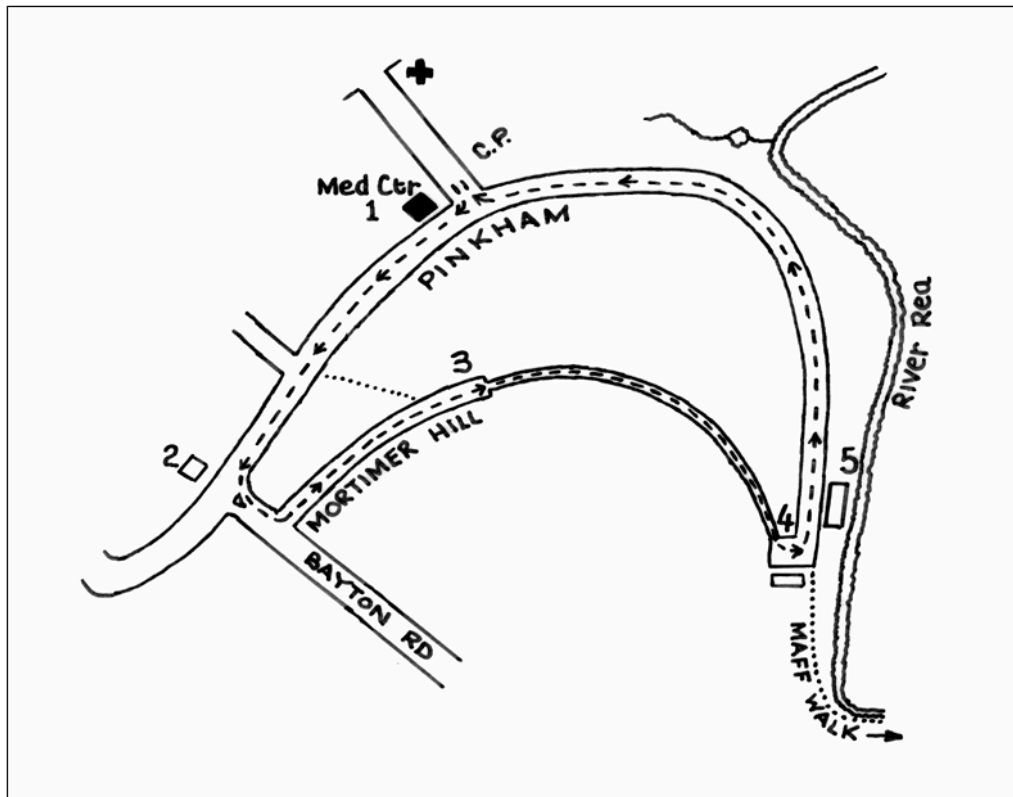
Walking for Health

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

Walk 2 The Pinkham Plod

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. 2

The Pinkham Plod

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. At the top of the rise, opposite **Redthorn Veterinary Clinic (2)**, turn left onto the **Bayton Road** and after about 40 yards/metres, turn left into **Mortimer Hill**.

Proceed straight along this unsurfaced lane ignoring footpath turnoffs until you reach the last property on the left named '**Cobwebs**' (3). Continue forward onto the wide grass path before entering the tree lined ancient trackway. *This track generally remains dry throughout the seasons.*

Follow the track downhill and go over a stile or squeeze through the loosely fitting farm gate blocking your way. Continue downhill and out of the trees and through two more metal farm gates, the second to the side of the former New Inn public house, now a private dwelling named **Mill Farm (4)**. *This short section of track is steep and uneven. It can be soggy and slippery after rain so please watch your step.* A few paces further and the trackway ends in a yard bordered by the **River Rea** and converted farm buildings.

*Should you wish to extend your walk (not covered by this text), then the nearby circular **MAFF Conservation Walk** is well worth a visit. This is accessed via the stile in the opposite corner of the yard and a short walk along the riverbank.*

Returning to the main route, turn sharply around the house, leaving the yard by way of the asphalt drive. Walk past **Millers Cottage (5)** (Pinkham Mill) on your right and proceed up the lane, which is the **Pinkham** spur, past a row of bungalows on your left and back to the **Medical Centre** and the conclusion of the walk.