

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 4 Around the Town

Distance approx.
 2 miles / 3 km (main route).
 1.5 miles / 2.5 km (short route).

Time about 1 hour (main route).
 about 45 min (short route).

Difficulty Easy. All-weather hard surface (main route).
 2 stiles.
 Some grass (short route).

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

Notes

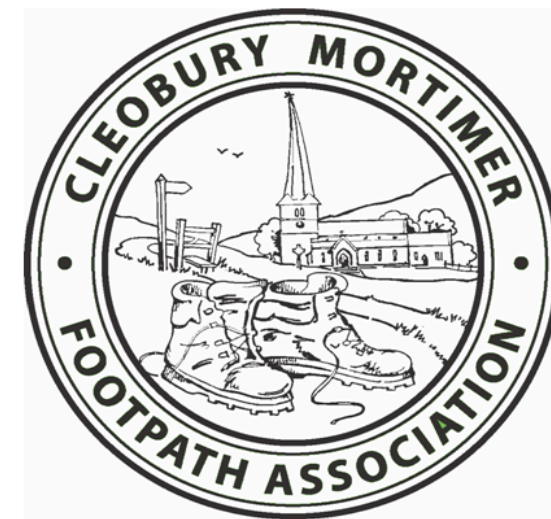


These walks are intended to be self-guided. However, volunteers are available to assist with route familiarisation.

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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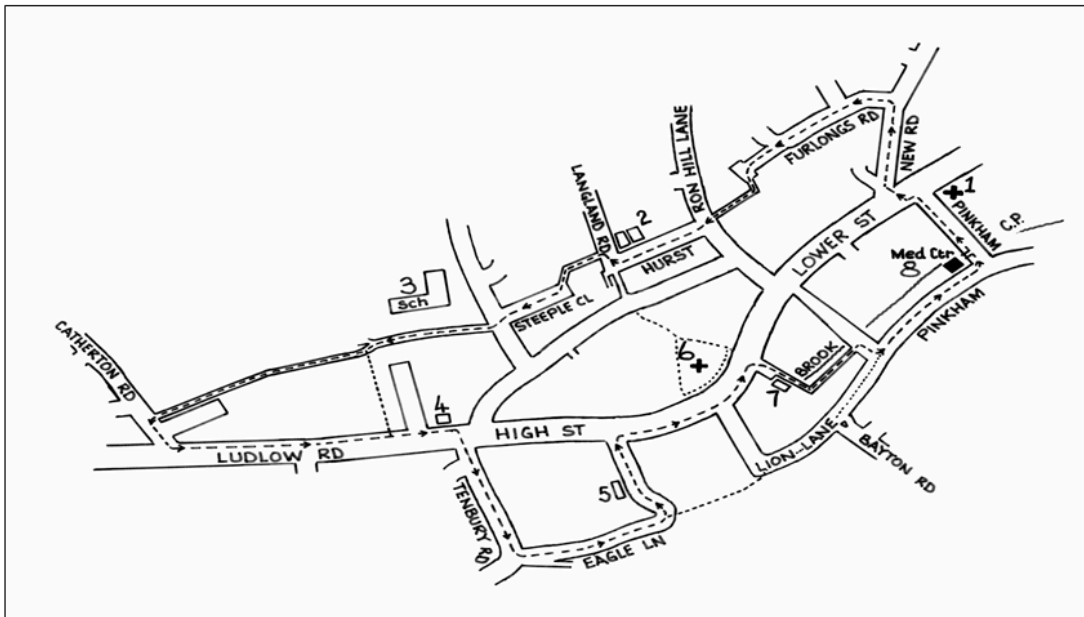
Walking for Health

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

Walk 4 Around the Town

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. 4

Around the Town

Starting from the **Medical Centre**, turn left up **Pinkham Lane** to join the main road (**Lower Street**) by **St. Elizabeth's Church (1)**. Turn left then sharp right to walk along **New Road** as far as the junction with **Furlongs Road**. Bear left and walk up Furlongs Road straight on into the cul-de-sac where the road bends to the right. Take the footpath at the far left corner to the right of house No 41 passing the area on the left known locally as Potters Field to bring you out onto **Ron Hill Lane**.

Turn left, then almost immediately turn right into the narrow road that the street sign calls **Hurst** (*generally known as 'The Hurst'*). Pass the old **Infant and Junior Schools (2)** and at the end of this road turn right into **Langland Road**. Immediately look for a pathway opposite and to the right running between the houses. Proceed along this path through to **Steeple Close**.

The far end of Steeple Close brings you out opposite **Lacon Childe School (3)**. Cross the road and take the wide paved footpath running along the southern boundary of the school garden. At the far end of the school buildings drop down onto the narrower asphalt path running parallel to the playing fields and proceed straight to the end at **Catherton Road**.

Should you wish to shorten the walk then look for a narrow unpaved path on the left a few paces after you reach the asphalt path at the far end of the school buildings. This unpaved path will take you downhill behind the 'old folks' bungalows, along the access driveway of some properties and out to rejoin the main route at Ludlow Road.

Turn left upon reaching **Catherton Road** and left again at its junction with the main **Ludlow Road**. Head back towards Cleobury town centre until you reach the crossroads by **The Three Horseshoes (4)**. Turn right into **Tenbury Road** and walk as far as the sharp right hand bend. On this bend turn left into **Eagle Lane** keeping to the wall on the left. (The fork to the right is access to private properties). After about 200 yards/metres you reach a sharp horseshoe bend.

*Should you wish to take a short cut and not have a pushchair, go over a stile on your right into the field known as **Clarvers Close**. Keep to the bottom of the hill following the line of fenced gardens enclosing **Pudding Brook** until a second stile is reached at **Lion Lane**. (For those requiring to catch their breath there are two bench seats placed in the field uphill from the stile where scenic views can be appreciated). Go over the stile, turn right and walk uphill along the lane to its crest at the junction with the **Bayton Road**. Do not turn right but proceed straight ahead and downhill to join the main route at the **Barkers Lane** turning.*

Continue to follow the twisting Eagle Lane past the **Public Conveniences (5)** to its junction with **High Street**. Turn right and walk down past **St. Mary's Church (6)** as far as **Wells Place** where a pathway to the left of the **Scouts & Guides Headquarters (7)** will take you alongside **Pudding Brook** to **Barkers Lane** (formerly Egg 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 (8)** and the conclusion of the walk.