

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

WALK 5 The Rea Amble

Distance 2.25 mile / 3.5 km approx.

Time about 75 minutes.

Difficulty Moderate.
Numerous stiles.
3 fields. 2 slopes.

Hazards Some roads do not have pavements, take extreme care and walk facing oncoming traffic.
Some uneven grass surfaces.
Short section slippery after heavy rain.

This walk is not suitable for push-chairs.

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:-

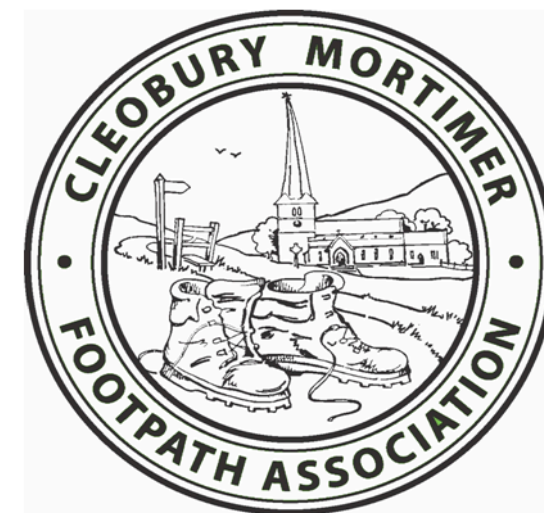
Alan & Deana Kimber. 01299 271754

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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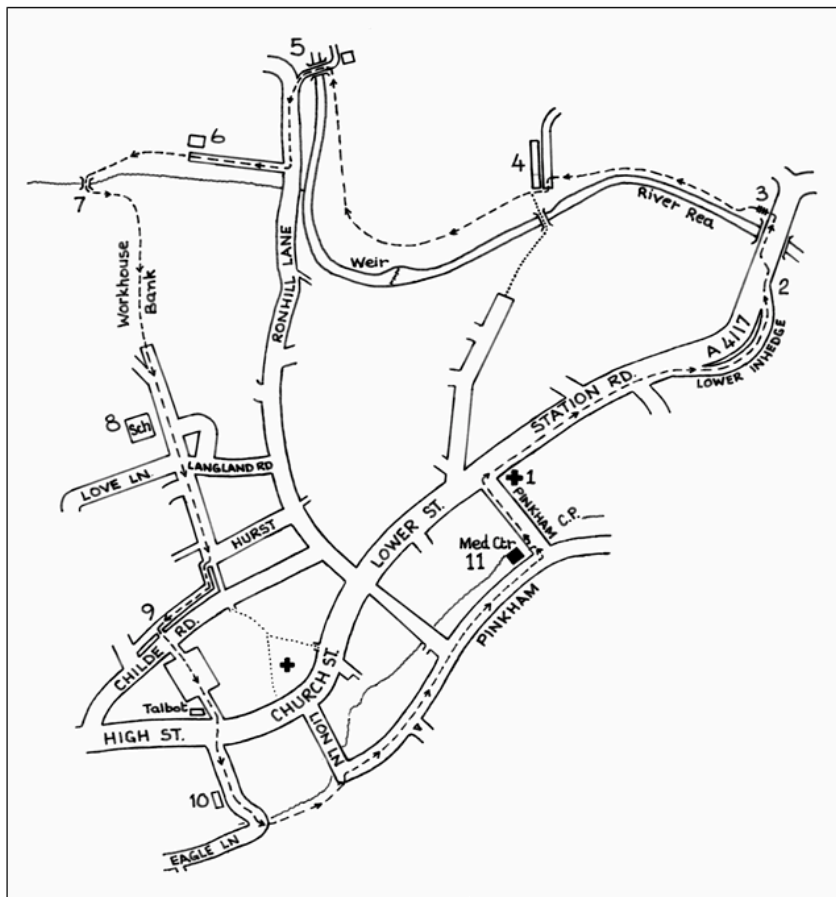
Walking for Health

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

Walk 5 The Rea Amble

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. 5

The Rea Amble

Starting from the **Medical Centre**, turn left up **Pinkham Lane** to join the main road (**Lower Street**) by **St. Elizabeth's Church (1)**. Turn right to walk along the right hand pavement of the main road (**Station Road**). Cross the 'Mill Pool Place' turning and continue ahead into **Lower Inhedge** to the last house named '**Yeldside**' (2).

Cross the main road, by the brown direction sign and before you reach the **New Bridge**. *Due to the dangerous road bend ahead, it is most important that you cross at this point.* Once over the road, cross the bridge and look for a stile on your left before the bend and designated by a fingerpost.

Descend the **17 steps (3)** and follow the path down a short bank and along beside the river **Rea** to the stile by **Paper Mill Cottages (4)**. Cross into the lane and pass to the left of the near end cottage to look for a wooden gate on the right hand side of a metal farm gate. Go through the wooden gate into the meadow.

Should you wish to shorten the walk then turn left after this gate and immediately look for a short path and footbridge to cross the river. Refer to Walk No3 for details of the route back to the medical centre.

Go straight ahead keeping the river to your left. Walk through the long meadow as it bends round to the right and past the broken weir of the destroyed Paper Mill, now just a shallow waterfall.

The meadow ends at the stile by the side of a farm gate at **Walford Bridge (5)**. Go over the stile and immediately turn left over the bridge crossing the **Rea**. Bear left to join the road (**Ron Hill Lane**) on a sharp bend and walk back along the road for a short distance with the river on your left.

Just before the 30 mph road sign, look for a track on the right with a plaque on the fence identifying this as the entrance to **Cleanlyseat Farm**. Take this track up to the **farm (6)** and continue straight on along the grass path keeping the garden on your right. After a short distance, you will gently drop down to a watercourse in the valley on your left.

Look for a **footbridge (7)** to cross the stream where the path ahead suddenly becomes overgrown. Cross the bridge, then bear left along the fence and up a steep bank. *This may be slippery and difficult after heavy rain.* You are now entering the meadow known as **Workhouse Bank**. Head towards the houses at the top of the field by following the trampled grass path. Enter onto a track to the left of a stone wall and between the houses. After about 50 yards/metres, cross a stile and enter the asphalt lane by 'The Paddocks' housing development. Walk straight ahead to pass the **Primary School (8)** on your right and ahead to the **Love Lane/Langland Road** crossroads.

Go straight over and down the road (also **Langland Road**) to where the road narrows and joins **Viols Walk**. Take the footpath to the right of the sign and running parallel to the road. Follow the path round to the right as far as house No.11, go down the **steps (9)** and cross **Childe Road** into the car park. Continue down and through the **Talbot Hotel** archway to enter the **High Street**.

Cross the main road and proceed down **Eagle Lane** opposite, past the **Public Conveniences (10)** to the stile on your left (situated on a sharp right-hand horseshoe bend). Go over the stile and into the field known as **Clarvers Close**. Keep to the bottom of the hill following the line of fenced gardens until a second stile is reached at **Lion Lane**. Go over the stile, turn right and walk uphill over the crest of the road, then straight on down **Pinkham** to return to the **Medical Centre (11)** and the conclusion of your walk.