



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 at least 30minutes moderate physical activity on at least 5 days of the week.

Moderate activity is anything which involves:

- Breathing a little faster
- Having a slightly faster heart beat
- Feeling warmer

You should aim to reach a single session of 30mins but you can break this down into:

- 3 x 10minutes
- 2 x 15minutes

Any health benefits you have gained will be lost if you don't continue to be active

Listen to your body

If you feel any dizziness or pain whilst walking, slow down or stop completely and take a rest. If the problem continues, consult your doctor before walking again.

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

or contact Shropshire County Council
Countryside Access Team
0845 6789000

For more information about Cleobury
Country or CMFA see

www.cleoburycountry.com
or www.cmfa.co.uk



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Cleobury Country Walks



Walk 1: a wander round Cleobury

		DISTANCE	TIME
● Route A	(red on map)	1.5 miles	40 mins
● Route A+B	(red + blue)	2.5 miles	60 mins
● Route A+B+C	(red+blue+green)	3.5 miles	90 mins

Walk Grade: Easy Mainly made up paths and lanes. **Walk C** includes a grass path which can be muddy in wet weather. No stiles; a short uphill stretch on **Walks B & C**.

Start: Outside **St Mary's Church**, Cleobury Mortimer

For a walk description which focuses on the High Street please pick up the "Historic Town Trail" from the Visitor Information Point.



A popular view of St Mary the Virgin Church with its famous twisted steeple

This walk gives fine views of the town and towards the Clee Hills. It also passes several historically interesting buildings away from the High Street.

Walk prepared by Cleobury Mortimer Footpath Association

Walk Directions

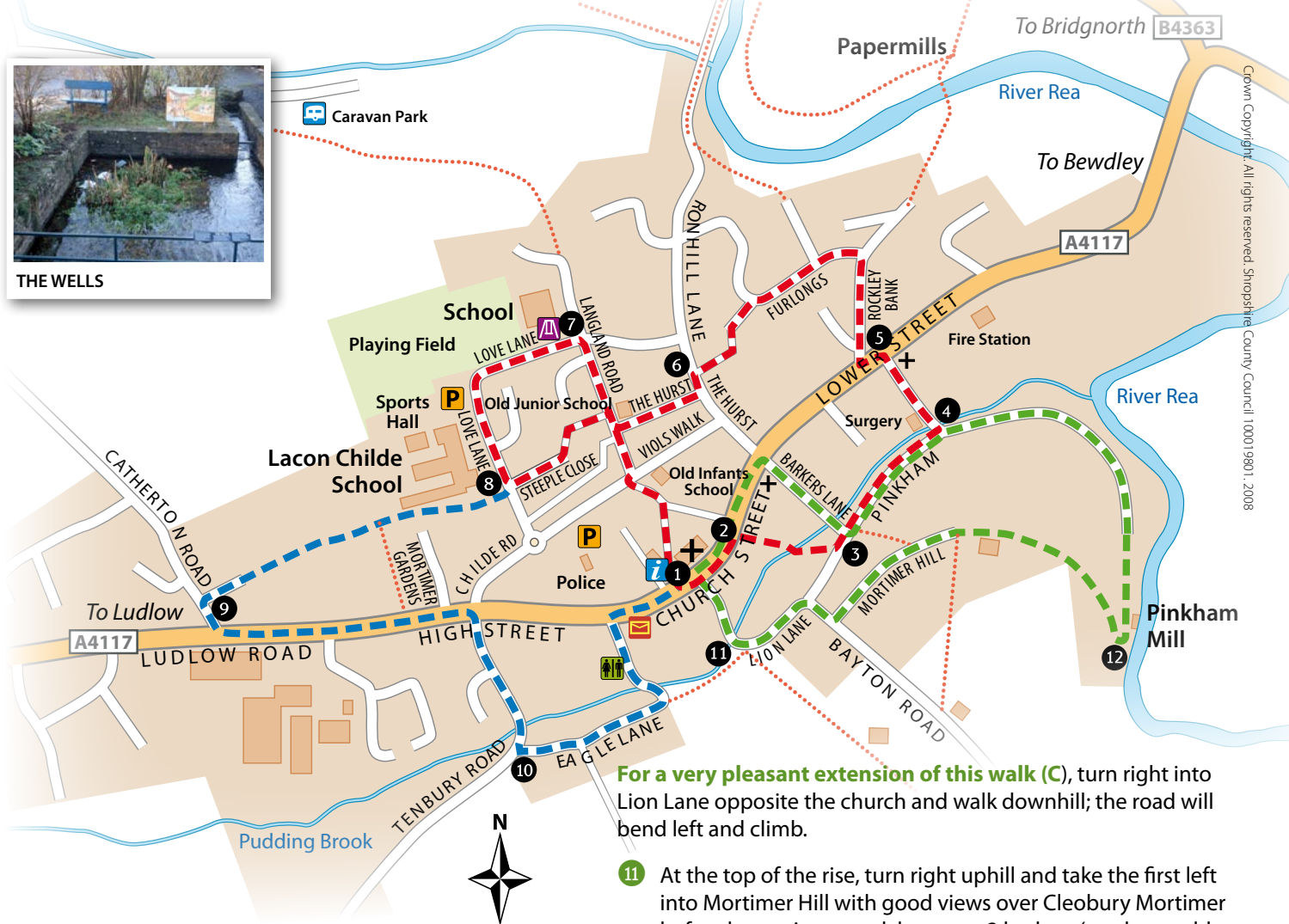
- 1 For All Walks: From the Church, walk left downhill, cross over the main road at end of church path and go to the left of **The Wells** (display board).
- 2 Walk ahead past the water and to the left of the Pump House –used by Scouts and Guides. The little lane crosses Pudding Brook, bends left and emerges at bottom of Barkers Lane. Turn right and then left into Pinkham.
- 3 You will see 1st house on right is Pinkham Cottage. A short walk down Pinkham brings you to the **Medical centre**.
- 4 Turn left here and follow road uphill to the main road.
- 5 Turn left and cross over main road, turn right into New Road leading to a modern estate (The Furlongs) – bear left (don't turn right into Rockley Bank) and walk straight ahead into the cul de sac at the top of the hill. Take the footpath in far left hand corner passing a barn conversion and a new house on your left emerging on to Ron Hill Lane.



INFANTS SCHOOL

- 6 Turn left and immediately right into the Hurst, passing the **Old Infant and Junior Schools** and at the end of this road turn right into Langland Road.
- 7 Walk up Langland Road to the crossroads – the Primary School is in front of you. Turn left and walk to the corner where there is a view diagonally right to both Clee hills. Follow the road to the left as far as the main entrance to Lacon Childe School.
- 8 **To end short route (A)** turn left into Steeple Close and follow the road into the far left corner of the cul de sac and take the footpath between the houses. Turn right and keep to the road until you meet Childe Road. Cross over and follow the footpath, keeping right to, emerge between the Church and the Market Hall.

- 8 (B), cross to the school side of Love Lane and take the footpath to the right immediately after the School entrance. Keep on path next to the playing field and proceed to join Catherton Road.
- 9 Turn left to the traffic lights. Turn left, cross the main road and turn right at the crossroads into Tenbury Road. Walk as far as the sharp right hand bend.
- 10 Turn left into Eagle Lane, keeping to the left. After about 200 yards follow lane left up to the High Street (toilets on your left). A right turn will quickly bring you back to the start point.



THE WELLS

For a very pleasant extension of this walk (C), turn right into Lion Lane opposite the church and walk downhill; the road will bend left and climb.

- 11 At the top of the rise, turn right uphill and take the first left into Mortimer Hill with good views over Cleobury Mortimer before becoming a track between 2 hedges (can be muddy in parts) going downhill. Pass through gates and you are back on tarmac and you reach the river .
- 12 Turn left past **Pinkham Mill** and follow road back to the Medical centre. Keep straight on along Pinkham until next right; follow this lane to the right of the coal yard to emerge on main road opposite the Hurst entrance.
- 13 Turn left past the Parish Hall on the left and the church on the right to finish.



PINKHAM MILL