



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 30 minutes continuous moderate physical activity on at least 5 days of the week, but this can be broken down into shorter sessions if needed. Any health benefits you have gained will be lost if you don't continue to be active.



Walkers are Welcome

Clebury Country joined this volunteer led national organisation of affiliated towns in 2010. This status is awarded to towns with well maintained, safe way-marked footpaths and who give a warm welcome to walkers in their accommodation, pubs, cafés and shops. Our area has three active footpaths groups, a supportive Chamber of Trade and a Visitor Information Point.

Clebury 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 Clebury Country or CMFA see www.cleburycountry.com or www.cmfa.co.uk



Clebury Country Walks

Walk 11: The Langley Loop



Length: 5 miles (8kms)
Time: 2 hours

Start: Milson Village. Small parking area outside Milson Church.

Walk Grade: Energetic. Several ups and downs and lots of stiles

Note: Due to the terrain, nearly all our walks involve at least one short steep uphill and some stiles. However, you can take it as slowly as you like and the views make it worthwhile.



Sturt: Now a private residence but once a Farm and papermill. Papermaking ceased in the 19th century.

A scenic and varied walk in remote rural scenery. The area around Milson is one of the hidden gems of Shropshire.

Walk prepared by Clebury Mortimer Footpath Association

Artwork by MA Creative • www.macreative.co.uk

Walk Directions

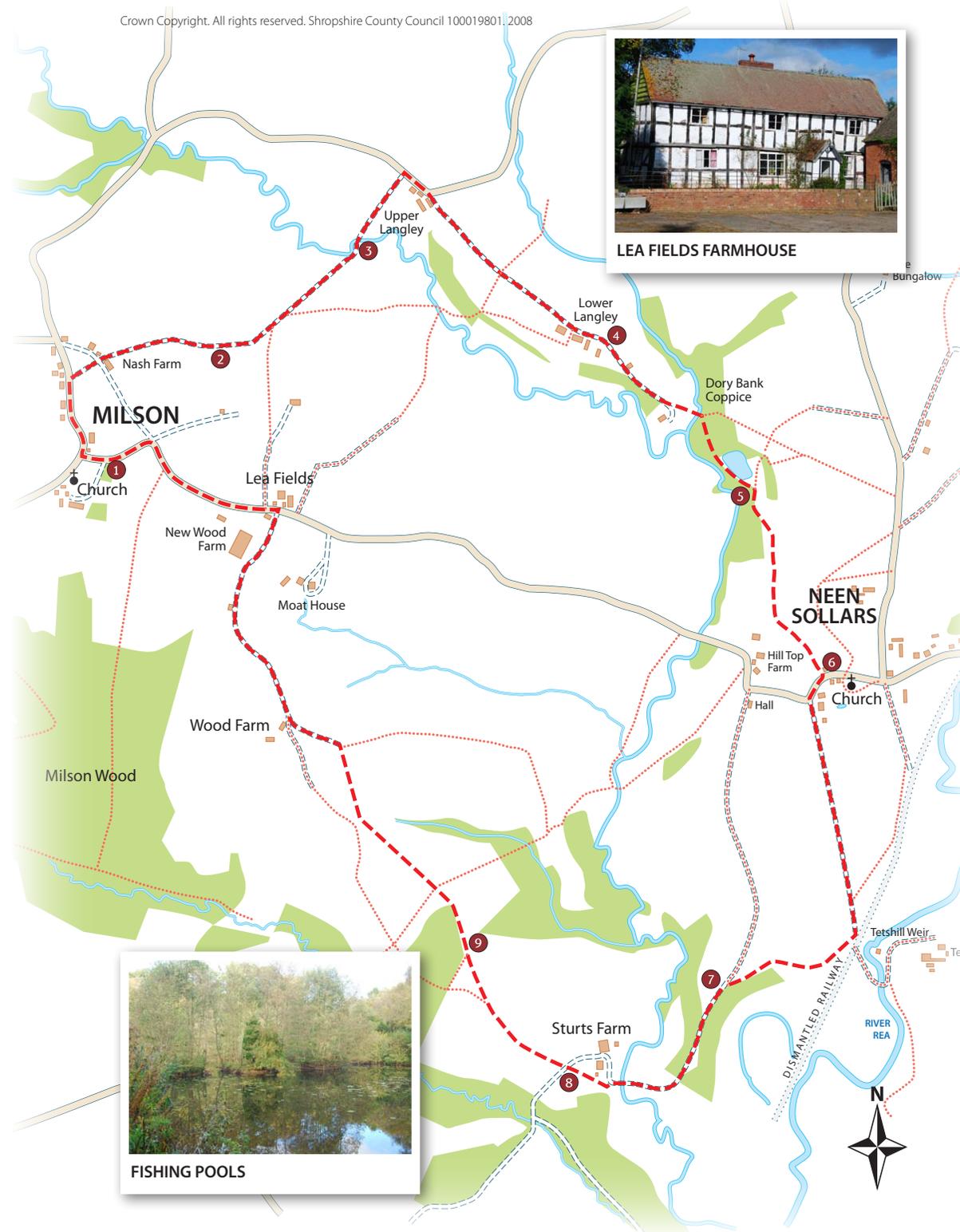
- 1 From Milson Church, walk back along the road towards Cleobury for about 200 metres to go over a stile on the right. Keep the field boundary on your left and then straight across a farmyard via gates. Once in the field, veer right keeping the field boundary on your right to the far corner of the field to go over a stile.
 - 2 First keep the field boundary on your left. Once past the corner of the field veer left to the next field boundary and a stile. Go over stile and diagonally right downhill, in direction of brick farmhouse on opposite hillside. At the bottom continue in same direction with brook on left. Follow brook around left bend to footbridge.
 - 3 Once over footbridge go uphill to the right of large oak tree and over a stile. Forward with hedge on right to another stile onto the road by a farm. Turn right and as the road bears sharp left, go straight on down a farm track for about third of a mile.
 - 4 After passing a house on the left, go over a cattle grid and steeply downhill to a footpath on the left. Take this path into trees and turn right over a footbridge.
- Continue in the same direction keeping brook on your right to a large fishing pool. Keep the pool on your left and over a stile at the far end.
- 5 Follow the track uphill to the right and through a gate with step at side. Bear left uphill then through an orchard. At the far end go over a stile, along a field, through a gate and left over a stile. Go downhill, always keeping the field edge on your left and out onto the road in Neen Sollars.



MILSON CHURCH

- 6 Turn right along road for 50mtrs and at sharp right bend, go straight ahead down a track (to Tetshill). Continue until track bends left to go over a bridge. Take stile on the right before the bridge. Go half right to go over next stile in the hedgerow ahead. Go up the steep bank to go over a stile at the top. Go left along field edge and go over a stile to a track.
- 7 Turn left along the track and stay on it through a gate then right and downhill with view of STURT FARM to the right. Do not go across the river via the road bridge but go right off the track to a footbridge (other side of ford) and then left to pick up the track again as it goes uphill.
- 8 As the track reaches the brow of a hill and bends left, go through the second gate on the right. Keep the hedge on your right to a gate. Go through this still keeping the hedge on your right to a gate on the right. Go through this and diagonally left on a track to the corner of a wood.
- 9 Now follow this track first with the wood on your left then field on either side. Turn right through a gate just after a telephone pole. Keep the hedge on your right to next gate. Keep on track in the same direction passing Wood Farm on your left. Turn right onto gravel track and follow to county road with Lea Farm [Medieval Building]. Turn left to walk along the lane back to the start about a third of a mile.

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LEA FIELDS FARMHOUSE



FISHING POOLS