



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

Cleobury 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.

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



Cleobury Country Walks

Walk 23: Three Coppices



- Length:** 5 miles (8kms)
- Time:** 2½ hours
- Start:** Cleobury Mortimer Golf Club Car Park
- Walk Grade:** Moderate. A long walk but mainly on easy tracks with only 4 stiles.
Undulating but no hard climbs.



This walk follows public Rights of Way through private woodlands which are part of the Wyre Forest. The woodland is attractive and little frequented. The second half of the walk is through quiet & scenic farmland with wonderful views over Clee Hill

The Golf Club house is open to non-members and serves food and drink.

Walk prepared by Cleobury Mortimer Footpath Association

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

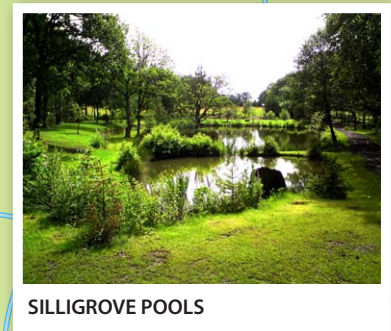


Walk Directions

- 1 Take track past golf shop. Where track goes sharp left, continue straight on along line of trees crossing a fairway. Enter woodland via gate.
- 2 After 150 metres at junction of tracks, take gravelled track ahead slightly to the left. Follow this downhill and up again. Pass wide track on your left and shortly afterwards go left off track as it bends right.
- 3 Continue in same direction downhill through trees and as it meanders to the right. Go over footbridge and continue to a forestry track. Turn left along track and cross stream via footbridge.
- 4 At top of slope, go left onto a forestry track for 250 metres then turn right along left side of line of trees. At end turn left emerging into a wide clearing which is the line of the ELAN VALLEY PIPELINE *[Completed in 1904 to carry drinking water from Wales to Birmingham. The water travels by natural flow]*
- 5 Go right over stile and follow pipeline clearing downhill for about 350 metres passing ponds on the left then right. Shortly afterwards, turn left along a clearing through trees to large fishing pools. Do not go as far as stoned track but turn left through trees.

From here until leaving the woodlands after point 8, the route is in the same general direction through trees but with fields never far away to your right.

- 6 With pools to your right, follow footpath through trees. Keep in the same direction on woodland path for 600 metres. Go through a gap and shortly onto a forestry track.
- 7 Turn right and after 60 metres take the rightmost track, along woodland edge. Path goes gently uphill then more steeply down and up again, keeping in the same general direction always near the woodland edge to emerge onto wider track.
- 8 Turn right following path as it winds through trees and over stile into a field. Keep forward another 70 metres and over stile ahead. Turn left along field edge then shortly over stile on left into large field.
- 9 Head 45 degrees left downhill towards powerline and cottage. Continue on access track for the cottage. Cross a stream then uphill and around a left bend to a concrete track. Turn left passing pond on right (Footpath off to right).
- 10 Keep on track, uphill then down. At the bottom of the dip go right off track. Keep field edge with hedgerow on your right around bend and to gate at end of field (ignore footpath off to right).
- 11 Go through gate and trees to emerge onto golf course. Walk in front of two tees to a waymark post and turn left. Keep forward to steps down onto track. Turn right along track uphill, at top meet outward route and turn right back to the Golf Clubhouse.



SILLIGROVE POOLS