



# 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](http://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](http://www.cleoburycountry.com) or [www.cmfa.co.uk](http://www.cmfa.co.uk)



# Cleobury Country Walks

## Walk 8: The Cleobury Wiggle



**Length:** 2 miles (3kms) or 3 miles (5kms)  
**Time:** 1 hour or 1½ hours

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

**Walk Grade:** Easy. Mainly made up paths and lanes, with Two stretches on grass (which can be muddy in wet weather). Three short uphill stretches

*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.*



A view down the River Rea at Pinkham. Until Telford built the Newbridge(1790) the main road ran through this once busy but now quiet hamlet and across the river via a ford. There was an Inn and a mill.

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A short walk along the paths, lanes & fields within a mile radius of St Mary's Church.

A choice of distance to fit the time available.

Walk prepared by Cleobury Mortimer Footpath Association

