



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 9: Hobson's Choice



Length: 2 miles (3km) or 5 miles (8kms)

Time: 1 hour or 2½ hours

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

Walk Grade: Energetic or moderate (shorter version). Several ups and downs and lots of stiles. Shorter version still has the stiles but a lot less ups.

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.



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

A scenic walk to the west with glorious views over the Rea and Teme Valleys with the Black Mountains visible on a clear day.

Walk prepared by Cleobury Mortimer Footpath Association

Walk Directions

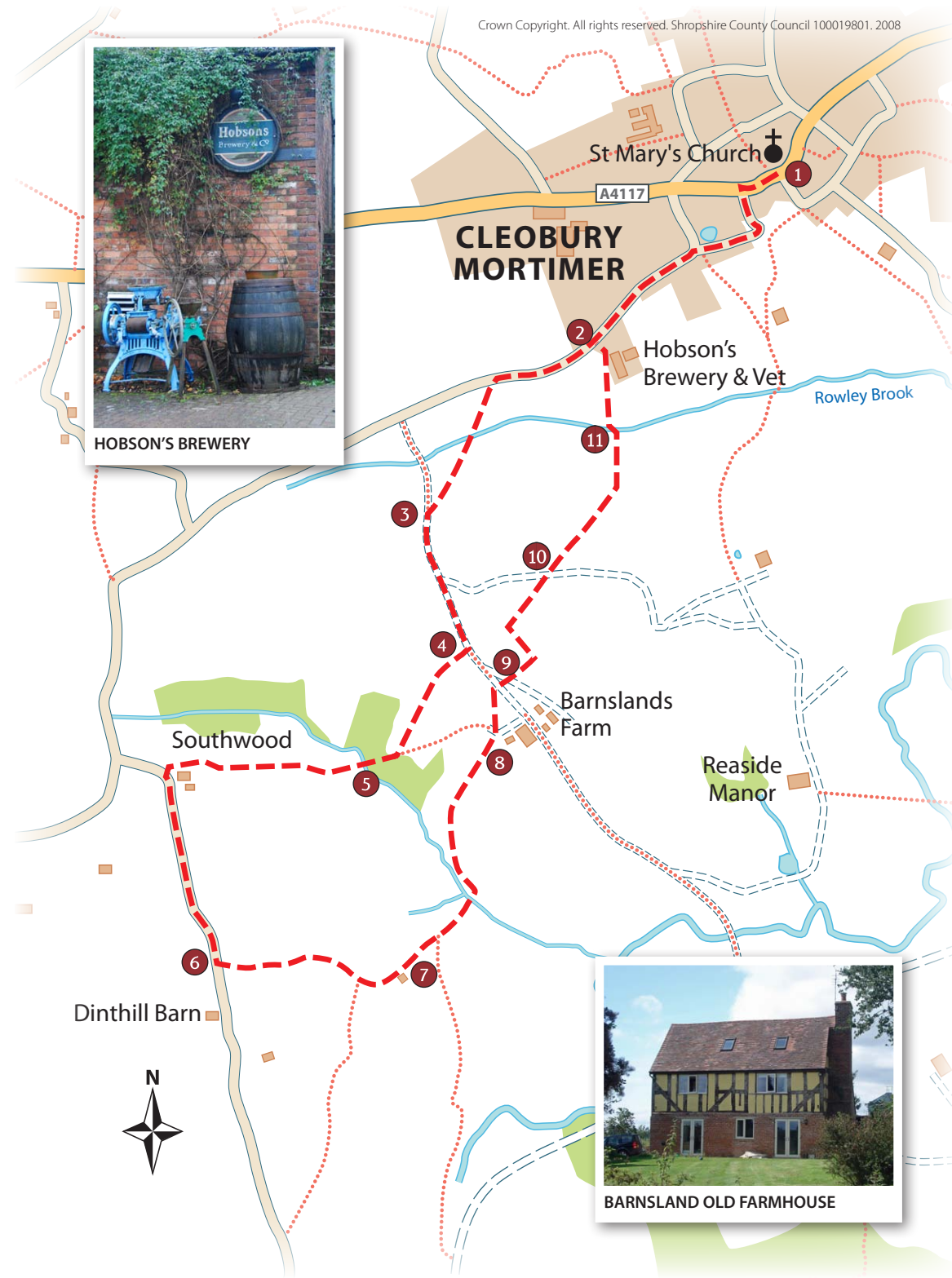
- 1 Go uphill along the high street and left down narrow lane by the Post Office (Eagle Lane). At the end of the Lane, turn left and walk along road about ½ mile, passing a small industrial estate [which includes *Hobson's brewery*]
- 2 Continue for another 400 metres to turn left through a gate to follow a waymarked path, diagonally across a field to cross a footbridge. Continue uphill in same direction and through an old gate onto a wide gravel track.
- 3 Turn left and continue to the top of the hill. Take the track which goes straight ahead downhill and to a stile on the right just before a brick building.

For the short (2 mile) walk continue down the track taking the left fork to a stile crossing. Rejoin the longer walk at point 9 (going over the left hand stile).

For the longer route only:

- 4 Turn right over the stile and then straight ahead, keeping the field edge to your left, over a stile in the left hedge. Now in the same direction downhill through a gate and over a stile into woodland. Bear right downhill to a footbridge over a brook into a field.
- 5 Go diagonally right uphill keeping a lone tree well to your left and over a stile with farm buildings ahead. Continue to the right of the buildings and left to a lane after the last building. Turn left along the lane and at the foot of a hill, left through a gate into a field (fingerpost in hedge).

- 6 Go across the field and then along a high ridge to a disused stile. Continue forwards to go over a stile to the left of a gate. Now downhill through a gate and pass a brick building on your right.
- 7 Continue to the bottom of the hill and through a gateway. Follow the track left and uphill to Barnsland Farm. Veer to the left of the farm track to pass a silo on your right, over a stile, across a farm track and over another stile.
- 8 Now steeply uphill with a house on your right and the old BARNSLAND farmhouse below. Go over a stile under a large oak tree, across a farm track and over another stile. Cross the corner of a field to another stile onto a track.
- 9 Go over the stile opposite and forward in same direction. Go over the next stile on the left and uphill with hedge on your right and right over a stile. Continue diagonally left uphill, over a stile and onto a track by a seat.
- 10 Go straight across, over a stile and diagonally right across field (aim for two telephone poles close together). Go over the stile and left downhill keeping the field boundary on your left.
- 11 Go over a stile, then along a concrete path between ponds to a field. Go uphill, slightly diagonally right keeping buildings which includes HOBSONS BREWERY on your right to a road where you rejoin the outward route at point 2. [*Hobsons is the town's famous brewery. Award winning beer has been brewed here since 1993. Try a pint in one of the town's pubs*]



HOBSON'S BREWERY



BARNSLAND OLD FARMHOUSE