



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 30 minutes 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.

Ludlow Parish Path Partnership (P3) are a group who volunteer in partnership with Shropshire Council to help improve and promote the Public Rights of Way in and around the parish of Ludlow. As well as helping to produce this and other walk leaflets they have monthly work parties where they carry out practical improvements to the paths through clearing vegetation, waymarking routes, mending stiles, replacing stiles with gates and generally making the routes easier for all to use.

For more information about walking see

www.shropshirewalking.com www.discovershropshire.org.uk
or contact Shropshire Council Countryside Access Team
0845 6789000



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Ludlow Country Walks

Castle Square to Priors Halton and back

Walk 1

Length: 3 miles

Time: Allow 1 1/2 – 2 hours

Start & Parking: Castle Square, Town Centre

Walk Grade: Easy to medium, some stiles, undulating fields and steep sections.



LUDLOW VIEW by Mike Holland

A delightful ramble from the Castle Square to Priors Halton and back with some outstanding views of Ludlow Castle.

Walk prepared by Ludlow Parish Path Partnership Group

Walk Directions

- 1 From Castle Square take one of the paths around the Castle down to the road opposite Mr Underhills Restaurant.
- 2 Turn left past the Mill on the Green and then right to cross the bridge over the River Teme. After 350 yards take the lane to the right (Halton Lane) to the footpath just after the Cliffe Hotel on the left.
- 3 Follow the path alongside the allotments over a stile and a footbridge until you reach the 2nd field gate. Take to the lane and continue left up the lane for ½ of a mile.

- 4 In Priors Halton take a track to your right signposted 'Shropshire Way' and over a stile.
- 5 Cross the field at an angle through the steel field gate and aiming between a distant power line pole to your left and tree in hedge to your right, to a stile and sleeper bridge.
- 6 Cross over the stile and bridge and follow the waymark posts for ½ mile crossing two stiles (*there are great views of Ludlow Castle from here*). Cross the field to another stile, then a footbridge and stile.
- 7 Cross the bridge and walk up the bank then head diagonally down the field to a kissing gate and re-join Halton Lane. Bear left retracing your steps back to Castle Square.

