



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 Round the Castle Walls

Walk 3

Length: ½ mile

Time: Allow ½ an hour with stops

Start & Parking: Castle Square, Town Centre

Walk Grade: Easy, dry hard paths, one moderate hill



CASTLE VIEW by Ian Capper

An easy half an hour stroll around the walls of the historic Ludlow Castle

Walk Directions

- 1 From Castle Square walk towards the Castle entrance and take the signed path to the right.

There is an information board on the right.

- 2 Carry on with the Ludlow College wall to your right and the Castle curtain wall to your left.

The original Inner Bailey of the Castle was built by the de Lacy's in 1088 and later extended late in the 12th century.

- 3 Follow the path bearing to the left.

The remains of the town wall can be seen on the left where once it joined the Castle curtain wall, this was built between 1233 and 1304. To the right you will get lovely glimpses of the valley between the trees.

- 4 After 40 yards again follow the path to the left where a path joins from the right.

- 5 At the Mortimer's Trail waymark post follow the path to the left.

The unique postern tower doorway was allegedly used by Princess Mary Tudor when she was resident in 1525. The adjacent path is known as the 'Queens Walk'.

- 6 The path now climbs back towards Castle Square and is a little steeper. Continue up to an arch in the castle walls.

The low stone walling on the other side of the arch is the site of the old St Peters Chapel built to celebrate Roger de Mortimer's escape from the Tower of London in 1328

- 7 After 30-40 yards the path leads into 'Castle Gardens' and back into Castle Square.

This would be a good moment to visit the Castle.

