



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 10 minutes
- 2 x 15 minutes

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 Old Field, Bromfield, Ludlow Racecourse and back

Length: 6 miles

Walk 4

Time: Allow 2-3 hours with stops

Start & Parking: Castle Square, Town Centre

Walk Grade: Moderate, a number of stiles, busy road crossing



by Michael Holland

Walk Directions

- 1 From Castle Square make your way (Town Map recommended) through the town paths until you reach steps leading to the A49, **TAKE CARE CROSSING THIS ROAD.**
- 2 Cross over the stile then cross the field into the far right corner and over the stile onto the road.
- 3 Turn left on the road for 100 metres then cross the road before the bridge taking the signed metalled path to your right. Keep following this path until you reach a gateway at a drive to a bungalow.t
- 4 Take the path to your left between the hedges, over stiles and into the field, proceed up the hillside to a set of double stiles.
- 5 With the hedge to your left go over another set of double stiles. At the bottom of this field cross two more stiles. With the hedge and stream to your right carry on for 500 metres then bear left for 300 metres to a bridge over the river Corve.
- 6 Cross and take the stile immediately to your right and follow the bank for



_ mile to a stile, along a side of a field and round the corner. Cross a stile onto a rough vehicle track on the edge of the racecourse and golf club.

- 7 Turn left on the track to the road (B4365) then bear left again over the railway bridge to the A49.
- 8 Cross the A49, **TAKE CARE CROSSING THIS ROAD,** into the field opposite picking up a well marked bridleway.. Follow this track bearing left of hedges to pass through a gate, to a house and farm and crossing a tree lined drive to Burway.

(This route is the old Borough Way, part of an ancient Clun to Cleve ridgeway)

- 9 Follow the path with views of Ludlow on the right., After 250 metres the track becomes metalled. Turn right at the road. Follow the path back towards the town, looking for a path to your right up seven steps and through a metal kissing gate.
- 10 Follow this well marked path through 'Boiling Well Meadow' and over a bridge over the River Corve to a lane. Bear right, up towards the Castle and back up to Castle Square.

