



Walking with Offa 18

Food, drink and accommodation
Imagine patrolling the border without a decent pub. How would Offa's Dyke have been built without them? Over a thousand years later, keep up the tradition and stop for a drink and a bite to eat at **The Plough at Wall under Heywood**.



Andy, Steve and Diane will ensure a warm welcome and serve a variety of real ales, wines and soft drinks. A wide choice of meals is offered from the great value lunchtime menu, Tuesday to Saturday, to the full evening and Sunday menu. Call for information on opening times and special offers on 01694 246372. www.theploughchurchstretton.co.uk

Not far from Wall under Heywood is Church Stretton, the walker's favourite haunt. You will find a wide range of accommodation, specialist shops and places to eat and drink. Contact the Church Stretton Visitor Information Centre on 01694 723133.

Accommodation listings can be found on www.visitshropshirehills.co.uk



GETTING THERE:

You can find public transport options throughout Shropshire at: www.travelshropshire.co.uk. Or contact Traveline on 08712 002233.



BY BUS: Wall under Heywood is served by the Wenlock Wanderer Shuttle Bus which runs at weekends and Bank Holidays from April to September. The shuttle links Shrewsbury and Church Stretton to Much Wenlock. You can link to the scheduled services between Shrewsbury and Ludlow (**435**) at Church Stretton and between Shrewsbury and Bridgnorth at Much Wenlock (**436**). Further information on www.shropshirehillsshuttles.co.uk. There is an infrequent bus service to Wall under Heywood from Shrewsbury (**540**) and Ludlow (**155**).

BY RAIL There is a mainline station at Church Stretton.

BY CAR Car parking is available at The Plough, Wall under Heywood SY6 7DS.

To get the best from your walk we recommend comfortable walking boots, waterproof jacket and overtrousers, warm clothing, gloves and warm hat or sun cream and sun hat (depending on the season!), a mobile phone and something to eat and drink. Sheep and cattle are often in the fields on these routes – dogs must be kept under close control or on leads at all times.

Walking with Offa *Promoting the Welsh English border as a great place to get your boots on, enjoy the beautiful countryside and indulge in some fabulous food and drink.*



For more details contact the Shropshire Hills Area of Outstanding Natural Beauty Partnership on **01588 674080** or see www.shropshirehillsaonb.co.uk



There are 18 pub walks in this series and four 'Days Out'. Download, including podcasts, from www.shropshirewalking.co.uk/walking-with-offa. Turn your Smartphone into a complete outdoors GPS. Download an app: www.viewranger.com and search for 'Walking with Offa'. A guide featuring 12 walks is available



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Wenlock Edge and the farmland of Ape Dale

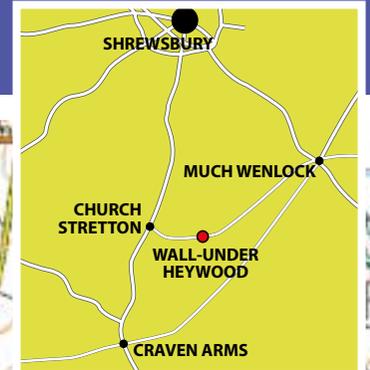
A 4½ mile walk with a steady climb up to Wenlock Edge and along the woodland ridge above Apedale taking 2 to 3 hours



The Welsh English Border - where King Offa met his match!

One of a series of walks with spectacular views and glimpses of history, wildlife and archaeology.

in the Shropshire Hills



Start at The Plough, Wall under Heywood SY6 7DS. Crossing grassland, arable fields and woodland tracks with three stiles.

1 From the pub door turn right along the pavement beside road, past the bus shelter, and turn right then, almost immediately, left towards Rushbury. Follow road passing Morgansfield on your left and other housing to road junction in the village of Rushbury.

2 Cross the road to a stile into a grass field. On your left is a fine example of a motte. Carry on straight ahead to stile into a field and walk with the hedge on your left to two gates and stiles passing a small pond and crossing over an old brick bridge. The path follows the headland of an arable field then reaching a corner it continues across the open field to meet an old railway line.

3 This was the Craven Arms to Much Wenlock line closed by Lord Beeching in the 1960s. Climb up to stile in the hedge above the line into arable field. Bear left and cut the corner of the cropped field, through a gap in a straggly hedge, then on the same bearing up towards the woodland on Wenlock Edge crossing an area of grassland which leads to an old gateway onto a woodland path.

4 Follow the path up to the bridleway which runs along the top of Wenlock Edge. Turn right and follow the bridleway, part of Jack Mytton Way and the Shropshire Way, to a gate and motorcycle trap onto a track passing cottages to road junction at the top of Roman Bank.

5 Continue following the Jack Mytton Way, straight ahead along the road, then take first track on right. Follow the track past houses, then through woodland, to emerge by gate into grass field. Go straight ahead with hedge on right until you meet a bridleway gate on right.

6 Turn down onto bridleway which runs down a stoney gully through woodland to gate into field. Continue downhill with hedgeline on right. This path can get a bit muddy. As you descend you join a sunken lane to your left. Keep ahead to double gateway into a pasture field.

7 Continue with the fence on your left to a gate which takes you onto a track and over a bridge spanning the old railway line to Lilywood. Follow the lane out to the road in Rushbury.

8 Turn left and walk through the village, with its ancient church and historic houses, and bear left to follow the road back to The Plough Inn.

