



Taking the first step

You don't need special equipment and there aren't any joining fees. You can walk almost anywhere, and being outside with nature helps you relax and forget about the stresses and strains of every day life!

It's never too late

There is no such thing as "too old to exercise". Whatever your age or current level of 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.

Build it 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 30 minutes but you can break this down into

- 3 x 10 minutes
- 2 x 15 minutes

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The publishers have made every effort to ensure the information in this publication was correct at the time of printing. If you have any comments regarding this publication please contact Shropshire County Council.

Start at your own level

Start at a level that suits you; 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.

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.

Keep active and keep the benefits

Any health benefits you have gained will be lost if you don't continue to be active.

If you would prefer to walk in a group why not join the Pontesbury Walking for Health group, who meet for short walks each week. For more information on the Walking for Health group or the Parish Paths Partnership please contact:

Walking for Life!
Countryside Access Team,
Shropshire Council
Tel: **01743 255059**



The materials needed for this improvement has kindly been supplied by Tarmac Quarries to benefit the people of Pontesbury'

Pontesbury Walks



The Old Railway line • 1 1/2 miles – stile free!

Pontesford Brook • 2 miles – stile free!

NB: Parts of this walk can be very muddy!



Do you feel the need to get some fresh air? Then try one of the 'Pontesbury Walks'.

The walks have been suggested by the Pontesbury Parish Paths Partnership group who meet each Tuesday to carry out remedial work on the footpaths in the parish.

On each of the 'Pontesbury Walks' you can experience views of the church, village and the hills beyond. Keep an eye out for local wildlife too you may catch a glimpse of a kingfisher, buzzard or hare along the way!

Walking is fun, free and can be done anywhere



Shropshire County
Primary Care Trust **NHS**

Pontesbury Old Railway Line

1½ miles • Stile Free — · — · — ·

Start: Pontesbury Medical Practice

(NB the surgery car park is for patients only, if you need to park please do so in the village)

- 1 Turn right out of Pontesbury Medical Practice and walk down Hall Bank until you reach a kissing gate on your right (just after the bus shelter)
- 2 Turn right through the kissing gate and into the field. Continue along the fence line of the houses on your left to another kissing gate ahead of you
- 3 Once through the kissing gate turn right onto the old railway line. Continue past the playground, over Hinton Lane bridge, past Roseville (Rose Cottage where Mary Webb wrote her first novels) until you reach the junction with Back Lane
- 4 Turn right up Back Lane for approximately 100 metres until you see a footpath sign through a gate into a field on your right hand side
- 5 Turn right through the gate into the field and continue straight ahead following the hedge line on your left. You will pass through three more gates, onto a narrow path that leads to another gate onto a track.
- 6 Once on the track continue straight ahead towards the Shrewsbury road (Main Road)
- 7 When you reach the road turn right towards the village centre and continue to the junction with Hall Bank
- 8 Follow the pavement around to the right onto Hall Bank and continue back to Pontesbury Medical Practice on your right hand side.

Pontesford Brook

2 miles • Stile Free - - - - -

Follow Walk 1 'The Old Railway Line' directions up to end of point 3

- A Cross over Back Lane and continue along the old railway line for approximately 200 metres until you reach some steps down the embankment on your left.
- B Descend the steps (take care they can be slippery) to a gate by the Pontesford Brook. Once through the gate follow the path along the field edge, with the brook on your right, to a gate onto Hinton Lane
- C Turn left along Hinton Lane and continue for approximately 20 minutes until you reach its junction with Hall Bank
- D Turn right onto Hall Bank and back to Pontesbury Medical Centre on your right.



Hall Bank between points 1—2



Playground along old railway between points 3—4




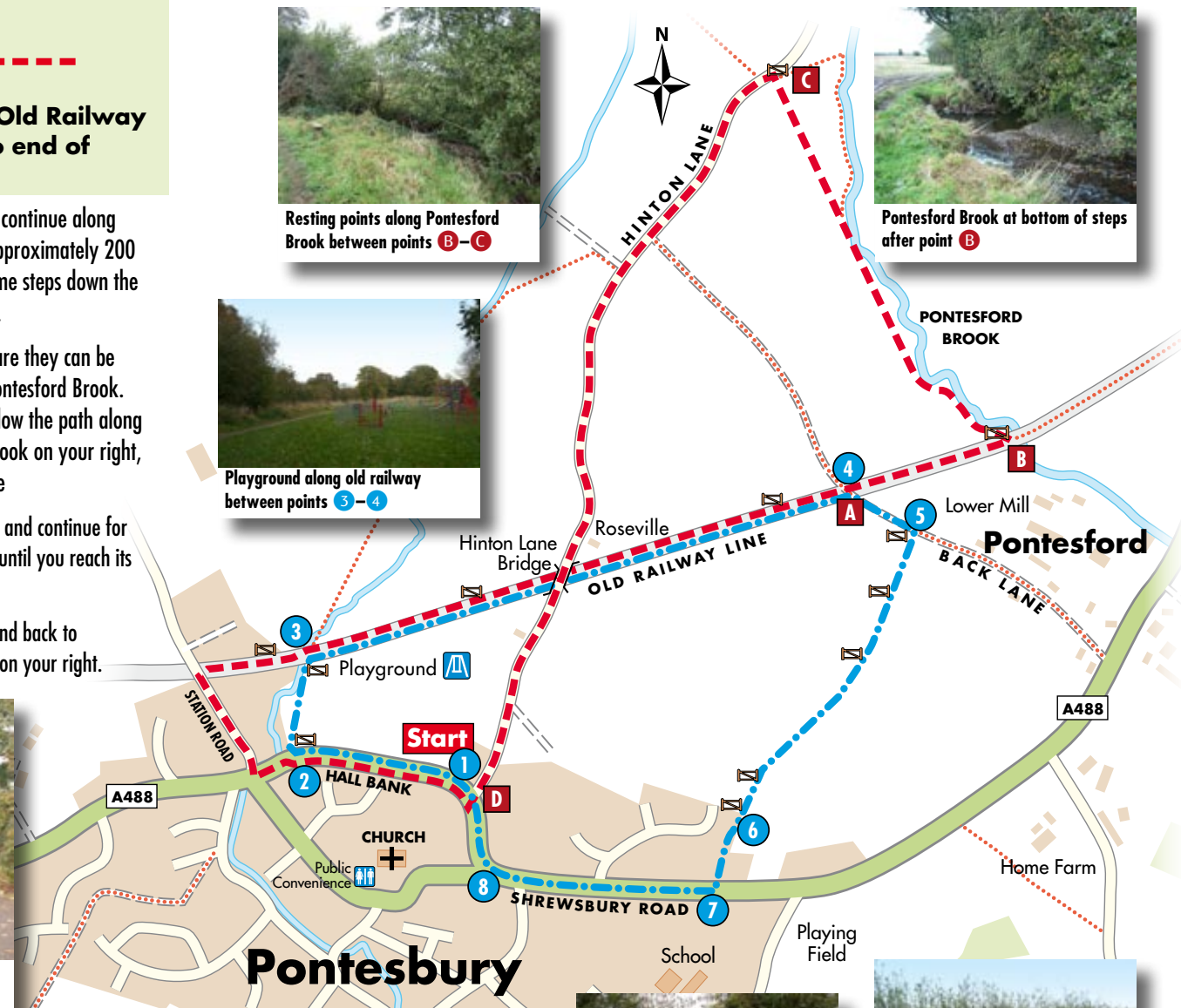
Resting points along Pontesford Brook between points B—C



Pontesford Brook at bottom of steps after point B

KEY TO MAP

- · — · — · Walk 1: Pontesbury Old Railway Line
- - - - - Walk 2: Pontesford Brook
- Other paths
-  Gate



START: Pontesbury Medical Practice at point 1



Junction with Back Lane at point 4



Gate off Back Lane at point 5



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Pontesbury Walks



Earlsdale Pools • 2 miles – stile free!

NB: Parts of this walk can be very muddy!



Do you feel the need to get some fresh air? Then try one of the 'Pontesbury Walks'.

The walks have been suggested by the Pontesbury Parish Paths Partnership group who meet each Tuesday to carry out remedial work on the footpaths in the parish.

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Shropshire County
Primary Care Trust **NHS**

Earlsdale Pool

2½ miles • Stile Free - - - -

Start: Pontesbury Medical Practice

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- 2 Turn right through the kissing gate and into the field. Continue along the fence line of the houses on your left to another kissing gate ahead of you
- 3 Once through the kissing gate turn right onto the old railway line. Continue past the playground, over Hinton Lane bridge, past Roseville (Rose Cottage where Mary Webb wrote her first novels) until you reach the junction with Back Lane
- 4 Turn right up Back Lane and continue along the lane until you reach the main road in Pontesford.
- 5 Turn right and carefully cross the road and continue for approximately 100 metres to a road on your left
- 6 Turn left up the road and continue for approximately 500 metres until you reach another lane on your left (marked as a Bridleway).
- 7 Turn left on to the lane and continue for 50 metres until you see a track branching off the right
- 8 Keep to the right hand track, and continue past the pool on your right

Look out for coots, moorhens and various ducks and geese on these pools. Ravens and buzzards are also seen above the trees on Pontesford Hill.

- 9 At the top of the rise turn right (also signposted as a bridleway) and continue along the track for approximately 100 metres to a gate on your right by a pool.
- 10 Turn right through the gate and across the field to another gate into a wooded area.

- 11 Go through the gate into the wooded area and turn right and follow the track through the car park to a road
- 12 When you reach the road turn right for approximately 50m until you see a track on your left
- 13 Turn left onto the track and follow it back on yourself, until you reach a gate across a field on your right
- 14 Go through the gate and follow the path across the field to a kissing gate
- 15 Go through the kissing gate and turn right and continue until you reach Bogey Lane
- 16 Turn left onto Bogey Lane and continue past the school, library and cemetery to Chapel Street
- 17 Turn left onto Chapel Street and then immediately right onto Stalleon Lane
- 18 Continue past the church on your right and past Manor Park to the junction
- 19 At the junction turn right back up Hall Bank (take care on the narrow pavement) to Pontesbury Medical Centre on your left.

KEY TO MAP

- - - - - Other paths
-  Gates
-  Stiles

START: Pontesbury Medical Practice



Back Lane approaching Main Road before point 5



Bear left to Earlsdale pools at point 7



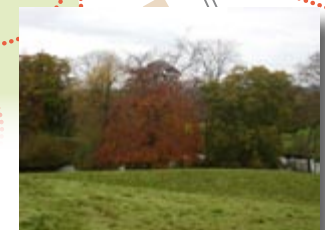
Old Railway Line 4



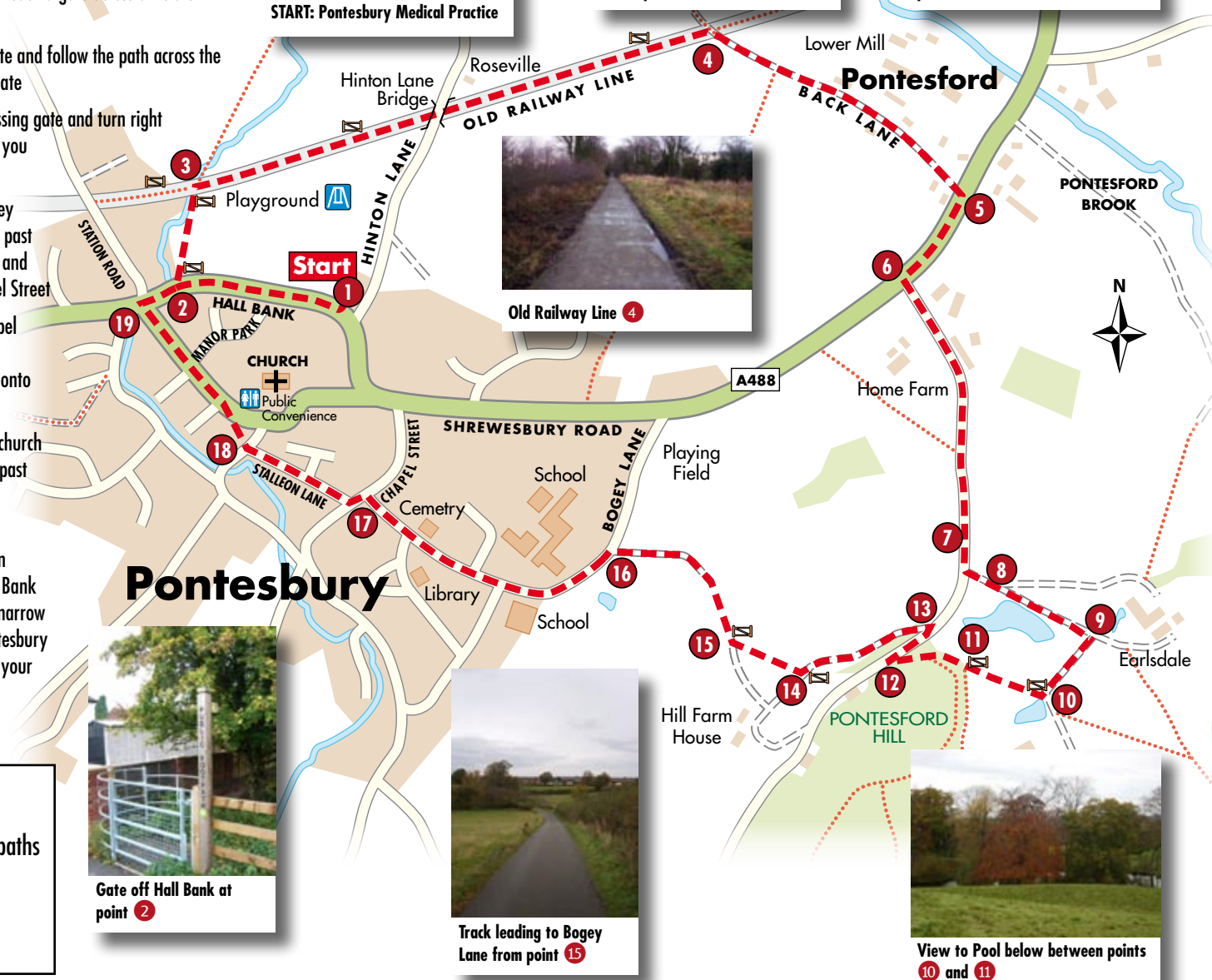
Gate off Hall Bank at point 2



Track leading to Bogey Lane from point 15



View to Pool below between points 10 and 11





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Rea Brook 2½ miles • 11 double – step stiles

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Shropshire County
Primary Care Trust **NHS**

Rea Brook • 2½ miles**11 double-step stiles** - - - -**Start: Pontesbury Medical Practice**




(NB the surgery car park is for patients only, if you need to park please do so in the village)

- 1 Turn right out of Pontesbury Medical Practice car park and walk down Hall Bank. Please take care on narrow footpath.
- 2 Take the first road on the right (Station Road) and continue along Station Road for approximately 15 minutes until you see a stile in the hedge on your right
- 3 Cross over the stile into the field, and walk straight ahead across the field to another stile ahead of you
- 4 Cross over the stile and walk diagonally left, towards the corner off the field where you will see another stile onto a track
- 5 Cross over the stile, straight across the track, over another stile into a field
- 6 Follow the hedge line to a stile and footbridge in the bottom right hand corner of the field.
- 7 Cross over the stiles and footbridge continue straight ahead, following the hedge line on your right to another stile
- 8 Cross over the stile, footbridge and second stile into the next field
- 9 Once over the bridge turn left and follow the footpath along the banks of the brook (brook on your left), and continue across field to a stile
- 10 Once over the stile continue across the field, keeping the brook on your left until you see a stile in fence in front of you
- 11 Go over the double stile and bridge and continue straight ahead towards a gate onto Hinton Lane

- 12 Go over the stile and turn left onto Hinton Lane and then immediately right through a gate into a field
- 13 Continue across the field picking up the footpath along the embankment of the brook, and continue to a gate at the bottom of some steps
- 14 Walk up the steps onto the old railway
- 15 Turn right onto the old railway and continue along the old railway for approximately 25 minutes, over Hinton Lane bridge, past the playground until you come to a kissing gate on your left
- 16 Turn left through the kissing gate, past the line of houses on your right to another kissing gate in front of you
- 17 Once through the gate turn left up Hall Bank and back to Pontesbury Medical Practice to your left.

Caution – Steep banks and deep water next to the brook

KEY TO MAP

- - - - - Other paths
-  Gates
-  Stiles
-  Footbridge



Gate off Station Road at point 3



START: Pontesbury Medical Practice at point 1



Point 5



Gate before point 14



In between points 10 and 11



Gate at point 12 off Hinton Lane

