



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

Over a week, activity should add up to at least 150 minutes of moderate intensity aerobic activity in bouts of 10 minutes or more - one way to approach this is to do 30 minutes on at least 5 days a week. Being moderately active means:

- You'll be able to talk, but notice your breathing is quicker and deeper than at rest
- Your body will be warming up, your heart rate will speed up but not be racing
- Your skin may start to show a healthy glow

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 prefer to walk in a group why not join your local Walking for Health group, who meet regularly for short walks.

For further information about Walking for Life walks or Walking for Health groups please contact

**Shropshire Council Outdoor Partnerships Team, Shirehall,
Abbey Foregate, Shrewsbury, SY2 6ND Tel: 01743 255059**

The walks can be downloaded from our website:

www.shropshirewalking.co.uk

Find out more about Walking for Health at

www.walkingforhealth.org.uk

For simple advice about keeping yourself healthy go to

www.healthyshropshire.co.uk

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 Council.



Walks from your doorstep



town Shrewsbury

walk Louise House walk (1.8km approx 30 mins)

Country Walk (4.5km approx 1hr)



This leaflet contains an easy to read map, and step by step directions, to help you follow the 'Walking for Life' waymarkers around two short, circular walks through Shrewsbury. The walks will take you around Moele Brace and into the surrounding countryside where you can walk peacefully along the banks of the stream.

You can either start and finish at Louise House on Roman Road, or, simply join the walk from any point on the map.

Walking is fun, free and can be done anywhere
Go for a walk in nature's free gym!

Louise House Walk

START: Louise House car park

1. Turn left out of Louise house onto Roman Road. Cross Roman Road at the crossing point to the opposite pavement and turn right. Continue up Roman Road to the Railway Bridge.
2. Once over the railway bridge continue on Roman road for 200m until you reach a footpath on your left leading to the playing field.
3. Go down footpath and turn left onto the playing fields, follow the hedge line and then railway line around the edge of the field until you reach a railway crossing point on your left.
4. Cross over the railway at crossing point and turn right onto narrow footpath.
5. When you reach a road cross straight over and continue on footpath on the other side.
6. When you reach the football pitch turn left and follow edge of field up to a gate onto the road.
7. Go through the gate and turn left onto the road; follow the road until you reach a mini roundabout.
8. Go straight on at the mini roundabout (2nd exit) so that you follow the road up through the 'no entry' signs; after a short while you will reach a T-junction.
9. Turn right at T junction and cross Roman Road via the crossing point. Turn left then follow Roman Road for 50m back to the entrance to Louise House.

Country walk (optional extended route)

Follow directions on the Louise House route up to point number 7

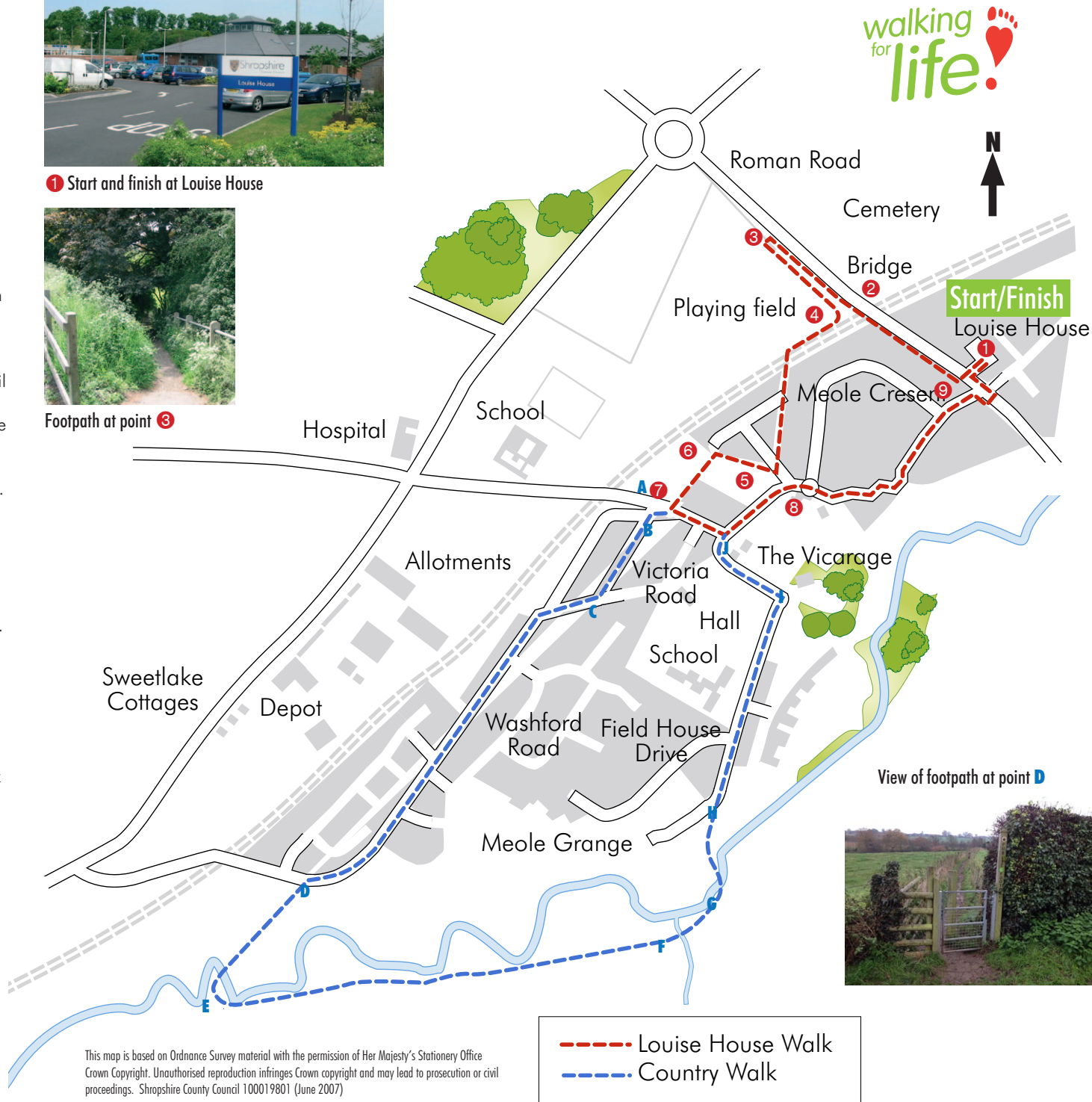
- A. Go through gate onto road and cross straight over onto Station Road.
- B. Take first left onto Victoria Road and continue until T-junction.
- C. Turn right at T-junction and follow road for approximately 10 minutes as it goes down a long straight and then around to the right.
- D. Once around the right hand bend take a narrow footpath on your left D.
- E. Cross over the footbridge and turn left to follow footpath along bank of stream.
- F. After approximately 15 minutes you will see a marked footpath on your left hand side which crosses a tributary to the stream. Go down this path turn left cross over the small stream and then keep to the right hand path.
- G. Keep to the main path as it takes you over two foot bridges and follow it up to a road.
- H. When you reach the road turn right past Moele Brace Junior school on your left.
- I. When you reach the church in front of you, follow the road around to the left.
- J. Turn right at the T-junction and follow road until you reach a mini roundabout and continue by following the Louise House directions from point number 8



1 Start and finish at Louise House



Footpath at point 3



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