

Walk more ... feel the difference

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.

Build walking into your daily routine

Any activity is better than none, but to get the most benefit you need to do at least 150 minutes of moderate activity (such as brisk walking) in bouts of 10 minutes or more – one way to achieve this is to do 30 minute on at least 5 days of the week.

Moderate activity is anything which involves:



Feeling a little warmer



Breathing a little faster



Having a slightly faster heart beat

You should still be able to talk – but not sing! If you can't carry on a conversation then you are going too fast.



Why not join a Walking for Health Group?

Walking in a group is a great way to start walking and stay motivated, make new friends and find out more about your local area. For details about the local Walking for Health groups go to www.walkingforhealth.org.uk and use the 'walk finder' to search for the walks in your area.



Ludlow Parish Paths Partnership

Ludlow Parish Path Partnership (P3) is a group of volunteers who, in conjunction with the Outdoor Partnerships Team of Shropshire Council, help maintain public rights of way in and around Ludlow. They meet monthly to clear vegetation, to keep footpaths open by waymarking routes and assisting landowners by repairing stiles and installing gates. They have produced this series of leaflets to encourage people to utilise the valuable heritage of paths.

Follow the Country Code and ensure you are properly equipped with suitable footwear and clothing. Check the weather forecast and let friends know of your intentions and whereabouts before you set out.

Information on walking in Shropshire: www.shropshiresgreatoutdoors.co.uk

Information about cultural, sporting & countryside activities: www.discovershropshire.org.uk

Ludlow Visitor Information Centre: Assembly Rooms, Mill Street, Ludlow 01584 875053

www.visitsouthshropshire.co.uk / www.ludlow.org.uk / www.shropshiretourism.co.uk

How to get to & around Ludlow: www.shropshire.gov.uk

Contact Shropshire Council to report a problem with a path: Tel: 0345 678 9000 / Web: www.shropshire.gov.uk
Every effort has been made to ensure the information in this publication was correct at the time of printing.

Part funded by the Department for Transport. November 2012 Revised December 2015



Explore Shropshire



Ludlow Country Walks

Castle Square to Priors Halton and by Hill Halton

Length:	5 miles / 6 miles with alternative route	Walk 2
Time:	Allow 2 – 3½ hours	
Start & Parking:	Castle Square, Town Centre	
Walk Grade:	Easy, a few stiles, undulating fields, longer alternative moderate route includes 100m climb, rough & wet sections	



View from Lower Bringewood by Michael Holland

A delightful ramble with varied scenery from Castle Square to Priors Halton, and Hill Halton

Walk prepared by Ludlow Parish Path Partnership Group

Walk Directions

- 1 From Castle Square take the path to the right of the castle, follow the castle walls and down to the road opposite 'Mill on the Green' Restaurant.
- 2 Turn left, then right over the bridge to cross the River Teme, continue along this road for 350 yards then bear right on to the lane signed for Priors Halton.
- 3 Take path on right, through kissing gate (The Shropshire Way) and go up slope, left, to far right corner. Here, if wet, move left to lessen slope.
- 4 Cross the bridge with two gates. Follow the waymarks through two kissing gates. Drop down to a culverted stream and kissing gate.
- 5 Cross the field in a diagonal direction to a field gate and through the next field to a stile / gate and field gate and on to the lane. Turn left passing Priors Halton Farm.



Castle View by Michael Holland

- 6 Take the first track to the right after the last of the buildings and after approximately 200 yards turn right through a gate into the field.
- 7 Follow the path around the field edge, and cross the bridge with stile rails. Continue left and up a slight rise to an old field gate with waymark post. Go through gateway, keeping hedge on right and go to field gate in corner of field.
- 8 Go through. Turn left on to brideway / vehicle track to road.
- 9 There is a choice of route - for an easy, shorter way back, turn left and amble along Lower Wood Road (not a 'through road') joining up with the alternative route at point 10.
Or turn right on a route with a climb, of over 100m, a good view and a rougher, wetter track through the forest.
- 9A Turn left at a bridle gate and climb up the hill crossing two tracks, up to the road.
- 9B Turn right then first left at a fingerpost near Mary Knoll House and through a yard straight up to a steel pedestrian gate on the left. Follow blue discs
- 9C up to a steel field gate with a stile and then a ped. gate. Follow the bridleway along the tractor track then forward,
- 9D passing a field gate on the right. Continue on a fairly straight track, with every sign of being very old, for about 250 yards.
- 9E When the field on the right gives way to forest, ignore the first track off to the right.
- 9F About 200 yards on, take the next track on the right signed a bridleway. Where a path joins from the right, keep straight on.
- 9G At the forestry road, marked by Mortimer Trail green discs, turn left and walk down 650 yards to the road.
- 9H Cross to the layby and take the path on the left, to the right of a green post with prohibition signs and bend sharply right at a waymark post signed with a green disc. It leads down for ¾ mile to Lower Wood Road. Turn right for about 25 yards.
- 10 Turn right at the next road up to a path on the left beside an information board for
- 11 Whitcliffe Common. Follow Mortimer Trail to Dinham Bridge by a short flight of steps; then retrace your steps to Castle Square.

