

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 Round the Castle Walls

Length: ½ mile

Walk 3

Time: Allow half an hour with stops

Start & Parking: Castle Square and Town Centre

Walk Grade: Easy, dry hard paths, one moderate slope



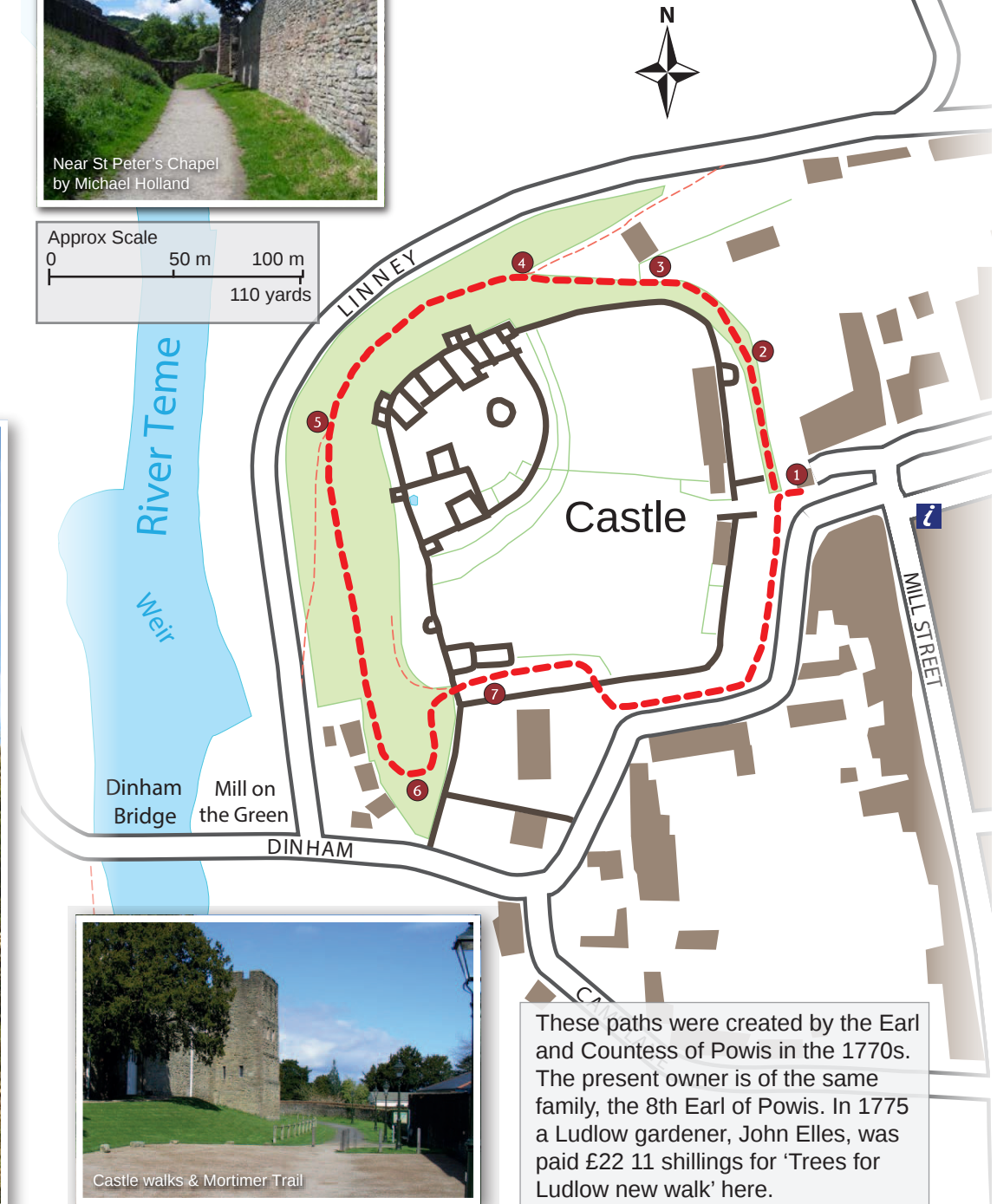
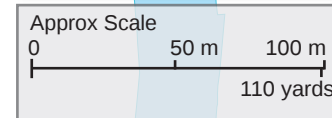
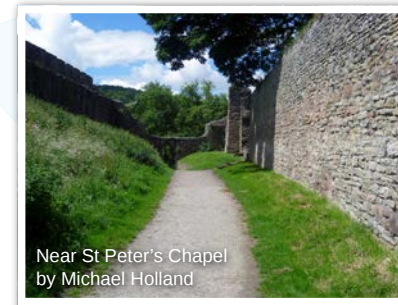
Ludlow Castle by Michael Holland

An easy half an hour stroll around the walls of the historic Ludlow Castle.
This route is dog friendly.

Walk prepared by Ludlow Parish Path Partnership Group

Walk Directions

- 1 From Castle Square walk towards the Castle entrance and take the signed path to the right, part of the 'Mortimer Trail'. (There is an information board on the right.)
- 2 Carry on with the Ludlow College wall to your right and the Castle curtain wall to the left. (The original Inner Bailey of the Castle was built by the de Lacys in 1088 and later extended in the 12th century.)
- 3 Follow the path bearing to the left. (The remains of the town wall can be seen on the left where it once joined the Castle curtain wall. This was built between 1233 and 1304. To the right you may get glimpses of the valley between the trees.)
- 4 After 40 yards follow the path to the left, at a waymark post. (You are walking below the Northeast Flanking Tower, the Garderobe Tower for ladies' dressing and simple 'hole in the wall toilet', the Great Hall and two other towers.)
- 5 Where the Mortimer Trail branches off, keep left. (The unique Postern Tower doorway was allegedly used by Princess Mary Tudor when she stayed here in 1525. The adjacent path is known as the 'Queen's Walk'.) After the Postern Tower is the Great Tower Court, the Southwest Flanking Tower or Oven Tower (where bread was made) and the last, the Mortimer Tower, the only round tower, designed possibly to guard a back entrance.
- 6 The path now climbs back towards Castle Square and is a little steeper. Continue up to the arch in the Castle wall. (The low stone walling on the other side of the arch is the site of the old St. Peter's Chapel built to celebrate Roger Mortimer's escape from the Tower of London in 1328.)
- 7 After 30-40 yards the path leads back into Castle Gardens and Castle Square. (This might be a good time to visit the Castle.)



These paths were created by the Earl and Countess of Powis in the 1770s. The present owner is of the same family, the 8th Earl of Powis. In 1775 a Ludlow gardener, John Elles, was paid £22 11 shillings for 'Trees for Ludlow new walk' here.