

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.

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Explore Shropshire



Ludlow Country Walks

Castle Square to Old Field, Bromfield, Ludlow Racecourse and back

Length: 5-6 miles
Time: Allow 2-3 hours with stops

Walk 4

Start & Parking: Castle Square and Town Centre

Walk Grade: Easy to moderate, six two-step stiles, with dog gates, busy road crossing.



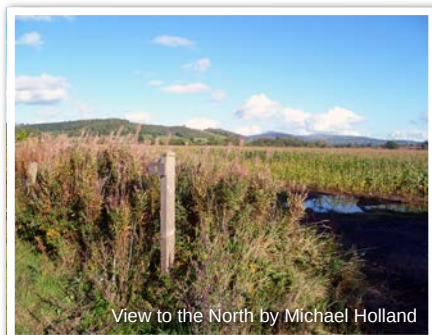
Old Field Tumulus by Michael Holland

An interesting walk through the fields around the Lower Corve River.

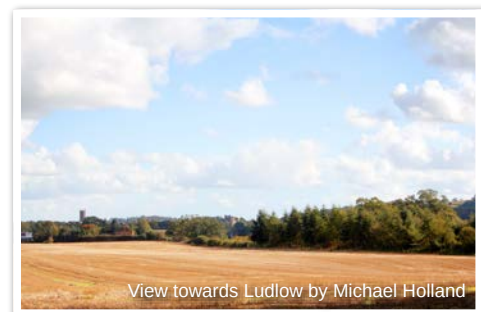
Walk prepared by Ludlow Parish Path Partnership Group

Walk Directions

- 1 From Castle Square make your way (Town Map recommended) through the Town to the Bull Ring. Bear left and cross the road by the traffic lights. Turning left, walk down Corve Street and ahead to Lower Corve Street, over ½ mile.
- 2 At the end cross over the road and by the left pavement, walk under the railway bridge bearing left along Fishmore Road. This is fairly straight and in just over ½ mile it crosses a bridge over the A49, Ludlow By-pass.
- 3 Straight after the bridge take the signed, metalled drive for Elm Lodge on the left. Keep straight on to a private gateway for a bungalow.
- 4 Take the footpath to the left between hedge and fence, over stiles and up to a kissing gate.
- 5 With the hedge on the left, go over a double set of stiles, through a gate and down to another set of stiles at the bottom of the field. With hedge and stream on the right carry on for ½ mile to a kissing gate. Bear left ¼ mile to a bridge over the River Corve.



View to the North by Michael Holland



View towards Ludlow by Michael Holland

- 6 Cross and take the pedestrian gate immediately to the right. Follow the river bank for 400 yards to a kissing gate and along the field edge in the next field another 300 yards to a kissing gate. This gives access to a vehicle track around the racecourse and golf course.
- 7 Turn left to the road, (B4365), bear left over the railway bridge to the main road, A49.
- 8 Cross the A49, **TAKE CARE CROSSING THIS ROAD**, into the field opposite picking up a well marked bridleway. Follow this track turning left to pass through a gate by a house and farm and crossing a private drive to Burway (inclined to be wet and muddy).
- 9 Follow the path towards Ludlow; after 300 yards the track becomes metalled. (This route is the old Borough Way, part of an ancient Clun to Cleve Ridgeway). Follow this route back towards Ludlow turning right at the road. Look for a path to your right up 7 steps and go through a metal kissing gate.
- 10 Follow this well marked path through 'Boiling Well Meadow' and over a pedestrian bridge over the River Corve to a lane. Bear right, up towards the Castle and back up to Castle Square.

