



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

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.

For further information on this walk please contact

Shropshire County Council

Countryside Access Team

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www.shropshire.gov.uk

Find out more about Walking for Health
at www.whi.org.uk



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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.

Walks from your doorstep



town Ludlow

walk Helena Lane Walk (3km approx 40 mins)

Castle Walk (4.5km approx 1hr)

Go for a walk in nature's free gym



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 Ludlow. As you walk along Ludlow's medieval streets you will get to see many famous buildings such as 'The Feathers Hotel', and from Ludlow Castle you can experience fantastic views of the surrounding unspoilt countryside.

You can either start and finish at the Helena Lane Centre on Hamlet Road, or, simply join the walk from any point on the map.

Walking is fun, free and can be done anywhere



Shropshire County Primary Care Trust **NHS**

Helena Lane Walk

START: Helena Lane Car Park

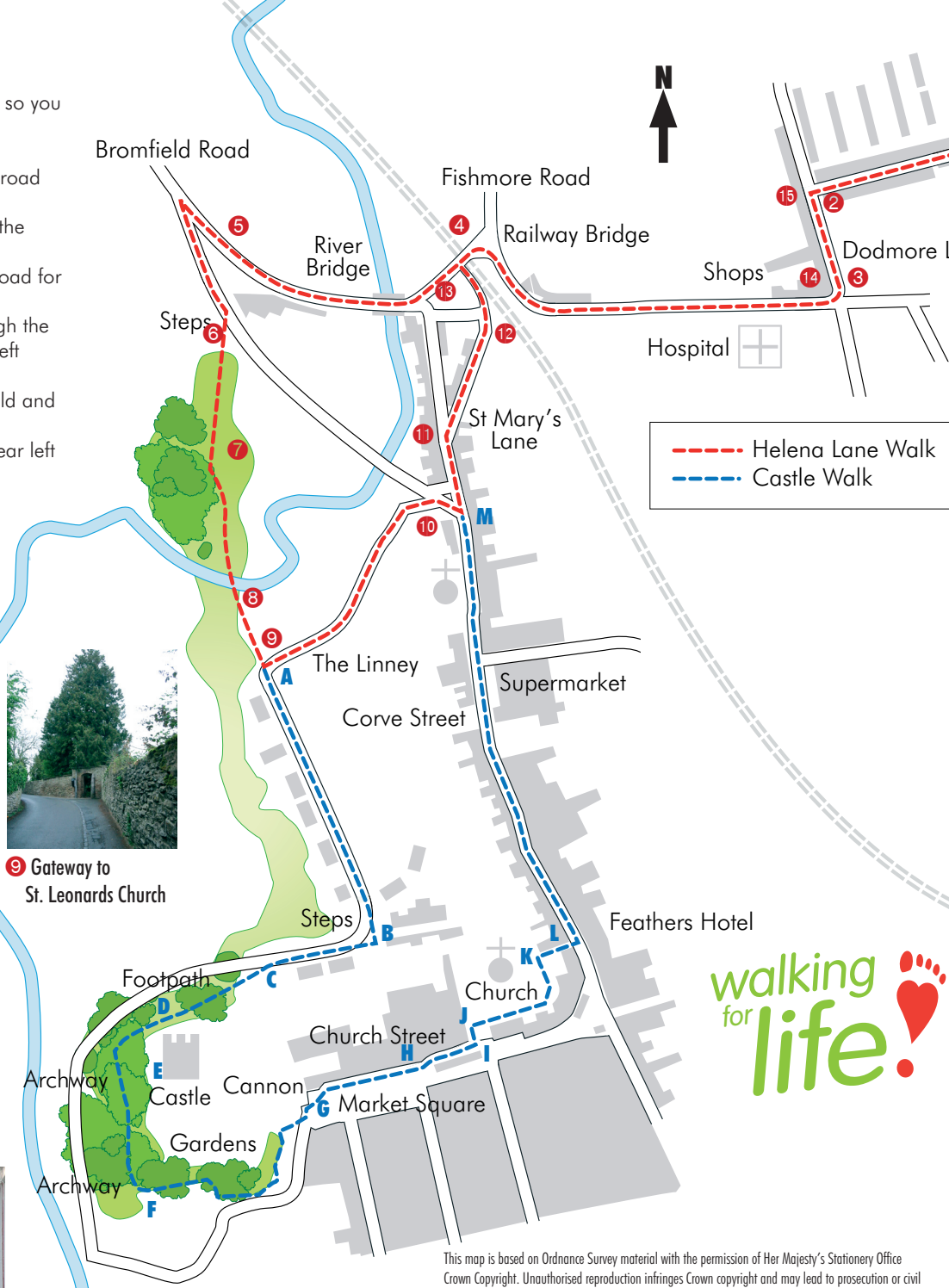
1. Leave car park, bear left onto the road so you are walking downhill.
2. At T-junction turn left.
3. At next T-junction turn right and follow road downhill passing hospital on left.
4. Go under the railway bridge and over the river bridge.
5. At T-junction turn left, continue along road for a short distance.
6. Cross the road and go up steps, through the gate into field, follow path diagonally left across field.
7. Continue through gate at bottom of field and over two footbridges.
8. Go through gate at end of path and bear left onto track.
9. When you reach the road turn left and continue passing St Leonards churchyard on your right.
10. At crossroads turn right, immediately cross over the road and then turn left to walk down Corve Street.
11. Take first right onto St Marys Lane (look out for the sign).
12. When St Marys Lane bears sharp left, continue straight ahead onto path.
13. Turn right under railway bridge and follow road uphill continuing past hospital on right.
14. After shops on left turn left down Dodmore Lane
15. Take first right and you can see Helena Lane in front of you.



D View of the Linney from the Castle



G Ludlow Market square leading onto Church street **H**.



walking
for
life!

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Start/Finish



1 Start from Helena Lane



3 St. Peters Church

Castle Walk (optional extended route)

Follow the Helena Lane walk up to point **9** then follow the directions below:

- A.** At road turn right, keep to left hand pavement and continue up steps.
- B.** At top of steps turn right and keep to the left following the pavement which becomes a footpath bearing away from the road below.
- C.** Go through the barrier and follow the path around the castle (keep castle on left).
- D.** Follow the path as it bears left; keeping to the main path with the castle on your left and continue until reaching an archway in the castle wall.
- E.** Go through first archway and continue along the path to go through a second archway.
- F.** Turn left and follow the path through the gardens to the castle entrance.
- G.** Bear right to walk through the market square.
- H.** Keep on the left hand side pavement and walk into Church Street; this is a narrow street with many shops.
- I.** After approximately 100 metres turn left at 'Parish Church' sign.
- J.** Turn right along bending path.
- K.** When you reach the grassy area turn right to go through alley way in wall and then down some steps crossing the hotel car park.
- L.** Turn left and go down Corve street. Pass supermarket on right, continue straight ahead through traffic lights and walk on right hand side pavement.
- M.** As road bears sharply left continue straight ahead staying on Corve Street.

Now return to main route at direction **11**.