

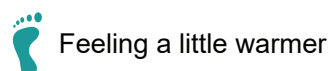
Walk more ... feel the difference

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, Ludlow and Stanton Lacy to Onibury along WW1 Commemorative Walk 1.

Linear walk (non circular)

Length: Castle Square to Onibury Bus Stop 11.3km or 7 miles
(From Elm Lodge entrance to Onibury 9.5km or 6 miles)

Walk 10

Time: 3 or 4 hours

Start & Parking: Castle Square, Town Centre, Elm Lodge,
(Elm Lodge entrance limited space for parking)

Walk Grade: Moderate - fairly level footpaths, a few 2 step stiles.



Photo: St. Peters Church, Michael Holland

A commemorative walk between the Rivers Corve and Onny through quiet, farmed country. This route is way-marked by discs with poppy-red centres.

Walk prepared by Ludlow Parish Path Partnership Group

- 1 From the cannon in **Castle Square**, walk to the Bull Ring and left down **Corve Street**,
- 2 down **Lower Corve Street**, then right under rail bridge and left along Fishmore Road, for over ¼ mile.
- 3 Go over road bridge turn left to **Elm Lodge**. Follow poppy coloured discs by footpaths to Corve Bridge and Ludlow Racecourse.
- 4 Turn right at **Race Course** and take the vehicle track for about 300m. At **waymark post** in copse turn right to stile. Climb stile and walk through meadows beside river into Stanton Lacy, opposite
- 6 **Church**. From here walk left towards river and cross bridge.
- 7 Take **wicket gate** on right in hedge and follow footpath left. Go through kissing gate into field. Follow the field-edge round to another kissing gate and cross the B4365. TAKE CARE.
- 8 From here, "**The Crosses**", follow the tractor track through three fields and field gates.
- 9 Cross **vehicle track** to Pools Farm then through wicket gate into large field. The path may be reinstated but a distant marker in a hedge at a wicket gate should be visible. Cross lane and
- 10 pass through **double field gates**. A finger beside the finger post indicates the direction of the path, generally reinstated. It bears round to the right near a copse on the left. Aim for a lone tree passing it on the right to stile in hedge.
- 11 Path line (maybe not reinstated) bears left down to prominent oak tree with stile followed by **sleeper bridge** and another stile. Leaving stile, path soon bears left to meet and follow hedge on right side to a wicket gate.
- 12 Go through three small meadows with field gates to pass **Lower Walton Farm** (to right).
- 13 At **lane**, turn left for about 300m and take
- 14 **kissing gate** on right on a bend. Cross two fields and through kissing gate
- 15 to a **stile**. Turn left down a vehicle track and turn right at the lane in Onibury. Walk through village passing Church and School and bend left to road junction with A49.
- 16 The **bus stop** for Ludlow is on the right hand side. The service is the 435 Bus to Ludlow. Be sure to indicate with a clear hand signal that you want the bus to stop. (For Elm Lodge alight Coronation Avenue, Ludlow).

Stokesay Court (1892), ¼ mile to the West. Limited openings. During WW1 served as an Auxiliary Military Hospital for convalescent soldiers.

To mark the Centenary of the Military Hospital, Keith Pybus led a commemorative walk in the Series "War Walks on the Home Front" on April 18th 2015. It was from St Peter's, Stanton Lacy to Stokesay Court, one week before the centenary of the Gallipoli landing and coinciding with the hospital's exhibition..

St. Peter's Church, Stanton Lacy, built about 1050, has a Saxon doorway. Plaques at the foot of War Memorial and in cemetery wall are to Able Seaman William Charles Williams, born in parish (the boundary took in part of Ludlow where he was actually born) about 1880. Awarded VC posthumously in Gallipoli landing at V Beach, Turkey, April 1915. He had pleaded to join the crew of HMS River Clyde, declaring, "I'll chuck my hook (give up rank of Leading Rate) if you let me come". His captain, Edward Unwin wrote later, "He was the man above all others who deserved the VC."

Approx Scale

0 1/2 m 1 m

