



it's never too late!

There is no such thing as "too old to exercise". 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

Start at your own level

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.

Build walking 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 mins but you can break this down into:

- 3 x 10 minutes
- 2 x 15 minutes

Any health benefits you have gained will be lost if you don't continue to be active

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.

Loppington Parish Path Partnership Group (P3) were formed after Shropshire Council carried out widespread improvements to the public rights of way within the Parish. The group have members who look after the paths in their area and carry out regular maintenance to keep them open and available. The group also organise regular walks both within and outside the parish.

For more information about walking see

www.shropshirewalking.com www.discovershropshire.org.uk
or contact Shropshire County Council Countryside Access Team
0845 6789000



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Loppington Country Walks

Brown Heath and Woodgate

Length: 4.6 kms/nearly 3 miles
Time: Allow 1½ hours

Walk 1

Start & Parking: Loppington Village Hall

Walk Grade: **Moderate.** Some road walking but mainly across fields, undulating in places but not steep, 22 stiles



CRUCK HOUSE by J Scott

This walk takes you to Brown Heath and Woodgate, both hamlets within the parish of Loppington. Their names reflect types of landscape (heathland and woodland) more common in the past than they are now. The village hall was built as the Village National School in 1851 (enlarged in 1896) on land owned by the Dickin family. You can still see the separate entrances for Boys and Girls embossed in the brickwork on the front. The school closed in 1981. Next to the school is one of several public pumps which were once the water supply for most of the cottages in the village.

Walk prepared by Loppington Parish Path Partnership Group

Walk Directions

Turn right and after 75m take the path (stile no. 1) on the right, alongside the garden of Nasturtium Cottage then (after stile no. 2) the playing field. Cross stile 3 and bear right to the far side of the field. Keep the hedge on your right, take the stile 4 in the corner and keep along the hedge through two more fields 5 and out onto the lane 6.

Cross straight over the road and take the narrow lane opposite; after 50 metres, take the stile 7 on the left and cross the field diagonally to a stile 8 between an oak tree and a telegraph pole. Turn right along the road, and by the third white cottage on the right turn left immediately down the side of a brick cowshed and walk down the lane.

Walk through the garden of Woodgate Cottage, cross the stile 9 and keep straight on through four fields via two gates and two stiles 10 & 11, finally crossing a footbridge and emerging via stile 12 onto the road.

Turn left at the road and walk with extreme care for 100m then take the second stile 13 on your right. Keep the fence on your right to a stile 14 under an oak tree, cross this and turn right through a gateway, then half left diagonally across the field to a stile in the far corner.

Cross the stile 15, a small field and another stile 16, then head straight across a larger field to the hedge on the far side. You will see a stile in front of you (and Bentley Farm to your right), but do not cross this stile. Turn left and walk alongside the hedge to the end of the field.

Take the stile 17 to your right out of the field, turn immediately left and cross the stile 18 in front of you. Keep the fence on your left but when it turns left away from you strike out straight across the field aiming for the church tower to a double stile 19 & 20 into the next field.

Take a half left across the field to the other side, follow the hedge until you find a stile 21 on your right. Turn left along the path then cross the final stile 22 into the lane which leads back to the road.

You re-enter the village by a low thatched building (now Rowan Cottage) which until the mid 1990's was The Blacksmith's Arms (the smithy itself was on the opposite side of the road). It was probably built in the 17th century and used material that was locally available: oak timbers for the framework, bricks from the clay and sand which lie just below the soil, and reed thatch from marshy areas alongside the River Roden.

On your way back to the Village Hall you will pass Cruck Cottage, again made of local materials and using two shaped oak beams leaning together to hold up the roof.

