



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 On the Trail of the Dickins

Length: 4.75 kms/3 miles
Time: Allow 1½ hours

Walk 2

Start & Parking: Loppington Village Hall

Walk Grade: *Moderate*. Some road walking but mainly across fields, 9 stiles. *NB This walk includes permissive paths that are not Rights of Way. The walk is not available on Thursdays in winter.*



LOPPINGTON HALL by Mike Searle

The Dickin family were the main landowners in Loppington for many years, the earliest mention of the family being in 1662 when Anne, wife of Nicholas Dickin, was buried in the churchyard. All the land on this walk was once owned by the Dickins. Opposite the village hall is Loppington Hall, original home of the Dickins and last rebuilt in the reign of Queen Anne early in the eighteenth century. The village war memorial was erected in the early 1920's on land sold to the Parish Council by Captain Dickin for £1; unusually, it includes the name of a woman civilian. The pub opposite shows the arms of the Dickin family, including the family motto Vincit Veritas (truth conquers)..

Walk prepared by Loppington Parish Path Partnership Group

Walk Directions

Turn right out of the village hall then left by the war memorial down the road to Noneley. Walk through the churchyard.

Many of the Dickin family are buried here, most of the graves grouped together to the left of the steps in the churchyard; there are also Dickin memorials inside the church.

Continue down the road to the delimit speed signs. Cross the stile **1** in the hedge on your left, a field and another stile **2**, a small field and a footbridge. Across the field to stile no. **3**, then straight across the next field aiming for a stile **4** to the right of a large tree. Take a "2 o'clock" direction across this field to stile no. **5** into Salters Lane. Turn left.

At the B road, turn right, then cross the road and cross the stile **6** next to Spenford Bridge. Follow the signs on this permissive path along the riverbank.

On the left you can see Loppington House, built by Major Dickin in 1820.



The grounds once included features typical of Victorian parkland, including a lake in the shape of the Serpentine in Hyde Park and an obelisk. The large conifers planted immediately round the house also date from the mid-nineteenth century and include Douglas firs and Lawson cypress, both relatively new introductions at that date.

Continue along the riverbank for about 10 minutes until you reach a bridge with a gate. Turn left here along a grassy track and aim for a gap in the trees.

When the track turns left take the small gate on the right through the trees and another small gate, then along the edge of a field with woodland on your right

Emerging onto the lane via stile **7**, turn left and walk down the lane back to Loppington.

At the Tan Pit, go straight over the road and cross the stile **8**. Follow the line of telegraph poles across the field aiming for the stile **9** under a large sycamore tree, between The Nook and the farm buildings. Turn right up the lane back to the church and the centre of the village.

