



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

The Mill and the Moss

Length: 6 kms / 3¾ miles
Time: Allow 2 hours

Walk 3

Start & Parking: Loppington Village Hall

Walk Grade: **Moderate.** Undulating and sometimes wet, 20 stiles



THE NOOK by Richard Bifield

The landscape of Loppington is generally fairly flat, but this walk takes you up a small hill (with excellent views) and down to one of the lowest and wettest parts of the parish. The walk takes you past Brown Heath Moss, a marshy area in a hollow scooped out by the icesheet during the Ice Age 10,000 years ago. The parish boundary runs right through the middle of the Moss, dividing its once highly valued resources (wildfowl, fish, eels, etc) between Loppington and Cockshutt.

Walk prepared by Loppington Parish Path Partnership Group

Walk Directions

Turn right out of the village hall car park then left down the road to Noneley. Turn left in front of the church.

The first cottage on your left appears to be brick and timber framed, but the "timber-framing" is in fact a concrete addition made in the 1970's. The next cottage is named after the Old Pound - the sandstone enclosure to the right of the cottage where stray animals were once kept until claimed by their owners. Church Farm is a genuine historic building, with some parts dating back to 1664, and further down the lane The Nook farm is wholly timber-framed with brick infilling (known as noggin).

Take the stile **1** to the left of the garden fence of The Nook and follow the telegraph poles across the field to a stile **2** onto the road. Take the road opposite you and continue for just under a mile. Continue straight on past a road on the left.

Just past The Avenue, you will see a stile on your left up a steep bank. Cross the stile **3**, then aim for a gap in the far hedge, via the telegraph pole. Go straight on, keeping the hedge on your right over the rise, then cut across the corner of the field past a tree-lined pond to a stile **4** into the next field.

Bear left across the field, aiming for the tallest tree, to a footbridge/stile **5**.

On your left is Brown Heath Moss, the stream under the footbridge drains surplus water off the Moss towards Lyneal, and the footbridge also marks the limit of Loppington parish.

Keeping the hedge always on your right walk through this field, cross another stile **6**, then a field and a further stile **7** into Quakin lane. Turn left up the lane, then left again in English Frankton to begin the return route to Loppington.

70m beyond the "Brown Heath" sign, take a stile **8** on your left. Keep the hedge on your right, cross another stile **9**, then go through a gate and walk down the side of the garden to Moss Cottage into Moss Lane.

Go straight over Moss Lane, over stile **10**, footbridge and stile **11**, then straight up the rising field in front of you, aiming between a clump of trees to the left and a single tree. Climb the stile **12** set high in the hedge, into the lane. Turn left.

This is almost the highest point in the whole parish, about 104m above sea level, and the house in front of you was once the site of the Brown Heath windmill, the lane you are on would have been the route used by all villagers bringing their corn to be ground into flour.

Before reaching the house, turn right over a stile **13**. Keep the hedge close on your left and cross the field to another stile **14** into the lane. Turn right and walk along the lane.

Opposite a lane on your right, take the stile **15** to your left, keeping the hedge always on your left, cross stiles **16** and **17**. Cross the field, aiming to the right of the church tower, to stile **18** beside the playing field gate, then stiles **19** and **20** back onto the road.

