



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

Shirehall, Abbey Foregate, Shrewsbury, SY2 6ND

Tel: (0845) 678 9000

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 Market Drayton

walk Raven House Walk (3km approx 40 mins)

Rural Walk (5.5km approx 1hr 20mins)

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 Market Drayton. The walks help you to follow marked footpaths from the centre of the town into the surrounding unspoilt countryside, where you can walk peacefully and admire the beautiful views.

You can either start and finish at Raven House on Cheshire Street, or, simply join the walk from any point on the map.

Walking is fun, free and can be done anywhere



Raven House Walk

START: Raven House car park

1. Turn left out of Raven House car park and walk on the right hand pavement that takes you over a bridge.
2. Immediately after the bridge go down the small road on your left; continue along this road for approximately 10 minutes as it turns into a track.
3. At the end of the track turn right through a gateway and immediately through another gateway. Once through the second gateway walk diagonally left across the field towards a stile in the hedge at the top of the field.
4. Go over the stile walk diagonally right across the next field towards a small gate onto the main road.
5. Carefully cross straight over the main road and through a gate on the other side.
6. Once through the gate head towards a gap in the hedge on your left which takes you onto a track. Once through the gap turn right onto the track, and continue to a gate straight ahead.
7. Go through gate and continue straight ahead (following the fence line on your left to another gate).
8. Go through gate and then turn immediately left through another gate: follow the path over the footbridge until you reach the main road.
9. Carefully cross straight over main road and onto road ahead of you.
10. Walk to the end of this road passing houses on your left.
11. When you reach the T-junction turn left onto Bridge Road; continue until you reach a mini roundabout.
12. Turn left (1st exit) at the first mini roundabout, then left (1st exit) at the next mini roundabout and walk on left hand footpath up Prospect Road. Continue along Prospect Road, past a church on your right, for approximately 10 minutes until you go downhill towards another mini roundabout.
13. Turn left (1st exit) at mini roundabout and you will immediately see Raven House Car Park on your left.

Rural walk (optional extended route)

Follow directions on Raven House route up to point number 8

- A. Go through gate and turn right, follow hedge line on your right up the field until you reach a stile in the hedge approximately half way up the field.
- B. Go over the stile and turn left and continue up the field.
- C. At the top of the field go over the stile and continue straight ahead, following fence line on your left. Continue along the edge of this field for approximately 5 minutes until you reach a stile on your left.
- D. Go over stile and turn left to follow road straight ahead of you.
- E. Turn left at T-junction and continue along road as it bears left and then passes Longslow Farm.
- F. Just after the bungalow go through the next gate on your left into a field and follow the hedge line on your left handside up to a gate in the top of the field.
- G. Go through the gate and then head diagonally right to the far right hand corner of the field.

- H. Go through the gate and continue straight ahead following the fence line on your right until you reach the corner of the field.
- I. Take the right hand gate and follow path, over footbridge, until you reach the main road; now follow the directions on the Raven House route from point number 8



View of field from point 8



walking
for
life!

Start/Finish



Start and finish at Raven House 1



Turn left into field after Bungalow F

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