

1. This is the site of the old steam railway station, which served Shropshire until 1960

2. Dung left by the cattle attracts invertebrates, and their uneven grazing habits create patches of different vegetation. Look out for Great Spotted Woodpeckers drumming in the tops of the large trees.

3. Look out for Kingfishers here. They will usually announce their arrival with a high pitched whistle before whizzing past. They may even land on a branch hanging over the water and give you a display of expert fishing!

8. Hedge laying is an ancient art, used to keep livestock from straying before the use of fences. It is now used to give cover for wildlife, as an unmanaged hedge eventually becomes a line of separate trees.

7. The small pool here is a great place to see dragonflies and damselflies. Listen out for the soft calling of Bullfinches hiding in the thick Blackthorn scrub.

4. The mill channel diverted water from the brook and powered one of the six corn mills along the valley. The mill races here are recorded in the Domesday Book of 1086 and are thought to be over 1000 years old.

5. Coppicing involves cutting a tree near the ground. This does not kill the tree and can actually make it live longer. Wood can be harvested year on year this way without ever needing to replant trees. This is how people would have taken firewood, building materials and cattle fodder for hundreds of years. The wildlife has benefited from this, as certain species of birds and insects favour living in coppices rather than mature woodland.

6. Just upstream of the bridge is Sutton Spa, which was thought to produce water with great healing properties, still being sold as late as the 1940s.

