



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 Shrewsbury

walk Abbots Wood Walk (3.5km approx 45 mins)

River Walk (4km approx 55 mins)

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 Monkmoor, Shrewsbury. You will follow the River Severn as it meanders through the countryside and past Monkmoor Nature Reserve where you can experience Shropshire's great variety of wildlife.

You can either start and finish at Abbots Wood car park on Eskdale Road, or, simply join the walk from any point on the map.

Walking is fun, free and can be done anywhere





1 Start and finish at Abbots Wood

Abbots Wood Walk

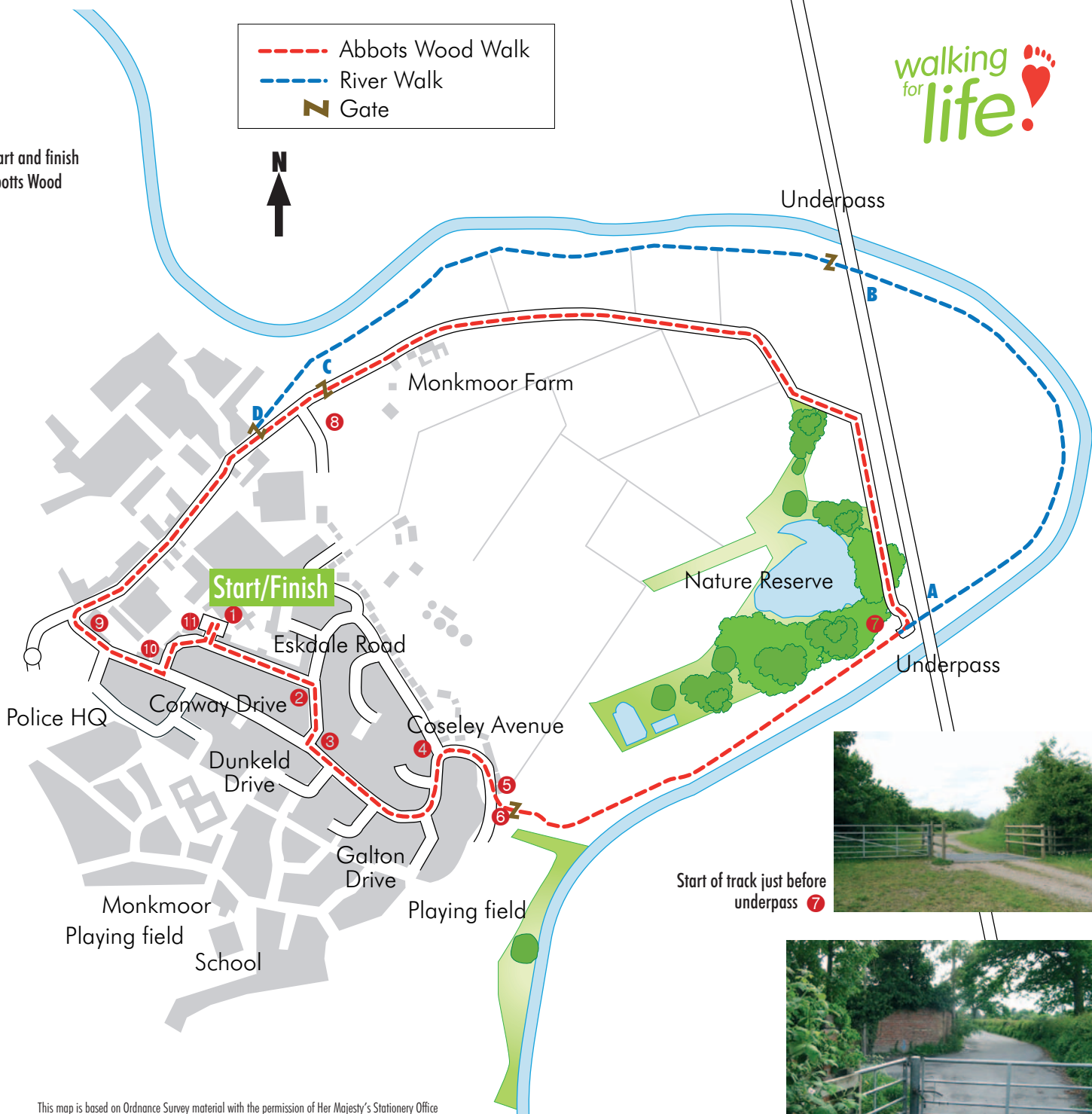
START: Car Park Abbots Wood, Eskdale Road, Monkmoor

1. Leave Abbots Wood Car Park and turn left onto Eskdale Road.
2. When you reach a T-Junction turn right.
3. At the next T-junction turn left; follow this road until you reach Coseley Avenue on your right (this is the fourth road on your right).
4. Turn right down Coseley Avenue and walk on the left hand pavement.
5. Turn left off the pavement immediately after you have passed the last house on your left, go down bank to gate on your left.
6. Go through gate and follow path diagonally across field towards the river; continue along the footpath along the river (river on your right).
7. Turn left before you go under the underpass, go past a cattle grid and onto a track; continue along this track for approximately 15 minutes until you reach the end.
8. Go through the gate at the end of the track and continue straight ahead onto the road; continue along road for approximately 10 minutes until you reach Conway Drive on your left (which is just before a roundabout).
9. Turn left onto Conway Drive.
10. Take first left onto Eskdale Road.
11. Take first left back into Abbots Wood Car Park.

River Walk (optional extended route)

Follow directions up until point number 7 on Abbots Wood Walk.

- A. Continue along river bank passing under the underpass and follow path along river bank (river on right) all the way around you reach another underpass.
- B. Go under underpass and through a gate and continue straight ahead along footpath for approximately 10 minutes.
- C. When the footpath branches (this happens when you get nearer to the houses) take the left hand path that heads towards a gate in the left hand corner of the field.
- D. Go through the gate and turn right onto the road; continue along this road until you reach Conway Drive on your left (just before a roundabout) and then follow the directions on the Abbots Wood Route from point number 9.



Start of track just before underpass 7



Gateway at end of track at point 8

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