

# **Outdoor Recreation Service**

## **Physical Activity**

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# Culture & Leisure

Arts & Heritage

Leisure & Outdoor  
Recreation

Libraries

Leisure  
Centres

Sports  
Development

Countryside  
Access

Parks and  
Countryside  
Sites



## The Chief Medical Officer (2004) advises that

Adults should take part in 5 x  
30 mins of moderate levels  
of physical activity per week

Children should take part in  
an hour of moderate level of  
physical activity per day

Government launches  
challenge to get 2 million  
people more active by 2012  
(2008)



## Most popular activities in Shropshire

1.	Recreational Walking	70.9%
2.	Swimming	13.0%
3.	Recreational cycling	11.0%
4.	Going to the gym	8.2%
5.	Football	5.9%
6.	Golf	4.8%
7.	Badminton	2.8%
8.	Running	2.6%
9.	Tennis	2.0%
10.	Horse riding	1.9%
11.	Aerobics	1.3%



## Barriers to exercising:

My health isn't good enough

Finding the time

Not interested, other priorities

Inaccessibility of the environment

Parental safety concerns

Feeling self-consciousness



# Key considerations

Increasing participation

Providing the right opportunities in the right places

Partnerships, people and networks to lead and inspire



# Leisure and Outdoor Recreation – towards a vision

By providing access to leisure opportunities the Leisure and Outdoor Recreation Services will:

- Encourage and increase participation in a wide range of sports and physical recreational activities to enable them to be a part of everybody's lives
- Improve the quality of life for Shropshire's people and communities
- Provide opportunities for fun, delight, personal growth and enrichment
- Build connections between individuals and communities, enabling them, empowering them and increasing their self esteem



# Providing Facilities - Rights of Way



# Providing Facilities - Sites



# Services on the web

## WALKING IN SHROPSHIRE



Welcome to Shropshire Walking

**HOME**

**FIND A WALKING ROUTE**

**SHROPSHIRE WAY**

**WALKING EVENTS, FESTIVALS & ACTIVITIES**

**COUNTRYSIDE SITES**

**STAYING IN SHROPSHIRE**

**USEFUL INFORMATION**

**QUICK ROUTE SEARCH**

**Advanced Route Search**

**Search This Site**

**OTHER SHROPSHIRE ACTIVITY WEBSITES**

**SHROPSHIRE CYCLING**

**SHROPSHIRE RIDING**

**SHROPSHIRE ACTIVE**

**SHROPSHIRE TOURISM**

Shropshire is a wonderful county to explore on foot. If you are interested in walking for fun, fitness, to get away from it all, with family, with friends or just for a change, this is the site for you. It is packed full of all the information you need to find the best walks, to suit you.

Shropshire has over 3,000 miles of rights of way. A quarter of the county is designated as an Area of Outstanding Natural Beauty, so our long distance routes run through some of the most beautiful and varied landscapes you will find anywhere in Britain, from the wild borderland hills traversed by Offa's Dyke to the rolling fields and deep gorges through which the Severn-Way passes on its way to Bristol.

Many of our short circular routes are based around villages and towns, town trails, public walks and even the great-making trace of Offa's Dyke in Shropshire. [Click here](#) to find out more on discovering our hidden treasures.

Of course if you are looking for somewhere to stay that has received the national 'Walkers welcome' accreditation, please visit our [accommodation search](#) for a more active walking holiday.

**FEATURED ROUTES**

Three Woods Walk Through these South Shropshire Woods

## Discover Shropshire

Enter your Postcode

Come and discover the great outdoors, heritage and wildlife of Shropshire. Use the map to link to many other web sites containing Shropshire information. When you click on this map or enter your postcode, you will be taken to a detailed map.

**Archaeology**

- Excavation in Watergate St, Whitchurch
- Sundial and cross, St Michael's Churchyard
- No 55 BROAD STREET

**History**

- Coalport Station
- Field name map of Moreton Corbet Parish
- St Peter's church, Monkhoppton

**Newsletter**

Get a Shropshire newsletter delivered to your inbox. Download a PDF leaflet.



Shropshire's Timeline >

**Activities**

- Ditton Priors Walk 3
- Ride Shropshire Route 9 - The Betchoot Hill Ride
- Ditton Priors Walk 9

**Wildlife**

**News and Events**

- Newport Heritage Trail Map
- Launch of interactive 1768 map
- Nine Mystery Photographs

See more Shropshire news and events

# Activities, Performances and Outreach

