

## USEFUL LOCAL INFORMATION

Local telephone calls all start with prefix... 01694

### VISITOR INFORMATION CENTRE...

Church Street. 01694 723133  
Open all year... Mondays to Saturdays.

### BOG VISITOR CENTRE...

The Bog, Stiperstones. 01743 792484  
Open Easter to October...  
Wednesdays to Sundays  
www.bogcentre.co.uk

### MAINLINE TRAINS...

Unattended station on the mainline route between Cardiff & Manchester, with regular service from Shrewsbury. 0845 606 1660 or 0845 748 4950 www.arrivatrainswales.co.uk

### SHUTTLE BUSES...

Leave your car behind and take escorted minibusses onto the hills. 01588 674080  
April to September, weekends and bank holidays. www.shropshirehillsshuttles.co.uk

### LOCAL BUSES...

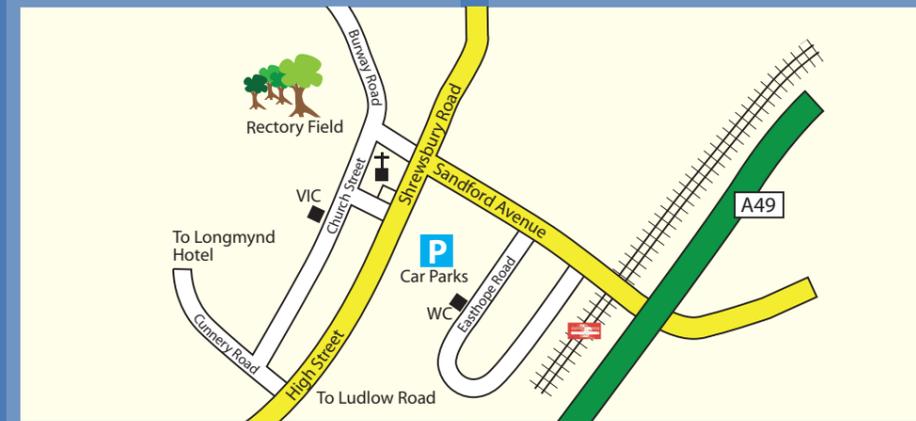
Timetables from Visitor Information or contact Traveline 0871 200 2233  
www.traveline.info

### USEFUL WEBSITES...

www.churchstretton.co.uk  
- Town/Tourism  
www.churchstrettonwalkingfestival.co.uk  
- Walking Festival  
www.strettonfestival.org.uk  
- Arts Festival  
www.nationaltrust.org.uk  
- NT Carding Mill Valley & Shropshire Hills  
www.secrethillswalking.co.uk  
- Guided walking holidays  
www.longmynd.co.uk  
- The Longmynd Hotel  
www.shropshirehillsaonb.co.uk  
- Shropshire Hills AONB partnership  
www.shropshiretourism.co.uk  
- Shropshire Tourism  
www.visitsouthshropshire.co.uk  
- Ludlow & the Shropshire Hills

### WALKERS ARE WELCOME LEAFLETS can be bought from...

Visitor Information Centre, Church Street... 723133  
Outdoor Depot, 1 Sandford Court... 724293  
Newsworld, 28 Sandford Avenue... 722120  
Burway Books, 18 Beaumont Road... 723388  
Longmynd Hotel, Cunnery Road... 722244  
National Trust Shop, Carding Mill Valley... 722631



**CHURCH STRETTON** is set within a landscape of stunning beauty. The small medieval market town has a thriving cultural life, a compact shopping centre with ten cafes and restaurants, many Victorian and Georgian buildings, traditional shops and a popular three-storied Antiques Market near the centre. Rectory Wood and Field are two jewels on the northern edge of town, adjoining Carding Mill Valley - a delightful picnic and play area with its National Trust café and shop. The Church Stretton & South Shropshire Arts Festival and the equally popular Walking Festival are the highlights of the year-round programme of local events.

*Nestling in a quiet wooded valley lies our small historic walkers' town*



The only town within the Shropshire Hills Area of Outstanding Natural Beauty, Church Stretton is flanked by the picturesque villages of All and Little Stretton. Sandwiched between the heather-covered Long Mynd (Long Mountain) to the west, and the even more imposing rocky peak of Caer Caradoc to the east. The three settlements offer almost immediate access to a 'wilderness' of upland moors, deep gullies (batches) and shallow, rocky streams. Wildlife includes buzzards, curlew, raven, red grouse, deer, brown hares, badgers and Welsh ponies, while geologists delight in the rock formations from ten of the twelve geological eras dating back over 560 million years.



There are numerous guided walks throughout the year offered by both the National Trust and Secret Hills Walking, and a number of local walking festivals in the summer in Church Stretton, Bishop's Castle and Cleobury Mortimer. The major event in October for serious walkers is the 50-mile Long Mynd Hike which offers spectacular views to the Malvern Hills and Brecon Beacons to the south, Wenlock Edge to the east and the Wrekin to the north. Leaflets and books on local walks are widely available in town.



## WALKERS ARE WELCOME...

In 2008, this volunteer-led organisation welcomed Church Stretton as its first member town in the Midlands. There are now numerous Walkers are Welcome towns in Britain and each one guarantees great walking – with maintained way-marked walks, spectacular scenery, warm welcomes and good local support from councils, shops and eateries.

The **Walkers Are Welcome** criteria ensure high standards of path maintenance, safe walking and, where possible, good links to public transport. We are proud to belong to this growing organisation, [www.walkersarewelcome.uk.org](http://www.walkersarewelcome.uk.org); we are also grateful to the small band of local volunteers who have worked so hard to transform the railway station gardens into a fitting place to start many of the local walks.

*There are innumerable grassy paths, over 30 miles of footpaths and 20 miles of bridleways*

## Walk Three: Pole Bank (The Long Mynd Summit)



Four Waymarked Walks  
from **CHURCH STRETTON**



### Walk 3: Pole Bank

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### Walk Three: Pole Bank

**Start:** The train station

**Distance:** 6 miles

**Duration:** 3½ hours approx.

**Grade:** Moderate



[S] Leave the station by the Platform 1 exit. At the main road, bear left along Sandford Avenue and take first turning left into Easthope Road. Pass the public toilets and turn right into Lion Meadow in front of the Co-op store. The top of the road faces the Bucks Head public house.

Take the narrow passage to the left of the pub and go through the iron gate into the churchyard. Bear right to the side of St Laurence's Church and then bear left around to the main entrance before emerging through double iron gates on to Church Street.



Turn right and then shortly left between two tall gate pillars and enter Rectory Field through the wooden kissing gate [1]

Ignoring the steps at the edge of the wood on the right, climb up the centre of the field, keeping the wood to your right. Where the wood swings to the right, keep close to it

### Pole Bank (The Long Mynd Summit)

- A circular walk, following blue waymarks, up Town Brook Hollow to the top of the Long Mynd returning via Carding Mill Valley. Terrain is generally fairly easy underfoot, although the ascent up Townbrook includes some scrambling over small rocky outcrops and requires a reasonable head for heights as there is a drop to one side of the narrow path.

and make the steep climb towards a red-banded post and a kissing gate at the top of the hill through which you should pass into Rectory Wood.

Follow the path in front of you as it leads down to another red banded post from which veer leftwards and keep to the left at the next path's junction. This path borders a steep drop from which it is separated by a wooden guard rail fence. At the bottom of the descending path, cross the stream by way of the 'gravestone' bridge and climb up the path ahead to a kissing gate.

Pass through a gate [2] and at the Victorian reservoir, which once stored the water supply for Church Stretton, go straight ahead with the railings on your left. The reservoir is served by the aptly named Town Brook, a stream that will be your gurgling companion as you leave the railings behind and begin to follow the brook's gentle upward course.



Gradually, as you climb higher, the brook falls away to your left. Where the head of the valley comes clearly into view and you can see a marker post on the top, extra care is needed as the path leads over small rocky outcrops. For the final approach to the summit, the path follows a zigzag route, generally leftwards, to reach a pink banded post [3]. Although you are now only a

quarter of the way around the walk, the most physically demanding section has been completed.

Turn right and follow a number of waymarked posts across the moorland for about a mile. The path first swings gently right uphill, then levels out and swings left at a path junction, later crossing a wide grassy area before going right and finally left to reach the tarmac road.

Turn left along the road for about 100 yards until it swings sharply to the left [4], exposing a rough track leading ahead and upwards.

Climb the track to the junction with the Medicott path (signed on a wooden post), turn sharp left [5] and follow the path up to Pole Bank, at 1700 ft the highest point on the Long Mynd. From here, on a clear day, can be seen Cader Idris, the Cleve Hills and the Brecon Beacons.



Retrace your steps to the junction with the Medicott path. Ignore the path to the right, along which you came, and walk straight ahead, passing by the post signed to Priory Cottage and eventually cross the road at Shooting Box.

A post marked 'Carding Mill' [6] indicates the path straight ahead which eventually joins a broader track coming in from the right. Join this track and go forward for about 300 yards to a major path junction

where you bear to the right following the waymarked posts and 20 yards further on bear right again onto a loose stone surfaced track. From here the route is clear. You are now on 'Motts Road' which leads downhill eventually to a stream at a junction with a major path coming in from the right.



Cross the stream and continue downwards into Carding Mill Valley and the National Trust Shop and Café.

Shortly after the café, take a track on the right [7] that climbs diagonally up the hillside. At the top, turn left across the cattle grid and descend Burway Road. Continue past the post box and bear left onto the grassy track and then bear right just after a couple of large trees and pass a seat to reach a war memorial. Continue straight ahead down a grassy slope and a little narrow rocky path down to the road, bearing left to the crossroads.

Cross straight ahead into Sandford Avenue and continue down until, just before the train station entrance is signed on the right.

