



12 SHROPSHIRE LONG MYND & ADSTONE HILL



▶ Distance: 10 miles/16km ▶ Time: 7 hours ▶ Grade: Moderate



Views of the Stiperstones and Long Mynd from Adstone Hill.

PHOTO: ROGER BUTLER



CHOSEN BY...

ROGER BUTLER

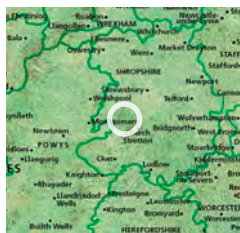
The Long Mynd made for walkers and this seven-mile wedge of moorland forms the popular centrepiece of the Shropshire Hills. Deep valleys cut their way into the steep slopes and old trackways twist and turn across the high heathery plateau. There's always plenty of fresh air up here and the views stretch way into Wales. The western side of the Long Mynd is less frequented than the east and this circular walk makes use of quiet paths to explore a scenic valley and an outlying hill, as well as climbing up to the highest point on the main ridge. The route starts and finishes at the

hamlet of Bridges, where a traditional pub of the same name nestles next to the babbling River West Onny. Part of the walk follows the track of the ancient Portway and several Bronze Age tumuli can be seen higher up. The heather provides a carpet of colour in late summer, but in winter snow can close the open roads which climb to 1600 feet as they cross the top of the broad ridge.

1 Start

From the road junction at Bridges, take the lane leading E past Youth Hostel (now one of the oldest in the country) and cross stile on R after 400m. Keep ahead through the trees and fork L, ahead and over

PLAN YOUR WALK



ROUTE

Start/parking Car park opposite pub in Bridges, SY5 0ST, grid ref SO393964

Is it for me? Paths and tracks through fields and across open moorland, with a couple of steep ascents

Stiles 17

PLANNING

Nearest town

Church Stretton

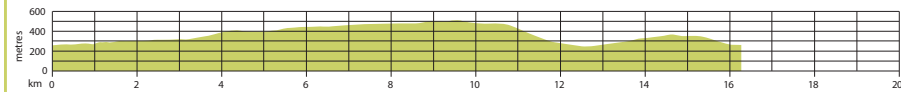
Refreshments The Bridges pub (01588 650260)

Public toilets None

Public transport Nearest rail station Church Stretton. An excellent shuttle bus service operates across the Long Mynd at weekends and Bank Holidays between Easter and the end of September - see www.shropshirehillsaonb.co.uk for full details

Maps OS Explorer 217; Landranger 137

GRADIENT PROFILE



12 SHROPSHIRE
LONG MYND & ADSTONE HILL► OS Explorer map 217 ► Buy maps at: ordnancesurvey.co.uk/shop

stile, after 450m. Continue to next stile, where the path enters a conifer plantation with stream below, and go over another stile to cross a farm track at the bottom of small side valley. Cross another stile and follow path through garden at the foot of Ratlinghope Hill. The hamlet of Ratlinghope (pronounced Ratchup), with church, is the other side of Darnford Brook.

2 1 mile/1.5km

Follow the Shropshire Way signs to join grass track/path, with gates and stiles, which gently climbs into the peaceful Darnford Valley. Keep L of the barns and ford at Lower Darnford and, as a track swings N, fork R to climb a grass ridge, and then up 'Golden Valley'. At the top, a steel kissing gate gives access onto the line of the old Portway track.

3 2¼ miles/3.75km

Turn R on track for 2.6km, past the trig point on Betchcott Hill, and continue to a dip, by conifers, at head of High Park Hollow. Walk up to the open road – you're now on the Long Mynd – and turn R for 200m.

4 4¼ miles/6.75km

Fork L on obvious track through heather and follow this for 1.7km to next road. Go straight over and continue on track for 550m to reach high point at Pole Bank, with trig point and viewpoint indicator.



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Leave the top by continuing S to reach road after 450m. Turn R, pass the tree-lined enclosure of Pole Cottage (a corrugated barn) and immediately fork R on track descending W.

5 6¼ miles/10.25km

After approximately 750m, and by a prominent bend, go R through gate to take path/track through pasture to lane at Stanbach at foot of hillside. Go straight over, cross stile and follow field path over a couple more stiles and a small footbridge, with hedge on R, to reach narrow lane after 900m. Turn R and follow lane (over a minor ford, around three sharp bends and past the farm at Adstone) for

1.2km to the junction of tracks at the S end of Adstone Hill.

6 8½ miles/13.5km

Take good track on R, through gate, and keep ahead along crest of Adstone Hill, and a section within tunnel of hawthorns. Three stiles lead the way N and, after approximately 2km, descend to double gates by the lane. Go through R-hand gate, turn L and return to start after 450m. **CW**

VIEW THE WALK ON OS MAPS ONLINE:

lfto.com/cwroutes

IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

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DATE WALKED

TIME TAKEN

YOUR RATING