

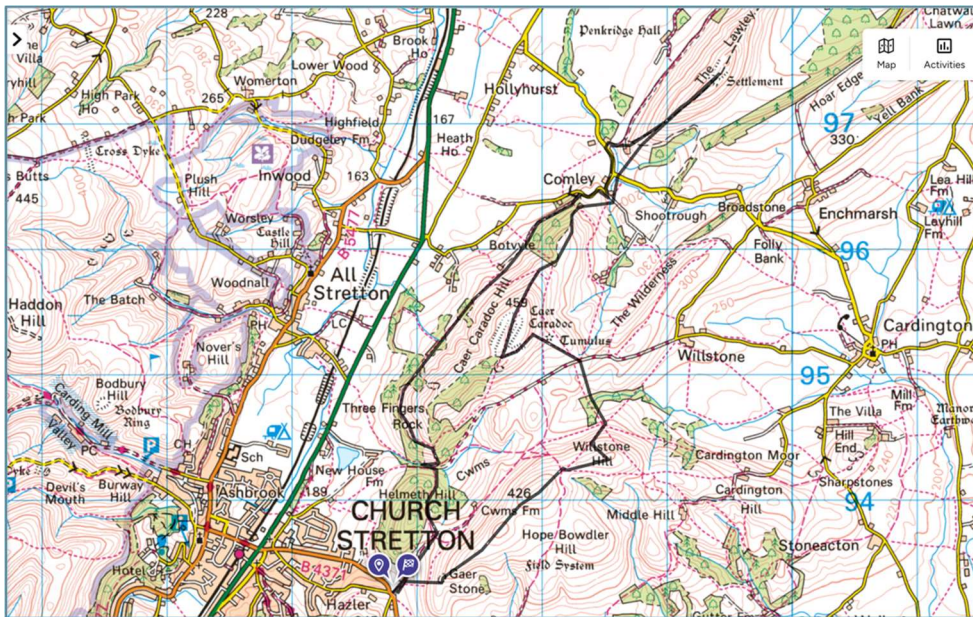
Walk 1: Caer Caradoc and The Lawley

Start: Lay-by at road junction; Grid Ref; SO 468 933

Distance: 13km or 8 miles

Ascent: 780m

Description: The route runs along the edge of Caer Caradoc Hill before ascending the hill where an iron age hill fort lies at the summit. Before then there is another ascent of a hill called The Lawley. Both ascents are quite steep but the climb to The Lawley can be optional if you do not fancy it.



Walk 2; Wenlock Edge

Start: Wilderhope Manor (NT property), Postcode = TF13 6EG, GR = SO 545 929;

Distance: 18.5 km or 11.5 miles

Ascent: 350m

Description: Wenlock Edge is a 19 mile long limestone escarpment.



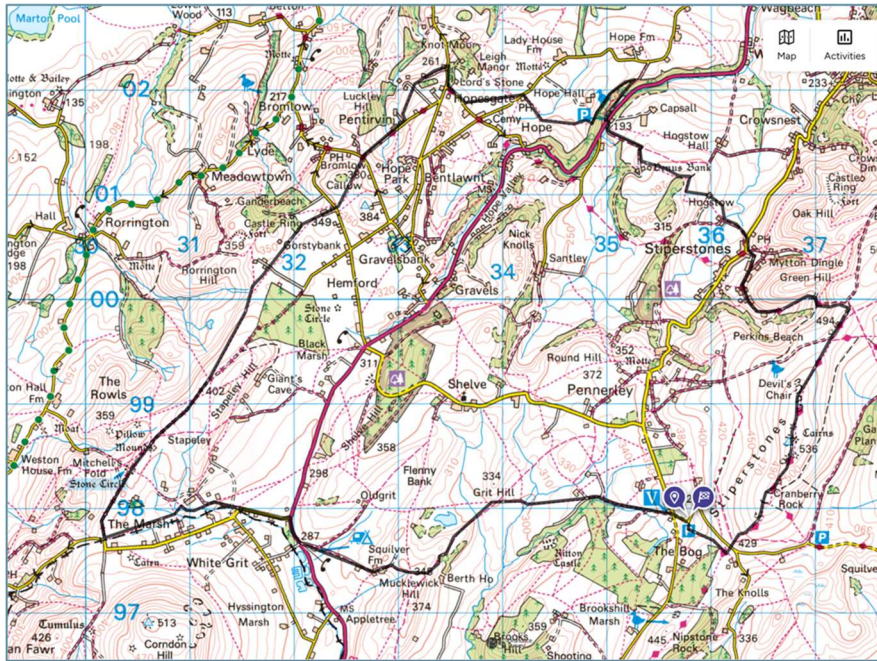
Walk 3; The Stiperstones

Start: Car Park at Bog Visitor Centre, Grid Ref SO 358 979, Postcode = SY5 0NG

Distance: 22km or 13 miles

Ascent: 650m

Description: The Stiperstones is a ridge with several distinctive 'tor like' hills made of quartzite. The walk will also take us to the Hope Valley and Stapley Hill.



Walk 4; Carding Mill Valley and the Long Mynd

Start: NT Carding Mill Valley visitor centre and CP; postcode = SY6 6JG, GR = SO 446944

Distance: 24km or 14 miles

Ascent: 780m

Description: The Carding Mill Valley was once the centre of the area's textile industry but now a starting point for walking the Long Mynd, a 7 mile moorland plateau.



