THE SEVERN PATH ULTRA Premier Inn Shrewsbury to CP1 (10.6 miles)

Go left and cross over the Frankwell Footbridge to the other side of the river, then bare left towards Welsh Bridge.

At 0.2 miles (G/R 488 128) continue under Welsh Bridge. The riverside path eventually leads up to Water Lane to a road. Turn left, go past the Boathouse Inn.

At 0.5 miles (G/R 484 126) turn left over Port Hill Bridge, on the other side, turn right and follow the river passing under Kingsland Bridge and Greyfriars Bridge.

At 1.5 miles (G/R 495 123) continue under English Bridge and on to pass below the railway, following a riverside towpath to a small road by a weir at 2.2 miles. Keep ahead and when the road bends to the left, stay on a narrow stony path beside the river.

At 2.9 miles (G/R 505 141) you reach the bridge and some steps. Climb the steps and cross the bridge, descending the other side to join a path along the river towards Monkmoor.

At 4.4 miles (G/R 523 140) go under the A49. Continue along the path to reach the edge of Monkmoor housing estate and a large field with a pylon in it. Go round the left field edge to the far corner emerging briefly onto an estate road. After approx. 10 metres bear left to return to the Severn continuing on a narrow path.

At 5.7 miles (G/R 519 125) you will pass under Belvidere Bridge. The path then passes into light woodland, when it forks, branch left staying by the river.

At 6.9 miles (G/R 521 109) you pass under the A5. Continue past Emstrey Farm and soon rejoin the riverside path which finally meets the B4380 (G/R 532 099) at a stile. Turn left and stay on footpath alongside the B4380 for 3 miles.

At 9.8 miles (G/R 556 093) follow the B4380 as it branches right towards Wroxeter & Ironbridge, then shortly take the right, narrow lane at (G/R 560 090) (signed unsuitable for HGV's).

At 10.6 miles (G/R 563 083) reach Wroxeter Hotel which is CP1.

Navigation difficulty rating: Low, well signed "The Severn Way" Course type: Grass tracks, fields, tarmac roads and paths.

CP1 TO CP2 (11.8 miles)

From the hotel continue on the lane with the hotel on your left. Follow the road, passing the hamlet of Eyton on Severn, passing an unusual tower on the right when approaching the hamlet of Lower Dryton.

At 1.8 miles (G/R 579 059) leave the lane going right at a gate, branching right onto a wide track which runs down into the edge of a large field. Turn left across two fields and approx. 200 meters into the second field, go left through a hedgerow and over a stile. In the ensuing field, turn right alongside a fence and then bear left on a narrow path to a waymark post on a small rise. From this waymark, cross to the corner of the field at the left-hand edge of woodland. Follow the track to the far side of the woodland then turn right and diagonally across the field aiming for the left edge of the woodland boundary ahead. Reaching a stile, cross it, and turn left through scrub. On the far side, you emerge into a long, narrow riverside field which follows the Severn.

At 3.5 miles (G/R 594 045) cross the Cressage Bridge and walk up to a road junction, turning left following the Severn Way towards Sheinton Church as you climb out of the village.

At 5.6 miles (G/R 618 037) the road bends gently right, leave it here (signed SW) going left down a lane past Buildwas Park. Approx 20 meters before you reach the only house at the end of this lane, branch left over a stile and into woodland (G/R 621 038). At the end of the woodland, climb past Park Farm and head along a rough surfaced track.

At 7.3 miles (G/R 641 039) pass Mill Farm to meet the A4169. Turn left passing Buildwas Abbey, crossing Buildwas Bridge and at 7.7 miles turn right towards Ironbridge. After approx 0.1 miles leave the road at a stile beside a gate (G/R 647 045) entering a riverside meadow which goes through woodland. Go under a bridge and follow the path until it meets a road where you turn right for approx 100 meters before going through a hedgerow to continue on the path by the river, leading to a paved walkway.

At 8.7.5 miles (G/R 660 038) pass beneath the Albert Edward Bridge.

At 9.2 miles (G/R 665 036) you reach Ironbridge Antiques Centre where you turn left to meet a road then turn right to walk into Ironbridge.

At 9.7 miles, cross the Iron Bridge. On the other side of the bridge turn left through the car park heading for the far side. The SW is signed and actually runs along the old railway tracked.

At 10.5 miles (G/R 684 030) continue past the Black Swan on the lower bank to your left. Keep right over the old level crossing and into Church Road. Go

past the church of St. Mary the Virgin. As the road surfacing ends go down a stony track to the riverbank and onto a path rising through woodland meeting a lane at a U-bend. Go left towards a former pub but keep to the right of it on a tarmac path, keep forward alongside the centre and on into a ferry road passing The Boat Inn and the War Memorial Bridge. Just past the Boat Inn follow the road as it rises to the right and pass under the former railway, then turn left up steps to the trackbed and turn right. The route is deflected left by a couple of cottages, descending to a riverside path which leads through a Picnic Area.

At 11.8 miles (G/R 701 020) reach a road at Coalport Bridge. Opposite is the Woodridge Inn, which is CP2.

Navigation difficulty rating: Low, well signed "The Severn Way" Course type: Predominantly roads, some tracks, fields

CP2 TO CP3 (12.0 miles)

From the Inn go left on the road then very soon left again signposted SW.

At 0.8 miles (G/R 709 010) branch left on a descending track to meet the riverbank once more at Foundry Cottage. Continue along the riverside path passing in and out of woodland.

At 2.7 miles (G/R 706983) reach Apley Forge footbridge. Between Apley Forge and Bridgnorth the route hugs the riverbank.

At 5.2 miles (G/R 724 954), the route meets a golf course. Continue along the edge of the golf course.

At 5.8 miles (G/R 722 943) you will see on the opposite side of the bank Pendlestone Rock and Fort.

At 6.4 miles (G/R 720 935) you will reach a road called riverside at the edge of town. Continue along this road in front of new houses to the end and a junction at which you turn left to meet the main road. Cross over the road and descend to a paved area, going forward onto a narrow path which later joins riverside fields. Just opposite Quatford (3 miles), you go back to the riverside path.

At 9.8 miles (G/R 732 895) the path meets buildings at Lower Forge. Keep left beside the river, shortly branching left again onto a narrow riverside path. After crossing a tributary, the path runs close to the railway. The route is now along riverside fields.

At 11.8 miles (G/R 745 870) you will pass under a bridge.

At 12.0 miles (G/R 745 865) you will reach The Unicorn Inn which is based in a campsite, this is CP3.

Navigation difficulty rating: Low, signed "The Severn "Way"

Course type: Tarmac road, fields, tracks

CP3 TO CP4 (12.5 miles)

From The Unicorn Inn, carry along the Severn Way which continues to Upper Arley following the river closely. The route continues to reach a country park on the edge of Highley.

At 2.6 miles (G/R 749 829) you will pass The Ship Inn at Stanley. The Way goes on past Stanley as a broad roughly surfaced access track and when you reach a junction, turn left on a descending gravel track back to the riverside and a stile which gives onto a path.

At 5.0 miles (G/R 765 800) cross over a footbridge where the Severn Way briefly merges with the Worcestershire Way for a short distance. Leaving Upper Arley, walk south on the east bank on a surfaced pathway at first before continuing across wooded slopes above the river. At Worrall's Grove the path forks, branch left and cross a footbridge, then turn right immediately, leaving the Worcestershire Way. A few strides further on ascend left, then descend right on a wide track through Eymore Wood. When the track forks, stay by the river.

At 5.7 miles (G/R 766 792) pass under Victoria Bridge. Further on the path leaves Eymore Wood to go around Trimpley Resevoirs. Beyond the reservoirs, the way continues along the edge of woodland to become a broad stony track at a car park adjoining the Elan Aqueduct. Continue beyond the car park onto a surfaced lane.

At 7.5 miles (G/R 779 771), just after a house named Bridewell, turn right, over a stile, around a field edge and across further fields. A broad track leads past the abutments of a dismantled viaduct, beyond which a path heads into a park. When the path bends left continue beside the river until the route is deflected around the rowing club, then to a lane leading to Wribbenhall and the bridge into Bewdley. At the bridge, cross the road and proceed to Stourport Road. Leave the road when it bends left, and cross a forecourt on the right. Keep on along a wide riverside path and when it forks, stay by the river heading towards Bewdley bypass and Blackstone Rock.

At 9.5 miles (G/R743) continue under the Bewdley bypass and onto an enclosed path, leaving it at a bend to turn right over a stile into a riverside field below Blackstone Rock. Pass Blackstone Rock keep forward to a stile beside

a gate. Climb briefly through a rock cutting to reach a large field, shortly forking left along the left edge of the field below some sandstone cliffs. Not far into the field you can cut into adjoining woodland at a stile, and continue at the woodland edge to a grassy path. Cross a field to a stile to the riverbank and go along the edge of a caravan site. A stile on the far side gives onto a narrow path running along the river. As you approach Lickhill Manor, stay beside the river to pass Stourport Motor Yacht and Bungalow association, and then continue through parkland as you approach Stourport.

At 12.3 miles (G/R 808 710) pass under Stourport Bridge which is the (A451). Continue towards an amusement park entrance and then bear right to go through Stourport basins.

At 12.5 miles (G/R 811 709) you will come to The Angel Inn, which is CP4.

Navigation difficulty rating: Low, well signed "The Severn Way" Course type: Gravel tracks, grassy paths, fields

CP4 TO FINISH (12.6 miles)

Leave the Angel Inn and continue on the path through a boatyard and onto a narrow path that leads to a large industrial warehouse.

At 1.2 miles (G/R 821 693) go past Lincomb Lock, cross a footbridge and into light woodland before reaching the edge of an enclosed area near a caravan park. The route continues along the top of an embankment crossing a slipway and on to a grassed playing area to rejoin the riverside path. Just as you come to the end of the path, turn left over a stile to a footbridge. Immediately turn right to a grassy path along the top of the riverbank opposite Shrawley Wood. From Shrawley Wood to Holt Fleet the Way closely follows the river passing through a caravan park into a large field. Go around its edge following the river to pass Holt Lock. At Holt Fleet head towards the bridge.

At 5.6 miles (G/R 823 634), just past Riverside House, turn left and head up some steps to the road (A4133). Go right and cross the bridge, continue past the Holt Fleet Pub, up the hill, then at (G/R 822 630) take the Bridelway on your left which continues on a concrete track which you follow to Holt Church.

At 6.3 miles (G/R 830 626), continue ahead past Holt Church on the SW., soon through gates onto a gravel track leading uphill.

Continue ahead, through a field and industrial / farming area on the SW.

At 6.9 miles (G/R 831 615) come to the bottom of a rack and go right, immediate left on another gravel track. Continue ahead until 7.1 miles (G/R 832 611) where the SW goes left and right through a wooded area, crossing a footbridge. Exit the foods and continue ahead on the SW, directly ahead up a field towards a stile. Over the stile and forwards towards Grimley Church. At a gate turn right to go through the churchyard, passing infront of the church and left onto the road past the Wagon Wheel pub, taking you back to the river bank where you continue right.

At 9.1 miles (G/R 835 592) continue along the river past Camp House Inn.

At 11.8 miles (G/R 842 551) cross over Sabrina footbridge to the other side of the river then continue right towards Worcester.

At 11.9 miles (G/R 844 550) reach the main Worcester Bridge and go left on the footpath following the main road. Go past the College on your right and continue ahead meandering on the footpath until you reach Cathedral Plaza and the Travelodge is in the far corner of the square at 12.6 miles (G/R 851 546), the conclusion of The Severn Path Ultra.

Navigation difficulty rating: Low, signed "The Severn Way" Course type: Tarmac paths, light woodland, grassy paths, fields Day's distance 59.5 miles.