

## 70. Shropshire Hills

**Distance**        **6 miles/9km**

**Ascent**         **345 metres**

**Start/finish**    **Carding Mill valley, SY6 6JG**

From the highest car park follow the obvious path upstream, fork R at the confluence onto the Jack Mytton Way up the valley to the junction with the Shropshire Way at the top. Turn L and follow this and cross a road to the trig point on Pole Bank. Turn L here and follow the path east, crossing the road at Boiling Well Spring and following the path south-east roughly parallel to the road to the head of Townbrook valley. Follow the path down this and L after the small reservoir into Carding Mill valley. Turn L in the valley to return to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Follow the obvious path upstream, fork R at the confluence onto the Jack Mytton Way up the valley to the junction with the Shropshire Way at the top.
1.1	1.7	Turn left and follow this, crossing a road and continuing to the trig point on Pole Bank.
2.2	3.6	Turn left here and follow the path east, crossing the road at Boiling Well Spring and following the path south-east roughly parallel to the road to the path junction at the head of Townbrook valley.
3.7	5.9	Follow the path down this and left after the small reservoir to the road.
4.8	7.8	Cross the road and follow the path down into Carding Mill valley. Turn left in the valley and follow the road back to the start.