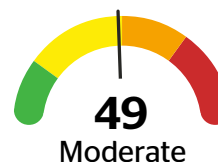


088 YHA Clun Mill Sunnyhill and Clunton



Scan to view this route on the OS Maps app



Countryside and woodland walk

Distance: 10.3 miles (16.6 km) **Ascent:** 649m **Time:** Allow 5h 15m to 8h 15m

Map: OS Explorer 1:25k (201) Knighton & Presteigne / Tref-y-clawdd a Llanandras and OS Explorer 1:25k (216) Welshpool & Montgomery / Y Trallwng a Threfaldwyn
Start/Finish: OS Locate SO 303 812 **What3Words** ///lump.shrubbery.speeds

A ramble through rural Shropshire's fields and woodland. From the hostel turn right onto the small road and follow the road up to Guilden Down village. Turn right, then bear left and follow the path uphill, through woods and turn right for Sunnyhill. Meet the carpark at Stanley Cottage and turn right along the road before taking a path to your left into woodland. Turn right onto a smaller path after passing through a farm. Follow the path uphill through thick vegetation and woods and descend through fields into Clunton village. Cross the road, cross the river, continue up the hill to take the steep path on your right up through Sowdley Wood towards the communications tower. Follow the path to the road at Woodside, then along the road to Clun and back to the hostel.

Hazards

Caution required on the road sections. Narrow country lanes with no footpath. Take care crossing the busy road at Clunton village. Steep path going up through Sowdley Wood. Beehives on the way to Clunton village.

Accessibility

There are stiles on the route, gates and paths less than one metre wide, steps exceeding 10cm and rough path with ruts or stones exceeding 10cm. In places the path is steep, narrow, uneven, wet and overgrown.

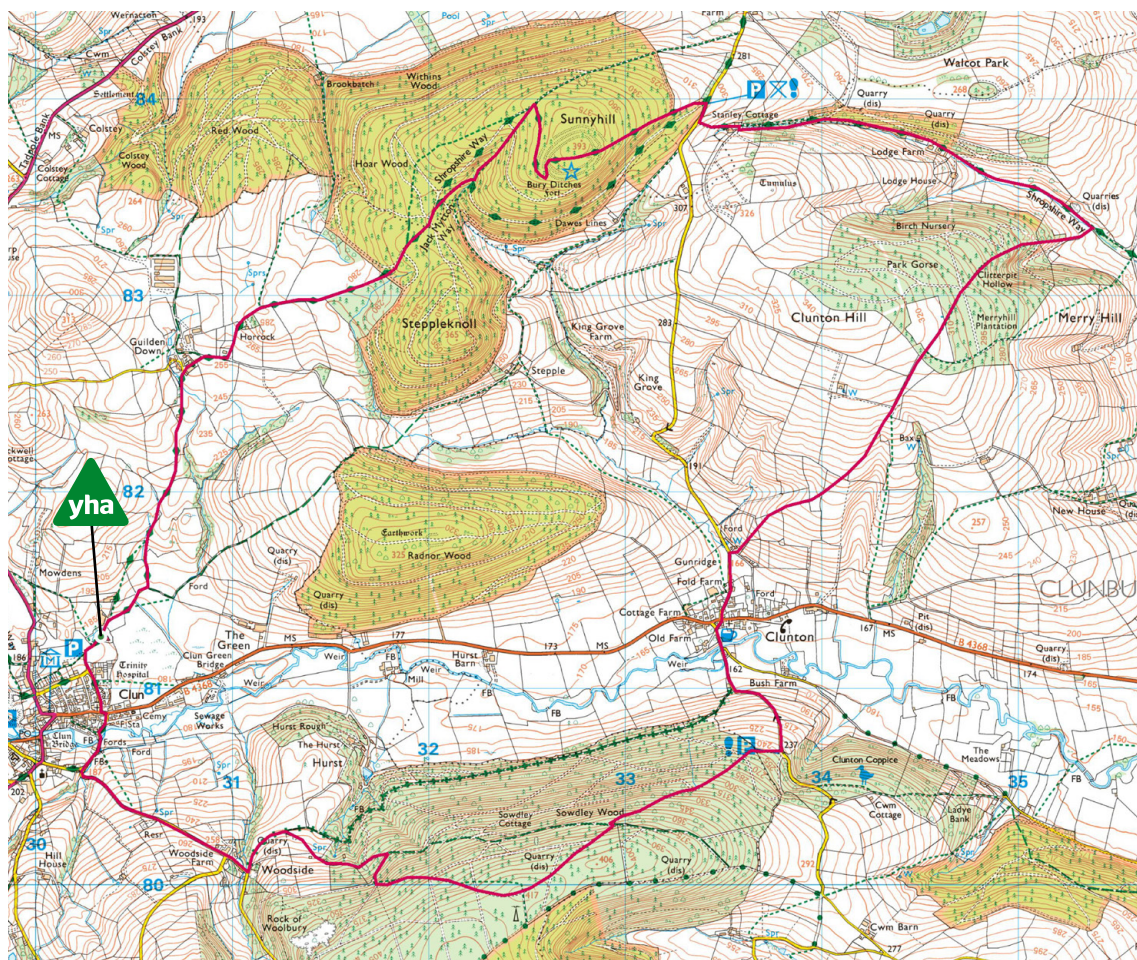
Points of interest

Medieval ruined castle and a small museum in Clun. Great viewpoints along the walk. Walcot Wood (National Trust) between Stanley Cottage and Lodge Farm.

Facilities

Pubs, food, drink and toilets available in Clun. Pub in Clunton.

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for a map or the OS Maps app to navigate your walk safely.



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Route: Trail Magazine & Stan Quirey



Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate or What Three Words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Tell someone where you are going and the latest time you expect to return. Give them your phone number and details of your group. (Remember to tell them when you have returned).
- Ensure your entire group have the fitness and skills to complete the route.

For more information please go to www.yha.org.uk/walks

Share your walks at [#yhawalks](https://twitter.com/yhawalks)



Scan to shop for OS maps online
osmaps.com/yha

What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or What3Words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.