

Enjoy your visit but remember....

- Take care when crossing roads and don't allow children to run too far ahead.
- Supervise children close to the water.
- Do not swim in the lake or river.
- Close all gates that you have opened.
- Avoid disturbing wildlife, including plants and trees.
- Keep dogs under close control and clean up after them.
- Guard against all risks of fire.
- Make no unnecessary noise.
- Take care when passing people fishing.
- Take litter home and dispose of it responsibly.
- The tarmac paths are also used by cyclists, so take extra care.

Walking the Way to Health

Walking is a form of exercise that is free, fun, suitable for all ages and a great way for families and friends to get fit together.

Just 30 minutes a day of brisk walking, on a regular basis, can have a positive effect on your health and quality of life.



Walk Fact File

Start: Arrow Valley Countryside Centre, Redditch.

Length: 2 miles, 1 1/4 hour (approx).

Terrain: Flat tarmac surfaces and grass fields. Some paths may be muddy and wet after rain particularly in winter.

Stiles: None. Four gates.

Waymarking: Simply follow the maroon-coloured arrows and you won't get lost.

SUITABLE FOR STURDY PUSHCHAIRS.

This trail is one of a series of four around Arrow Valley Country Park. For more information, pop into the Countryside Centre or contact the Redditch Countryside Service on 01527 64252 Ex. 3022.

For general information on walking in Worcestershire, contact Worcestershire County Council's Countryside Service on 01905 766879.



With special thanks to Ian Hayes, local historian

Explore Arrow Valley Country Park on the

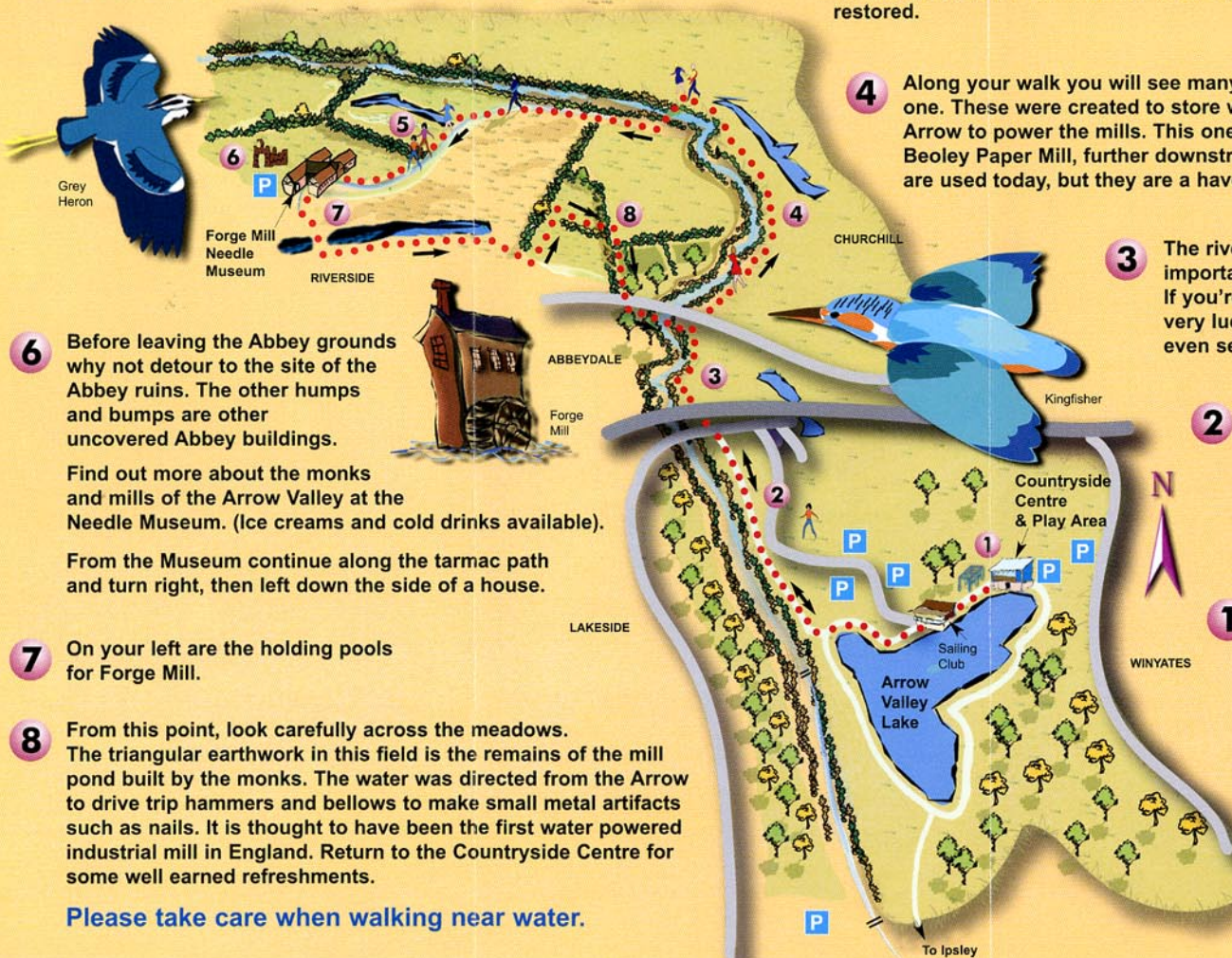
Miller's Trail



A 2 mile, Waymarked Circular Trail

Discovering Worcestershire

The Miller's Trail



- 1** Arrow Valley Lake is an excellent place for wildlife, including Swans, Mallards, Moorhens and Coots. Bulrushes also grow near the banks. The lake is also used for fishing and boating.
- 2** The River Arrow, which runs through the Country Park, was once used to power a number of mills along its banks.
- 3** The river is also important for wildlife. If you're really quiet and very lucky, you might even see a Kingfisher.
- 4** Along your walk you will see many 'mill ponds' like this one. These were created to store water from the River Arrow to power the mills. This one was used to power Beoley Paper Mill, further downstream. None of these ponds are used today, but they are a haven for wildlife.
- 5** The Cistercian Monks built Beoley Abbey in 1138. They did not eat meat so one of their main sources of food was fish. There are many remnants of fish ponds but only these two have been restored.

- 6** Before leaving the Abbey grounds why not detour to the site of the Abbey ruins. The other humps and bumps are other uncovered Abbey buildings. Find out more about the monks and mills of the Arrow Valley at the Needle Museum. (Ice creams and cold drinks available). From the Museum continue along the tarmac path and turn right, then left down the side of a house.
- 7** On your left are the holding pools for Forge Mill.
- 8** From this point, look carefully across the meadows. The triangular earthwork in this field is the remains of the mill pond built by the monks. The water was directed from the Arrow to drive trip hammers and bellows to make small metal artifacts such as nails. It is thought to have been the first water powered industrial mill in England. Return to the Countryside Centre for some well earned refreshments.

Please take care when walking near water.

→ Walk in this direction
P Parking