

WALK 3 >>

# KINGS MARCH

## SHEEP SHAPE THE MYND

### Burns off:

2 x pints of Joule's Pale Ale and a hearty meal at the Kings Arms



The Long Mynd derives its name from 'mynydd', a Welsh word for mountain, but it's not a mountain it's an undulating plateau. Cut by steep-sided valleys known as batches or hollows, forming one of the most distinctive and individual upland ranges in Britain. Clothed in heather, whinberry, bracken and wiry moorland grasses, with a scattering of stunted, wind-contorted hawthorns and the occasional holly or rowan, it constitutes our most southerly grouse moor, though active management for grouse ceased in 1989. While the grouse skulk in the heather, exploding into a frenzy of alarm calls and occasional flight if you venture too close, the skies above are regally patrolled by species such as raven, buzzard and kestrel.

**DISTANCE:  
7.5 MILES**

