



# Wom Brook Walk

## Healthy Walks

Did you know walking a mile burns the same number of calories as running a mile? That is why walking is considered one of the best and most available form of exercise to a large number of people. That is not to say you should just amble along, make sure you walk at a pace to get you warm or even a little out of breath. Recommendations are that you should aim to take at least 10,000 steps everyday. This doesn't have to be in one go, break it down into small chunks, maybe 10 minutes 3 times a day. By doing this you are taking steps to reduce your risk of Heart Disease, obesity and other related illnesses.

“ To maintain and enhance the nature conservation potential of the Wom Brook, Wombourne for the education and enjoyment of the public; working in partnership with the South Staffordshire District Council and other owners and tenants of the area known as the Wom Brook. ”  
Friends of Wom Brook objective

*can you spot these plants and animals on your walk?*

Wom Brook, which gives its name to Wombourne rises on Penn Common and joins Smestow brook at Smestow. The Wom Brook Walk has four main compartments each having a different landscape character.

- 1 Water Vole
- 2 Banded Demoiselle
- 3 Green Alkanet
- 4 Kingfisher
- 5 Otter
- 6 Lesser Celandine
- 7 Peacock



The Wom Brook corridor starting from A449 begins with a small woodland area leading down to a footbridge crossing the Wom Brook. From here the corridor opens up a little to include other areas of open space adjoining residential development. On this section there are a number of old Willows some of which have been pollarded over the years. The walk then crosses Mill Lane.

From here on the landscape comprises slightly larger open spaces fringed with many mature Poplars, Alders, Willows and Oaks. There is a picnic area and plenty of space for children to play. Along these more open sections, habitats for a range of bird species, including Kingfisher and Dippers, can be found. Older children and grown ups alike can enjoy exploring the area for many species to be found in this wildlife haven. You will find a list of what to look out for on the educational board near the foot bridge.

The section from Mill Lane to Gravel Hill consists of slightly larger open spaces fringed with scrub and semi mature trees.

The final section from Millfields Way to Bridgnorth Road consists of smaller open spaces fringed with more dense woodland.



If you would like to join 'The Friends of Wom Brook', please contact Howard Medicott on 01902 696406

