



Frome Health Walks

Feb – May 2019

Details are correct at time of printing; please check our website for any amendments/changes to this programme.

www.zingsomerset.co.uk
[and sasp.co.uk](http://sasp.co.uk)

Visit our website for information about Health Walks in other Mendip Towns, Sedgemoor, Taunton, West Somerset and South Somerset, or for general enquiries call us on **07855283855** OR Email: jsmith@sasp.co.uk

We also offer FREE volunteer walk leader training, please call or email **Jo Smith** (see above) for more info.

FROME HEALTH WALKS

MONDAYS



WC

CHEESE & GRAIN FROME BA11 1BE 10.15AM for 10.30 start (EXCLUDES BANK HOLS)

Mostly level walking, some slopes. Using paths, pavements & lanes at an easy pace lasting 30-45 mins

February	4 th Maggie	11 th Peter	18 th Vron	25 th Peter	
March	4 th Dorothy-Anne	11 th Maggie	18 th Peter	25 th Vron	
April	1 st Dorothy-Anne	8 th Peter	15 th Vron	22 nd NO WALK BH	29 th Dorothy-Anne
May	6 th NO WALK BH	13 th Maggie	20 th Dorothy-Anne	27 th NO WALK BH	

WEDNESDAYS



WC

FROME MEDICAL PRACTICE ENOS WAY BA11 2FN - NB: please park at The Cricket Ground (The Old Showfield) Rodden Road BA11 2AH and walk across to the Medical Practice (parking is provided by kind permission of the Frome & District Agricultural Society). 9.15AM FOR 9.30 START











Mostly level walking, some slopes, using paths, pavements and lanes. Easy pace of around 2 miles, lasting 40-55 mins.

February	6 th Gayle	13 th Sue	20 th Vron	27 th Sue	
March	6 th Sue	13 th Gayle	20 th Vron	27 th Maggie	
April	3 rd Sue	10 th Maggie	17 th Sue	24 th Gayle	
May	1 st Gayle	8 th Maggie	15 th Sue	22 nd Vron	29 th Vron



Fridays: ALL WALKS ARE 10.15AM FOR 10.30 START, UNLESS STATED OTHERWISE ON THE WALK. These walks can be slippery and muddy if wet or has been wet, so please wear suitable footwear. A car share scheme is available once you have already been on one of our walks, for more info please email jsmith@sasp.co.uk or call 07855 283 855

Dogs are allowed on our walks AS LONG AS they are kept on a short lead at all times, so to avoid trips and falls by our walkers, and to keep the dogs safe. This, however, may not be the case where we will be going through fields containing livestock or in areas containing game. If in doubt please call or email. It also remains the owner's responsibility to dispose of any dog waste.





Date/Leader(time if different)	Walk Info	Boots/facilities	Meeting Place
Friday 1 st February with Sue	Bradford on Avon. Easy level walking, on quiet roads, paths and Tow Path of about 3 miles	  WC	Meet in Kennett & Avon Canal Trust Car Park (£1.50 approx) BA15 1BX
Friday 8 th February with Tricia	Orchardleigh. A progression walk of approx. 5 miles, with some hills, stiles and uneven ground.	  + progression	Frome Library Justice Lane BA11 1BE
Friday 15 th February with Peter and Tricia	Plaques of Frome. A walk around Frome, passing a number Plaques honouring prominent residents, visitors or buildings. All on pavements, some hills and around 4 miles.	  + progression	Cheese and Grain BA11 1BE
Friday 22 nd February with Gill	Shearwater. A walk at Shearwater lake of 1.5 miles, with 2 not too steep hills.	 	Meet at car park opposite main entrance to the lake
Friday 1 st March with Peter	Rode. 3 mile circuit on paths and quiet roads to Tellisford and back.	 	Park on roads near Memorial Hall BA11 6PB

Friday 8th March with Sue	Nockatts Coppice (Heaven's Gate Car park) 3 miles on forest paths and tracks with hills but no stiles		Heavens Gate car park, which is about a mile along the road from the main entrance to CenterParcs.
Friday 15th March Tricia	Great Elm. A walk from the Library out to Great Elm of approx. 5 miles. Some hills, stiles and uneven ground	 + progression	Frome Library Justice Lane BA11 1BE
Friday 22nd March with Liz	Buckland Dinham from Wallington Way. 4.5 miles on footpaths, lanes and riverside, a number of stiles and hills. Possibly muddy.	 + progression	Wallington Way, just off roundabout on Vallis Road BA11 3NF
Friday 29th March with Michael	Southleigh Woods from Longbridge Deverill. 4 miles of footpaths and forest tracks.		Parking courtesy of The George Inn Longbridge Deverill BA12 8DG
Friday 5th April with Terry	Heytesbury. 4 miles, gentle stroll through the meadows along the river Wylfe. Flat with no stiles	 + progression	Heytesbury Wiltshire-meet at far end of the village (on the old A36 past The Angel Inn-DO NOT PARK AT THE PUB
Friday 12th April with Jo	Frome. A walk in and around the town, on paths and tracks, of about 3 miles.		Cheese and Grain BA11 1BE



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Friday 19th April with Michael	Bourton nr Zeals. 4 miles of undulating tracks, paths and quiet country roads, in and around the Upper Stour Valley		Park in the lay-by, in the vicinity of The White Lion pub, in Bourton, nr Zeals. SP8 5AT
Friday 26th April with Peter	Westbury. Wessex Ridgeway and Imber Path. 4 miles with no stiles and one long hill leading to good views	 + progression	Parking courtesy of the centre management of Westbury Leighton Recreation Centre car park BA13 3PT
Friday 3rd May with Michael	A longer walk up the downs to Cold Kitchen Hill and the Long Barrow. Returning along the Wylve Valley. 4.5-5 miles	 + progression	Park near Kingston Deverill Church BA12 7HF
Friday 10th May with Liz and Gill	Mells. A choice of two walks. Either: 4.5 miles on Colliers Way to Gt Elm & back, beside the river where mud is likely. Couple of stiles and a hill. Or: 2.5 miles on lanes and fields with 2 stiles.	 and a 2 option  PH	Meet at Mells Recreation ground car park BA11 3PY.

Friday 17th May with Terry	Crockerton. Minor roads and woodland tracks walk of around 3.5miles with a pub at the end	 PH	Meet on road parallel to A350 Warminster to Shaftesbury road(road to Crockerton), ½ mile from the Bath Arms towards Kingston Deverill ST864418(Exp143)
Friday 24th May with Sue	White Horse, Westbury Via Bratton. A fairly strenuous walk with far reaching views, on open hillside with a long steep incline on return. Some stiles and steps, and about 3.75 miles		Meet at car park on top of horse, at the far end. BA13 3EP
Friday 31st May with Tricia	Berkeley Woods & Rodden Church. A progression walk of about 5 miles with some hills, stiles and uneven ground.	 + progression	Meet at Frome Medical Practice Enos Way BA11 1FN NB please park at The Cricket Ground (The Old Showfield) Rodden Road BA11 2AH and walk across to the Medical Practice (parking is provided by kind permission of the Frome & District Agricultural Society).






What is a Health Walk?

It is a walk done on a regular basis for well-being. It can help you to feel good, to have more energy, to sleep better and to manage your weight. All walks are free of charge and are led by a team of Volunteer Walk Leaders. There are varying lengths of walks for you to choose from. If it's your first health walk in a while, try a shorter route first and then chat to a Walk Leader when you think you are ready to do a bit more.

Website: www.zingsomerset.co.uk and SASP.co.uk.

Have you enjoyed our longer walks? Why not try your local Ramblers walks? You are able to attend one or two walks before thinking about one of the very reasonable subscriptions. Please find details at www.mendipramblers.co.uk/www.ramblers.org.uk The Ramblers not only lead walks, they are a charity whose volunteers put a great deal of effort into maintaining and protecting our footpath network.

Walks Key

	These are short walks, on fairly flat routes at an easy pace and are 30 – 60 minutes.
	These walks are between 1 and 1½ hours and include steps, inclines, uneven paths, stiles and gates.
	These are more challenging walks of more than 1 ½ hours that require a fairly good level of cardiovascular fitness and mobility.
	Progression Walk – Very good level of cardiovascular fitness and mobility required.
	Refreshment place /Toilet near the end of route.

