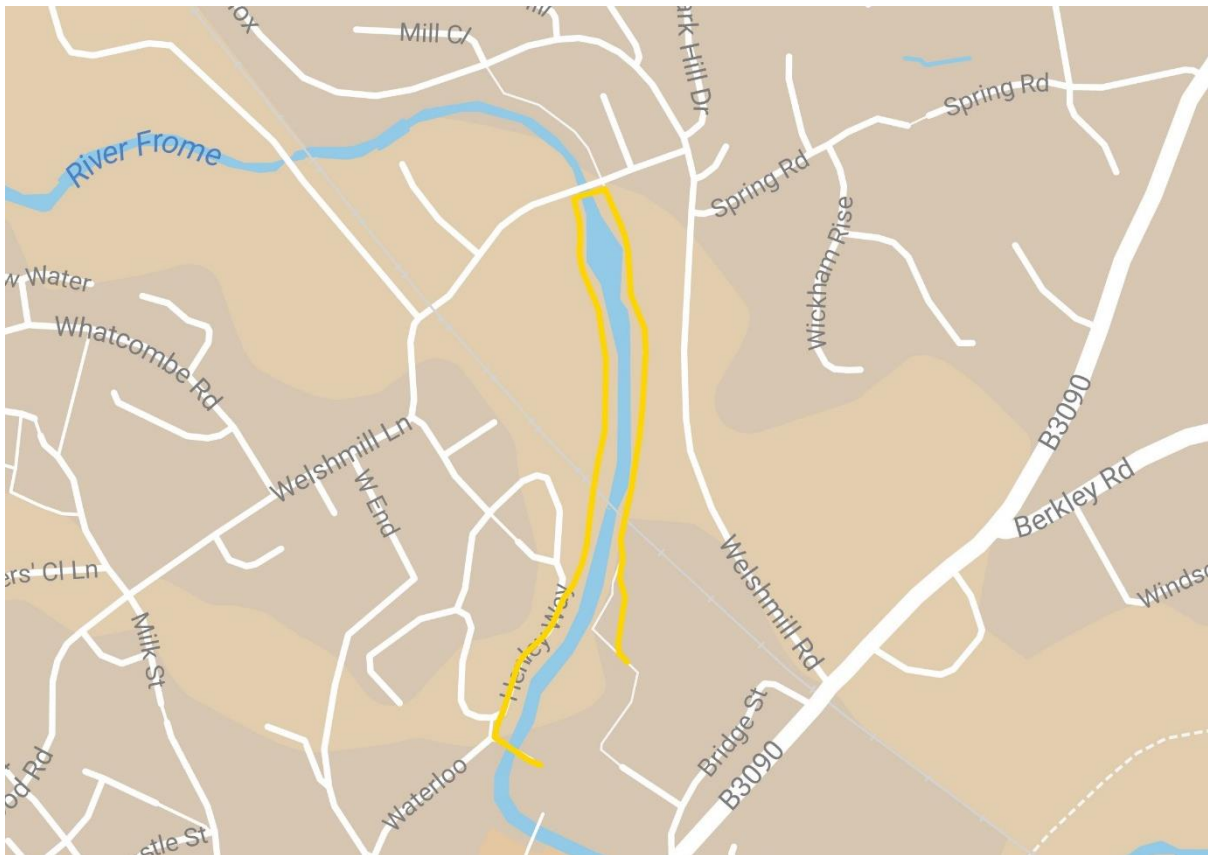


Mile Walk

If you fancy a slightly longer walk - one that takes in a couple of Frame's parks & green spaces and a bit of the river corridor - then step right up.

Approx. 1 mile



Start

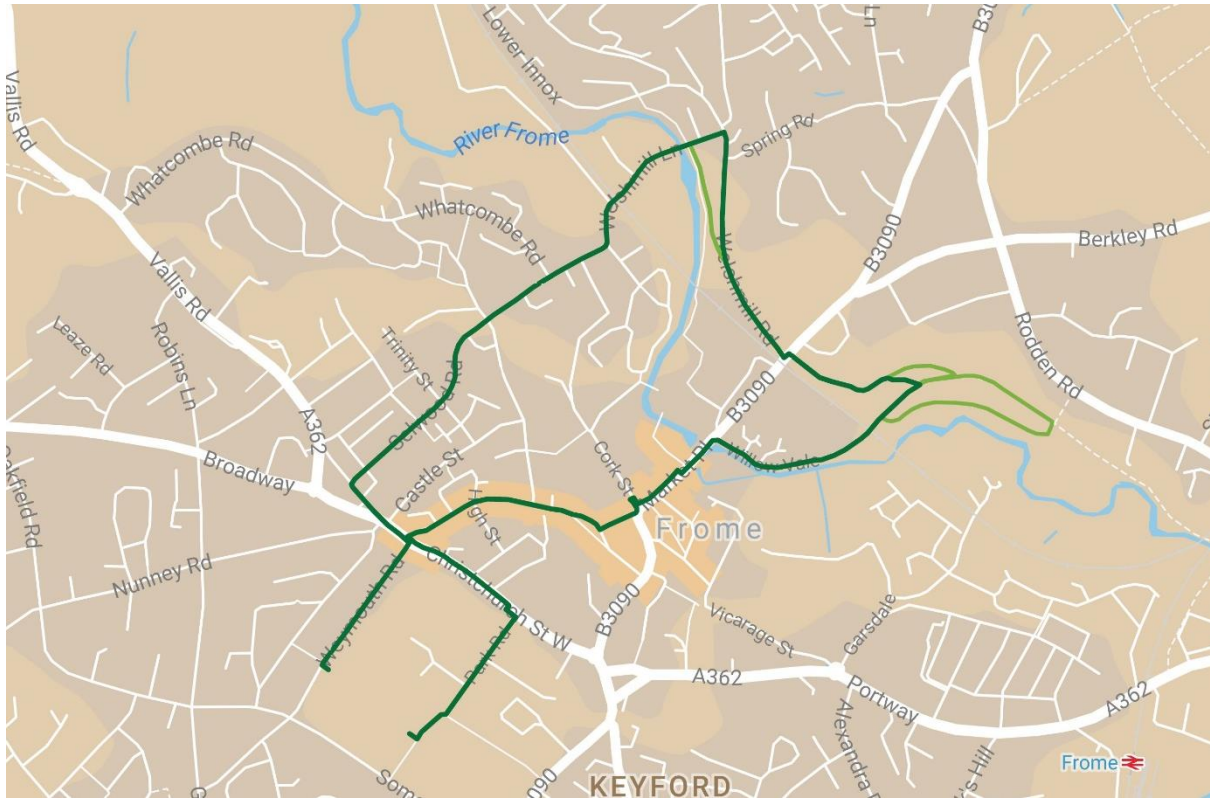
1. Starting at the Cheese and Grain, head towards the canoe club at the far end of the car park.
2. Pick up the riverside path and head north-west under the railway bridge. Stay on the path, walking past the woods, the pump-track and the children's play area on your right and the weir on your left
3. Turn left as you reach Welshmill Lane, staying on the footpath. Do not cross the road
4. After about 20m, turn left onto the path, heading back towards the town centre on the other side of the river
5. Follow this path past The Roundhouse until you reach a timber ramp and a set of stamps. Carry straight on, emerging onto Henley Way
6. Follow the riverside path - with artefacts from the town's historic Singer's foundry along the way - until you reach the Jensen Button bridge.
7. Cross the bridge and you'll be back in the town - with the Cheese & Grain on your left and the town centre over the next bridge for more exploring

Finish

Green Spaces of Frome Walk

Fancy exploring that bit more? You'll find more roads and pavements in-between, but some lovely green spaces along the way.

Approx. 2 miles



Start

1. Starting at Victoria Park, head out of the park through the gate by the bowls club. Turn left and follow the path until it joins up with Park Road
2. Walk down Park Road, turning left as you reach the junction with Christchurch Street West.
3. Take the crossing immediately outside the Town Hall then turn left
4. Head all the way along Christchurch Street West. You'll see a church on the opposite side of the road (as well as Frome's old fire station). When you reach the junction with Catherine Street, turn right (almost back on yourself).
5. Walk along Catherine Street – past Frome's famous Valentine Lamp – and follow the cobbled Catherine Hill straight ahead. Continue down the hill as it turns left into Stony Street.
6. Walk through the town centre – along Market Place. When you reach the traffic lights near The Blue Boar, cross the road.

7. Carry on across the bridge, then turn right into Willow Vale and follow the road (along the river). From here, you'll find Rodden Meadow on your right and Millennium Green on your left.

Rodden Meadow Loop: There's lots to see in Rodden Meadow – and there's a riverside loop that makes for a slightly extended walk.

8. Two sets of steps will take you up onto Millennium Green

Millennium Green Loop: You can choose to walk around Millennium Green. There are some lovely views of the meadow and the river below and stretching Somerset & Wiltshire into the distance

9. Leave Millennium Green, walking through the adjoining North Parade car park and joining North Parade.
10. There's a busy T-junction here. Safely cross the road and start walking down Welshmill Road. Welshmill woods will be on your left and North Parade will be on the opposite side of the road on your left.
11. Walk down Welshmill Road until it meets up with Welshmill Lane

Footpath Cut-Through: Alternatively, there's a rough and ready path that cuts through the woods. Look out for the gap in the wall, then follow the trodden path until you reach the river before bearing right to follow the river to join up with Welshmill Lane.

12. Head all the way up Welshmill Lane. Carry straight on into Selwood Road then turn left towards the shops at Badcox.
13. There's a set of traffic lights and a crossing opposite Badcox car park. Cross here then turn left and follow Christchurch Street West until you reach Weymouth Road
14. Turn right into Weymouth Road and head up the hill
15. You'll reach Victoria Park again near the crest of the hill, on your left. Tea & cake #earned

Finish