

3. Turn left then left again on Packsaddle Way. Take right turn along rough track to kissing gate. Cross field to the wide gap.

2. Cross Welshmill Lane and continue by river to Lower Innox. Turn right then left up Innox Hill. After 500m. go right up footpath (by modern lamp-post) to Pedlar's Grove.

1. From library take river-side path, past Canoe Club, under bridge to Welshmill Lane.

Start. In the Market Yard Car Park, outside Frome Library

Distance. About 2½ miles (4.2km)
Warning. Steep path in section 2. The fields are muddy after wet weather.

Acknowledgements: Veryan Conn for route, map and text. Patrick Conn for artwork. Caroline Birkett-Smith for technical help and all those who test walked the route.

4. After next gap go right, then left. Walk with hedgerow on left to kissing gate. Turn right along lane. Then turn left through un-gated gap. Follow grassy strip in front of you across Mendip Drive and on to Grange Road.

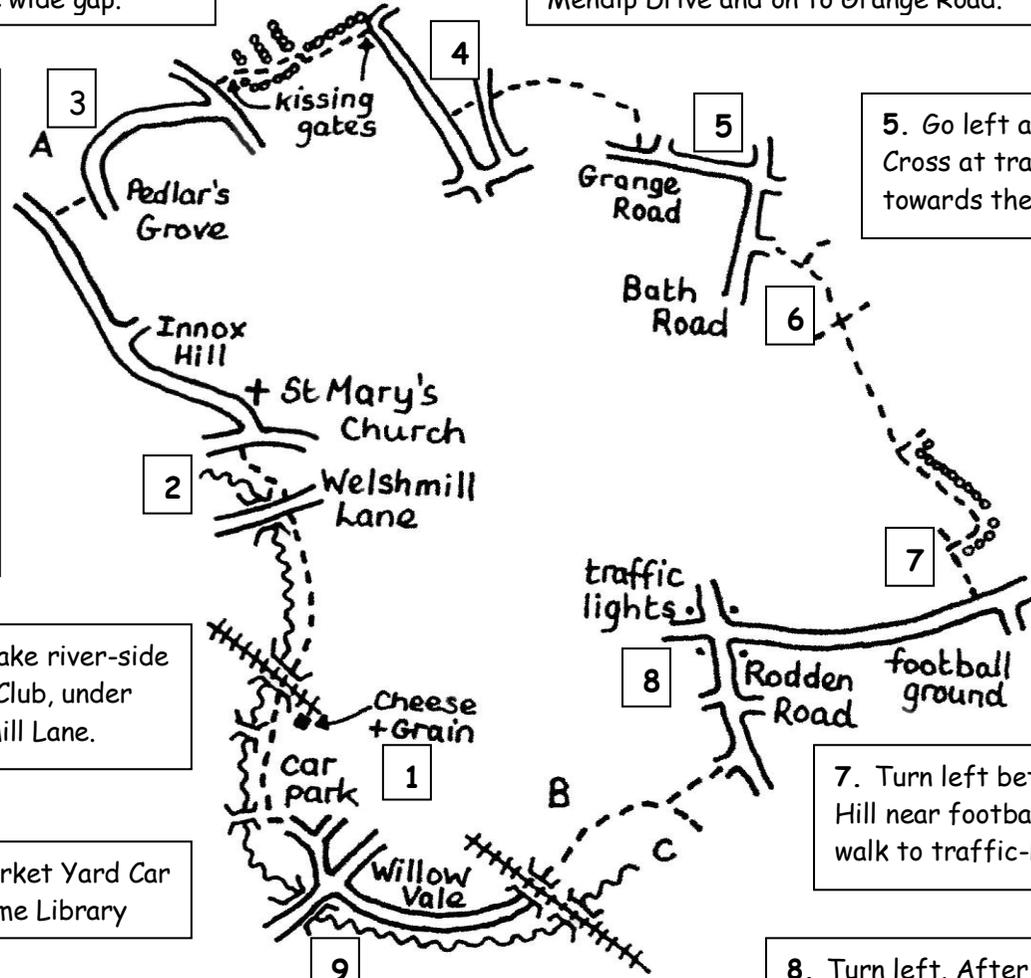
5. Go left and walk to Bath Road. Cross at traffic-lights, turn right towards the town centre.

6. Take the second driveway on left, by a bungalow called "Cleveland". Continue past hospital and across former "showfield". At far side follow path round to right.

7. Turn left between houses to Badgers Hill near football ground. Turn right and walk to traffic-lights by Vine Tree pub.

8. Turn left. After Windsor Crescent, take next track right. Before last house go half left onto open scrubland. Follow clear path down hill, then turn right onto a tarmac path. Go under railway bridge and along Willow Vale, to North Parade.

9. Cross North Parade into Bridge Street. After the Black Swan Arts Centre turn left back to the car park and library.



Three Interesting Detours

A. INNOX HILL
Continue about 50m further along Innox Hill. The old cottages along the road and in the open sided quadrangle behind were built in the early 1800's. Many of the occupants would have worked in the cloth industry, some as home-workers, but many at Sheppard's Mill at Spring Gardens to the north.

B. MILLENNIUM GREEN
C. RODDEN MEADOW
Between Rodden Road and Willow Vale you can turn right up the steps to the Millennium Green (B) or turn left into Rodden Meadow (C).

Both are semi-wild areas, where there have been new plantings of native species. They provide an oasis for wildlife and for people, close to the centre of the town.

Trees to look out for

Walking along the riverside path

- **Wingnut Tree**, on the river bank in the car park. In autumn it has long tassels of wing-nut shaped fruits.
- **Alder**, a riverside tree with small black cones. The seeds in them have air pockets so they can float downstream.
- **Lime**, across the path from the weir, has scented flowers in summer. They are attached to aerodynamic bracts.

By St Mary's Church, Innox Hill

- **Beech**. The ground below these trees is carpeted with flowers in the spring.

On the lane after the fields at Packsaddle

- **Ash**, a pollarded tree on your left. With black buds in winter, it is the last wild tree to come into leaf. Some trees have male flowers, others female ones.

Further along the lane

- **Horse Chestnut**, in a row on your left. Introduced from the Balkans in the 16th century, horseshoe-shaped leaf-scars probably account for its English name.

Opposite the steps to the Millennium Green

- **Oak**, standing on the edge of Rodden Meadow. Oaks support a vast range of birds, moths, bugs, fungi and lichens.

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More to look out for

- The old street lights along Innox Hill were made locally by Cockeys. This business started as a bell foundry in the 1680's. Later it made gas fittings, but also street furniture. Towards the end of the walk, look out for the railings in Willow Vale. Some have "Cockey" cast into them.
- From the Packsaddle play-area, there is a good view across a valley to the Down, part of the Orchardleigh estate. Geological faults have helped to create this valley. The Mells River flows through it to join the Frome River at Spring Gardens.
- The "show field" once hosted the Frome Agricultural Show (The Cheese Show). However the hedge that you walk beside dates back to earlier times. The wide range of trees and hedge plants, including Field Maple, Dogwood and Hazel, indicate that it is probably several hundred years old.
- Willow Vale was once the site of a woollen mill and dye works. The remains of a round drying tower are just visible if you look to the right shortly before the tarmac surface begins. About 40 years ago the river was diverted and the last bits of the Town Mill, on an island in the river, were demolished.



F.R.O.G.S. WALK - 2

A Walk around Northern Frome

This walk, links together several of the town's open spaces. Trees, both native and introduced, are a particular feature of the walk.

Distance approximately
2½ miles (4.2km)

This leaflet is produced by
Frome Recreation and Open
Ground Supporters

Follow the Countryside Code:

Be Safe - plan ahead + follow any signs.
Leave gates + property as you find them
Protect plants + animals + take your litter home.
Keep dogs under close control +
clean up after them.

Consider other people, don't park vehicles in
gateways or other private access points + leave
livestock + machinery alone