A circular walk following field paths and quiet lanes, via Rodden Church, through woodland around the edge of the Longleat estate, to East Woodlands Church, and back to Frome.

1. Go down Willow Vale [off Market Place / North Parade, next to the river]. Walk to the end of the road, under the railway bridge and continue on the tarmac path with Rodden Meadow on your right.

2. The path goes underneath two more railway bridges and past a high brick wall on the left. With the footbridge over the river on your right, turn left and walk between houses.

3. At River Walk turn right. At the junction of Ellworthy Court with the main road, turn right and then immediately left up Hillside Drive.

4. At the top of Hillside Drive, go right up some steps between number 14 and a small car park. Follow the steps up and to the left. At the road at the top, turn right, going past Frome Care Village.

5. At the T-junction turn left, then take the second road on the right (Styles Avenue).

6. At the end of the road, continue straight on over a footbridge over a railway line. Then the path goes across the bypass: take care crossing as the traffic is fast. The path on the far side is directly opposite.

7. Go up the path and over a stile into a field. The path goes straight across this field and then diagonally across the next field: head towards the electricity pylon.

8. Go through a kissing gate and continue straight ahead through a long field towards Rodden Church.

9. Go over a stile to reach the tarmac drive in front of the church. Follow the drive keeping the church on your left and follow it round to the right and over a stream.

10. Just before the entrance to a large house, turn left and go diagonally across a small field with a tree in the middle surrounded by a wooden fence.

11. Go through the gate in the corner of the field and go up the left-hand edge of the next field.

12. Go through a kissing gate and continue straight ahead through a long field towards Rodden Church.

13. Go over a stile to reach the tarmac drive in front of the church. Follow the drive keeping the church on your left and follow it round to the right and over a stream.

14. Just before the entrance to a large house, turn left and go diagonally across a small field with a tree in the middle surrounded by a wooden fence.

15. Go through the gate in the corner of the field and go up the left-hand edge of the next field.
1. Go over a stile (and possibly also through an electric fence which can be undone) and follow the right-hand edge of the next field. There is a good view of Cley Hill to your left.
2. Go through the gateway /gap in the hedge and continue up the right-hand edge of the next field. Go over a stile in the corner to reach the A road.
3. At the A road go right and immediately left up Friggle Street past an ‘Unsuitable for HGVs’ sign.
4. Follow the lane past a few houses including ‘Friggle Towers’. Ignore a lane on the right.
5. At a T-junction with a post box turn left. Go straight across the busy bypass road and up the lane ahead, passing underneath a railway bridge and over a bridge across the river.
6. Immediately after going under a second railway bridge, take the marked footpath to the right and follow the right-hand edge of the field.
7. The path curves to the left, still following the right-hand edge of the field. Go through the second kissing gate in the corner near some houses and turn immediately right and follow the path through trees and then between a fence and a wall.
8. Go straight on along the tarmac drive keeping the church on your left and go past a few houses on the left.
9. Take the footpath through a little wooden gate to the left of the entrance gates to ‘Trailing End’ and follow it between hedges /fences.
10. Go through a kissing gate and follow the left-hand edge of a field. Go through another kissing gate at the edge of trees and follow the path next to a brook.
11. Go past another metal barrier, straight across the tarmac drive and down a marked bridleway past a small ‘No unauthorised vehicles’ sign.
12. Follow the bridleway along the edge of the woodland to East Woodlands Church. The churchyard has several benches and is a good place to eat a picnic.
13. Go straight on along the tarmac drive keeping the church on your right and go past a few houses on the left.
14. At the top, go through the gate, cross over the road and turn left. Take the next road on the right.
15. Where the road curves to the right you go straight ahead following the cycle route signs to go between large brick planters, and then at the fork in the road go right.
16. At the lane turn left, go past the Horse & Groom pub (worth a stop if it’s open) then take the lane on the right.
17. After a while the lane curves to the right and you take the left-hand fork. Continue past Feltham Farm on your left.
18. Go straight across the busy bypass road and up the lane ahead, passing underneath a railway bridge and over a bridge across the river.
19. Immediately after going under a second railway bridge, take the marked footpath to the right and follow the right-hand edge of the field.
20. The path curves to the left, still following the right-hand edge of the field. Go through the second kissing gate in the corner near some houses and turn immediately right and follow the path through trees and then between a fence and a wall.
21. At Adderwell Road go straight on through the gate by the dog waste bin and the ‘Welcome to the Dippy’ sign. Follow the tarmac path up through the Dippy.
22. Go over a stile and possibly also through an electric fence which can be undone) and follow the right-hand edge of the next field. There is a good view of Cley Hill to your left.
23. Go through the gateway /gap in the hedge and continue up the right-hand edge of the next field. Go over a stile in the corner to reach the A road.
24. At the A road go right and immediately left up Friggle Street past an ‘Unsuitable for HGVs’ sign.
25. Follow the lane past a few houses including ‘Friggle Towers’. Ignore a lane on the right.
26. At a T-junction with a post box turn left. Go straight across the busy bypass road and up the lane ahead, passing underneath a railway bridge and over a bridge across the river.
27. Immediately after going under a second railway bridge, take the marked footpath to the right and follow the right-hand edge of the field.
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29. Go straight on along the tarmac drive keeping the church on your left and go past a few houses on the left.
30. Take the footpath through a little wooden gate to the left of the entrance gates to ‘Trailing End’ and follow it between hedges /fences.
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34. Go straight on along the tarmac drive keeping the church on your right and go past a few houses on the left.
35. Go through a kissing gate and follow the left-hand edge of a field. Go through another kissing gate at the edge of trees and follow the path next to a brook.
36. Go past another metal barrier, straight across the tarmac drive and down a marked bridleway past a small ‘No unauthorised vehicles’ sign.
37. Go diagonally across the grass, to the left of the tennis courts. Go through the little yellow gate by the noticeboard and turn right.
38. Continue straight down Park Road past the Steiner School on the left and the Town Hall on the left.
39. At the T-junction with the Memorial Theatre ahead of you, turn left. Go across the pedestrian crossing, turn left and then turn right down South Parade.
40. Follow the road round to the left and then go right past a ‘Restricted Parking Zone’ sign into Sheppards Barton.
41. Go under the archway, down the steps and turn right down Catherine Hill.
42. Turn left down Stony Street, then left at Market Place to return to Willow Vale.