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. Walk down Park Road, turning left as you reach the junction with Christchurch Street West.

2. Take the crossing immediately outside the Town Hall then turn left. 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).

3. 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.

4. Turn left into Cork Street, cross the road and following the road round to the right to walk through the town centre, along Market Place. When you reach the traffic lights near The Blue Boar, cross the road.

5. 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.

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

7. Follow the path back towards the town centre. Leave Millennium Green, walking through the adjoining North Parade car park and joining North Parade.

8. There’s a busy T-junction here. Safely cross the road and continue down Welshmill Road. Welshmill woods will be on your left and North Parade woods on your right.

9. Turn left into Welshmill Lane. River loop: From here you can walk a mile loop along the riverside path. Turn left onto the riverside path, keeping the river on your right. When you reach the Cheese & Grain, continue on through the car park to the Jenson Button Bridge. Cross the bridge and turn right, to follow the river path back to Welshmill Lane.

10. Continue all the way up Welshmill Lane. Carry straight on into Selwood Road then turn left towards the shops at Badcox.

11. 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.

12. Turn right into Weymouth Road and head up the hill. You’ll reach Victoria Park again near the crest of the hill, on your left.
Respect
Consider the local community and other people enjoying the outdoors.
Leave gates and property as you find them.
Follow paths where crops are growing.
Use gates or stiles if possible.
Avoid climbing walls or fences. Don’t disturb ruins or historic sites. Don’t interfere with machinery or livestock.

Protect
Protect plants and animals and take your litter home. Be careful not to drop matches or smouldering cigarettes.
Keep your dog under effective control so that it does not disturb or scare farm animals or wildlife.
Always clean up after your dog and get rid of the mess responsibly.

Enjoy
Be safe, plan ahead and follow any signs.