

Frome Health Walks



Feb-May 2020

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

www.sasp.co.uk <https://www.sasp.co.uk/health-walks>

Visit our website for information about Somerset Health Walks in Mendip, Sedgemoor, Taunton, West Somerset and South Somerset, or for general enquiries call us on 07855283855/01823 653990 or Email: jsmith@sasp.co.uk

We are always looking for new leaders to join the team and offer FREE volunteer walk leader training, please call or email [Jo Smith](#) (see front cover) for more info.










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.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 around 30 – 60 minutes.
	These walks are between 1 and 1½ hours and can 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.
WC 	Refreshment place /Toilet near the end of route.

FROME HEALTH WALKS

MONDAYS



CHEESE & GRAIN FROME BA11 1BE 10.15AM for 10.30 start with Dorothy-Anne, Peter, Maggie and Vron. (EXCLUDES BANK HOLS)
Mostly level walking, some slopes. Using paths, pavements & lanes at an easy pace lasting 30-45 mins

WEDNESDAYS



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 with Sue, Vron, Maggie and Gayle.** Mostly level walking, some slopes, using paths, pavements and lanes. Easy pace of around 2 miles, lasting 40-55 mins.

THURSDAYS













BUGGY WALK FROM THE CHEESE AND GRAIN BA11 1BE 9.45AM for a 10AM START, with Mairi and Emma. A walk on the paths and pavements of Frome with your buggy or baby in a sling. This is followed by a cuppa (and optional pastry at a special price) and a chat at the Cheese and Grain Café.














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 283855



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 pick up and dispose of any dog waste.

Date/Leader(time if different)	Walk Info	Boots/facilities	Meeting Place
Friday 7 th Feb with Terry & Gill	Bradford on Avon 2 walk lengths available. Either 3 miles of easy level walking on quiet roads, paths and tow paths with Terry OR a shorter version with Gill		Meet in the Kennett and Avon Canal trust car park (£2 approx) BA15 1BX
Friday 14 th Feb with Peter	King Alfred's Tower. An undulating loop, of around 5 miles, to Stourhead and back. No stiles UNLESS gates are locked		King Alfred's Tower car park (grid ref 745350) near Bruton Somerset
Friday 21 st Feb with Tricia	Frome Frogs Green Spaces. A lovely walk taking in the green spaces of Frome.		Frome Library Justice Lane BA11 1BE
Friday 28 th Feb with Liz in Mells OR alternative Dorothy-Anne in Frome	Either Mells-2 boots: about 3 miles on lanes and fields, some steep bits and 2 stiles. OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles. We will arrive back in time for the 11.53 bus.		Mells-Meet at the playing field car park, BA11 3PT OR Frome Meet at the Culverhill Co-op BA11 5AD bus stop

<p>Friday 6th March with Michael</p>	<p>Horningsham. 4 miles of undulating country on roads, footpaths and woodland tracks, south east of Longleat</p>	 WC	<p>Park in the vicinity of 'The Bath Arms' Horningsham BA12 7LY</p>
<p>Friday 13th March with Terry</p>	<p>King Alfred's Tower. 4-mile (approx.) loop of Stourhead grounds which includes 3 stiles and a hill</p>		<p>King Alfred's car park (grid ref 745350) near Bruton Somerset</p>
<p>Friday 20th March with Sue Dorothy House are holding a Soup and Pud lunch event at the Hall. Please let the walk leaders know in advance if you would like join this.</p>	<p>Beckington. 3miles(approx), on field and woodland paths and minor road. Some steep hills, several stiles and may be muddy.</p>	 see notes	<p>Park in the vicinity of, BUT NOT IN Beckington Village Hall car park BA11 6SH (hall in use)</p>
<p>Friday 27th March with Peter</p>	<p>Wallington Way to Great Elm. 3 miles on footpaths, lanes and fields with 1 small stile</p>		<p>Wallington Way, just off the roundabout on Vallis Road BA11 3NF</p>
<p>Friday 3rd April with Michael</p>	<p>Kingston Deverill. A longer walk up the downs to Cold Kitchen Hill and the Long Barrow. Returning along the Wylve Valley 4.5-5 miles</p>	 Progression	<p>Park near to Kingston Deverill church BA12 7HF</p>
<p>Friday 10th April (Good Friday) with Tricia OR shorter walk with Gill</p>	<p>Frome Medical Practice to Berkeley Woods. A progression walk of around 5 miles, with some hills, stiles and uneven ground. Alternative, shorter, 2 boot walk available with Gill.</p>	 progression OR	<p>Meet at Frome Medical Practice Enos Way (BA11 1FN) BUT parking is at the Cricket Ground Rodden Road BA11 2AH by kind permission of the Frome and district Agricultural Society.</p>

<p>Friday 17th April with Terry</p>	<p>Heytesbury. A 4-mile gentle stroll, through the meadows along the River Wylfe. Flat with no stiles</p>	  <p>+ progression</p>	<p>Meet at the far end of the village of Heytesbury (on the old A36, past The Angel Inn. PLEASE DO NOT PARK AT THE PUB</p>
<p>Friday 24th April with Peter in Wellow OR alternative Dorothy-Anne in Frome</p>	<p>Wellow to Twinhoe Loop, new walk. One stile, hilly and muddy. Paths, fields and some road. Around 4 miles. OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles. We will arrive back in time for the 11.53 bus.</p>	  <p>+ progression OR</p> 	<p>Meeting place: Wellow Station Road car park, BA2 8QB. OR Frome Meet at the Culverhill Co-op BA11 5AD bus stop</p>

<p>Friday 1st May with Michael</p>	<p>Stourhead Estate and woods via Convent Bottom. 4 miles on undulating tracks and Forest paths.</p>	  <p>+ progression WC</p>	<p>Stourhead NT main car park BA12 6QF (free to NT members)</p>
<p>Friday 8th May VE Bank Holiday with Sue</p>	<p>Westbury White Horse via Bratton. A fairly strenuous walk with far reaching views, on open hillside. Long steep incline on return, some stiles and steps. 3.75 miles</p>	 	<p>Meet at the car park on top of the White Horse, at the far end. BA13 3EP</p>
<p>Friday 15th May with Terry</p>	<p>Kimersdon (near Radstock). 3.6 miles of mostly flat walking, with one hill and minor roads</p>	 	<p>Meet at Kimersdon Village hall car park BA3 5TD</p>

<p>Friday 22nd May with Liz Toilets, tea and cake available at the church after.</p>	<p>Leigh on Mendip to Whitehole Springs 3 boots: 3.5 miles on field paths, woods and riverside. 5 stiles, and a couple of hills. Could be very muddy. Toilets, tea and cake available at the church after.</p>	 WC	<p>Meet at the recreation ground car park, Leigh Street, BA3 5QP</p>
<p>Friday 29th May with Peter</p>	<p>Nunney Brook. A walk by the Brook on paths and fields of 3 miles. Can get muddy and slippery</p>		<p>Park at Castle Hill car park BA11 4NL</p>

