

Frome Health Walks

FEB-MAY 2021



(one of our covid secure walks)

ALL WALKS WILL NEED TO BE BOOKED NOW FOR NHS TRACK AND TRACE. TO BOOK PLEASE SEE THE LINK ON EACH WALK OR CALL THE NUMBER BELOW (please note our walks are subject to change with covid restrictions/Tiers)

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

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

[Jo Smith 07855283855](tel:07855283855) **Some pictures taken prior to covid restrictions**

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](tel:07855283855) or Email: jsmith@sasp.co.uk






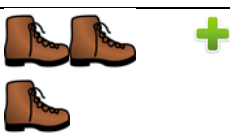

What is a Health Walk?

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 about 1 to 1½ hours and can include steps, inclines, uneven paths, sometimes 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 with Dorothy-Anne, Maggie and Vron.

10.15am for a 10.30 start(EXCLUDES BANK HOLS) This is our shorter, mostly level walk on paths at an easy pace, lasting around 30-40 mins. To book please follow link <https://www.sasp.co.uk/events/2021/03/frome-health-walks-mondays1> or contact Jo Smith jsmith@sasp.co.uk or call 07855283855

WEDNESDAYS

THERE IS CURRENTLY A TESTING CENTRE AT THE CRICKET GROUND, SO YOU MAY HAVE TO FIND PARKING ELSEWHERE



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 up to 60 mins. **To book, please follow link:** <https://www.sasp.co.uk/events/2021/03/frome-health-walks-wednesdays>

THURSDAYS



WC NOT CURRENTLY AVAILABLE





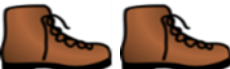
BUGGY WALK FROM THE CHEESE AND GRAIN BA11 1BE with Mairi and Emma.

A walk on the paths and pavements of Frome with your buggy or baby in a sling. This is followed by a cuppa and 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. **TO BOOK PLEASE FOLLOW THE LINK:** <https://www.sasp.co.uk/events/2021/03/frome-health-walk-friday-long> (OUR NORMAL LONGER WALK) Or <https://www.sasp.co.uk/events/2021/05/frome-health-walk-friday-short1> (OUR SHORTER FRIDAY WALKS) or call Jo Smith on 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 26 th Feb with Liz	Nunney and Ridgeway. A walk on paths and fields of around 2.5 miles, often muddy and slippery.		Park at Castle Hill car park BA11 4NL
Friday 5 th March with Michael	Stourhead Estate and woods Via Convent Bottom. 4 miles on undulating tracks and forest paths		Stourhead NT main car park BA12 6QF (free to NT members)
Friday 12 th March with Tricia	Frome Library to Green Spaces of Frome - Rodden Meadow & Victoria Park - 2.5 miles, hills and mud possible		Meet Frome Library Justice Lane BA11 1BE
Friday 19 th March with Terry OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	Shearwater- 3.5 miles Longer walk around Shearwater, up the hill then down the hill into woods opposite, then to car park. OR	 OR 	Meet at the carpark opposite main entrance to lake- parking fee payable. OR Frome Meet at the Culverhill Co-

	Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.		op bus stop BA11 5AD
Friday 26th March with Liz	Mells. 4.5 miles on the Colliers Way toward Gt Elm and then via the river back to Mells. Couple of stiles and a hills	 Progression	Meet at the Playing fields/Recreation ground BA11 3PT
Friday 2nd April with Michael	Pen Selwood & Penridge. NEW ROUTE. 4 miles through Nature Reserve and Stavordale Woods. Undulating tracks and footpaths	 Progression	Meet in vicinity of church and village hall, Pen Selwood A car park may be available courtesy of Pen Selwood Parish Council. BA9 8LT
Friday 9th April with Tricia	Northern Frome - Packsaddle & Cheese Show Field - 2.5 miles, hills and mud possible		Meet Frome Library Justice Lane BA11 1BE
Friday 16th April with Dorothy-Anne and Andrew	Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.		Frome Meet at the Culverhill Co-op bus stop BA11 5AD
Friday 23rd April with Terry	Heytesbury. A 4-mile gentle stroll, through the meadows along the River Wylve. Flat with no stiles		Meet at the far end of the village of Heytesbury (on the old A36, a long way past The Angel Inn. PLEASE DO NOT PARK AT THE PUB
Friday 30th April with Gill	Bradford on Avon. Easy level walking on quiet roads, paths and tow paths		Meet in Kennett and Avon Canal trust car park (£2. approx) BA15 1BX
Friday 7th May with Michael OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	Monkton Deverill and Keysley Farm. NEW ROUTE from Monkton Deverill. 4 miles on undulating Downland tracks and	 Progression	Meet and park in the farmyard next to Wessex Water pumping station, off the Hindon Road, Monkton

	<p>footpaths via Keysley Farm.</p> <p>OR</p> <p>Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.</p>	<p>OR</p> 	<p>Deverill. BA12 7EZ. Parking courtesy of Richard Stratton, Manor Farm</p> <p>OR</p> <p>Frome Meet at the Culverhill Co-op BA11 5AD bus stop</p>
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Friday 14th May with Gill	<p>Corsley -Bluebell walk lasting around 1.5 hours, which includes 2 steep hills, a couple of stiles, hopefully bluebells and mud.</p>		<p>Meet at Royal Oak Bus shelter, park at or near here. If full, ask Gill.</p>
Friday 21st May with Sue	<p>Heytesbury loop of Scratchbury Hill A new walk with far reaching views, stiles, some mud, 1 long slow ascent, and a steep descent</p>		<p>Heytesbury Post code BA12 0EL, leave A36 at roundabout, heading for Heytesbury and park on road before reaching village.</p>
Friday 28th May with Terry	<p>Kilmersdon New walk of 4.3 miles on footpaths and lanes</p>	 <p style="text-align: center;">+</p> <p style="text-align: center;">Progression</p>	<p>Meet at Kilmersdon Village Hall car park BA3 5TD</p>



