

Frome Health Walks

OCT 2021-JAN 2022



To book onto the Friday walks, please contact myself (by email/text/call) or the office (walks may be subject to change with any covid restrictions)

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

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

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Visit our website for information about Somerset Health Walks in Mendip, Sedgemoor, Taunton, West Somerset and South Somerset: www.sasp.co.uk/health-walks or for general enquiries call us on **07855283855/01823 653990** 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 may 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, Peter 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. Come along to the walks or for more info contact Jo Smith jsmith@sasp.co.uk 07855283855/01823 653990

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, Gayle and Merry. Mostly level walking, some slopes, using paths, pavements and lanes. Easy pace of around 2 miles, lasting up to 60 mins. Come along to the walks or for more info contact Jo Smith jsmith@sasp.co.uk 07855283855/01823 653990









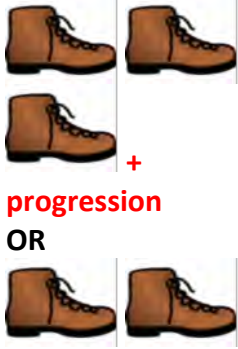

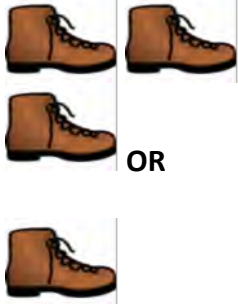


Fridays: ALL WALKS ARE 10.15AM FOR 10.30 START, UNLESS STATED OTHERWISE. These walks can be slippery and muddy if wet or has been wet, so please wear suitable footwear. **TO BOOK contact** Jo Smith. jsmith@sasp.co.uk / 07855 283855 (call or text) or SASP enquiries@sasp.co.uk /01823 653990


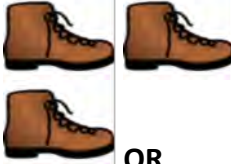


A car share scheme is available, please speak to one of the leaders about this.

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 go 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 1 st October with Peter	Packsaddle & Spring Gdns. 3 miles approx. on paths and fields, with some slopes and hills. 1 stile		Frome Library Justice Lane BA11 1BE
Friday 8 th October with Terry	Bradford on Avon around 3 miles of easy level walking on quiet roads, paths and Tow Path.		Meet in Kennett and Avon Canal trust car park (£2. approx) BA15 1BX
Friday 15 th October with Michael	Bourton nr. Zeals. SP8 5AT. 4 miles on undulating tracks and quiet country lanes in upper Stour valley. Two pubs near finish.	 + progression	SP8 5AT. Park in lay-by on Main road near but not in the White Lion pub.
Friday 22 nd October with Liz	Mells and Gt Elm. 4.5 miles on the Colliers Way and riverside, couple of stiles and a hill.	 + progression	Meet at the Mells Recreation Ground car park BA11 3PY

Friday 29 th October with Sue	Heytesbury loop of Scratchbury Hill . 4 miles. A new walk with far reaching views, stiles, some mud, 1 long slow ascent, and a steep descent .	 + progression	Heytesbury Post code BA12 0EL , leave A36 at roundabout, heading for Heytesbury and park immediately on left on road as soon as possible after leaving the roundabout.
Friday 5 th November with Terry	Shearwater. 3.5 mile longer walk around lake, going up the hill then down into woods opposite, and onto car park.		Meet at the carpark opposite main entrance to lake- parking fee payable.
Friday 12 th November with Michael OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	Stourhead. 4 miles on undulating paths and quiet roads leading towards Whitesheet Hill and the Beech Clump memorial. OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.	 WC + progression	Parking in NT main CP. BA12 6QF . Parking is free for NT members OR Frome Meet at the Culverhill Co-op bus stop BA11 5AD
SUNDAY 14TH NOVEMBER with Dorothy-Anne/Andrew at 1.30pm A special walk for the Frome Walking Festival.	Cheese and Grain. A pleasant walk on the paths around Frome, following and taking in the river views along the way. Lasting around an hour.	 WC	Cheese and Grain Frome BA11 1BE
Friday 19 th November with Tricia	Hapsford from Library, approx. 3 miles with hills, stiles and possibly muddy.		Meet Frome Library Justice Lane BA11 1BE

Friday 26th November with Peter	Rode. 3 mile circuit on paths and quiet roads to Tellisford and back		Park on road near to Memorial Hall BA11 6PB
Friday 3rd December with Terry OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	Kilmersdon via Babbington and Colliers Way. New walk of 4.3 miles on footpaths and lanes	 progression OR	Meet at Kilmersdon Village Hall car park BA3 5TD OR Frome Meet at the Culverhill Co-op bus stop BA11 5AD
Friday 10th December with Michael and Sue CHRISTMAS WALK 	Maiden Bradley. Longer walk of 4 miles on undulating field footpaths and forest tracks. Shorter walk is easy and level around the village, on quiet roads and paths.	 OR	Maiden Bradley Memorial Hall car park BA12 7JG. For shorter walk meet at 10.45 at Cricket Club Frome BA11 2AH for lift share. This walk starts at 11.15 at Maiden Bradley (see above)
Friday 17th December with Liz	Vallis Vale from Wallington Way 3 miles through woods, fields and riverside, with a couple of stiles and slopes.		Meet at Wallington Way, near the roundabout on Vallis Way BA11 3NF
Friday 7th January with Michael	East Woodlands, nr. Frome. 4 miles on footpaths and forest tracks in Longleat woods.		Parking in the vicinity of what used to be The Horse and Groom pub or a little further on near the church/Village Hall. BA11 5LY

Friday 14 th January with Liz	Nunney and Ridgeway 2.5 to 3 miles on paths, fields and lanes, often muddy and slippery with one or two stiles. Meet at Castle Hill (Quarry) car park BA11 4NL		Meet at Castle Hill (Quarry) car park BA11 4NL
Friday 21 st January with Terry OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	Frome Meet at Tangiers Farm off Clink Road. 4 miles New Walk via Berkeley & Oldford on mainly country lanes no mud. OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.	 OR 	Meet at Tangiers Farm off Clink Road. BA11 5JA OR Frome Meet at the Culverhill Co-op bus stop BA11 5AD
Friday 28 th January with Tricia	Frome library to Spring Gardens approx. 3 miles with hills, stiles and possibly muddy.		Meet Frome Library Justice Lane BA11 1BE

