

Frome Health Walks



FEBRUARY – MAY 2022

To book onto the Friday walks, please contact Jo (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> [Jo Smith jsmith@sasp.co.uk](mailto:Jo.Smith@sasp.co.uk)

[07855283855](tel:07855283855) [SASP: 01823 653990](tel:01823653990) enquiries@sasp.co.uk

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](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 shorter 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 1 ½ hours or more that require a fairly good level of cardiovascular fitness and mobility, and include the above terrain
	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







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


















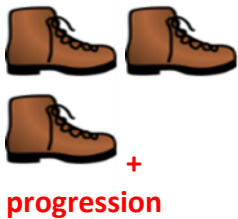

Fridays: ALL WALKS ARE 10.15AM FOR 10.30 START, UNLESS STATED OTHERWISE. These walks can be slippery and muddy if wet or has been wet, so please wear suitable footwear. **TO BOOK contact** Jo Smith. jsmith@sasp.co.uk / 07855 283855 (call or text) or SASP enquiries@sasp.co.uk /01823 653990

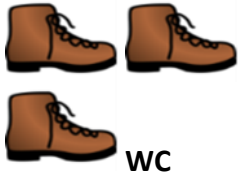
A car share scheme is available, please speak to one of the leaders about this.

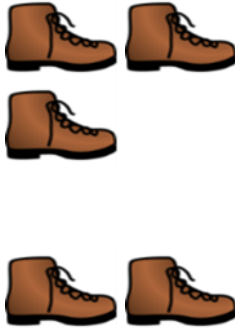


Dogs are allowed on our walks **AS LONG AS** they are kept on a short lead at all times, so to avoid trips and falls by our walkers, and to keep the dogs safe. This, however, may not be the case where we go through fields containing livestock or in areas containing game. If in doubt, please call or email. 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 4 th February with Gillian and Alan	Wellow 3.5 miles on quiet roads, field paths and bridleways. Can be a bit muddy if wet. Wellies might be a good option!		Meet at Wellow village car park, BA2 8QB
Friday 11 th February with Liz	Mells Village about 3 miles on lanes and fields, some steep bits and 2 stiles		Meet at the village car park on Longfield BA11 3PY
Friday 18 th February with Terry	Kilmersdon via Haydon and Colliers Way. A walk of 4.3 miles on footpaths and lanes		Meet at Kilmersdon Village Hall car park BA3 5TD
Friday 25 th February with Michael	Stourhead Woods in region of Convent Bottom, but a slightly longer route than usual, 4.5-5 miles on undulating footpaths and forest tracks.	 WC + progression	Park in Nat Trust main Car Park. Free for NT members. BA12 6QF

Friday 4 th March with Liz	Wallington Way to Buckland Dinham 4.3 miles on footpaths, lanes and riverside, a number of stiles and hills.	  + progression	Meet at Wallington Way, near the roundabout on Vallis Way BA11 3NF
Friday 11 th March with Peter	Frome-Packsaddle and Spring Garden 3 miles approx. on muddy paths and fields, with some hills and 1 stile	 	Cheese and Grain Frome BA11 1BE
Friday 18 th March with Gillian and Alan	Heaven's Gate. 3.5 miles through woods and meadows, some road walking. Steep inclines, no stiles.	 	Meet at Nockatt Coppice car park. BA12 7LG.
Friday 25 th March with Michael	Longbridge Deverill to Southleigh Woods. 4 miles on farm tracks, paths and forest rides.	 	Parking courtesy of The George Inn, Longbridge Deverill. BA12 8DG
Friday 1 st April with Liz	Mells to Gt Elm via Colliers Way , 4.5 miles including the Colliers Way and the riverside. A couple of stiles and a hill. OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	  + progression  	Meet at the village car park on Longfield BA11 3PY Frome Meet at the Culverhill Co-op bus stop BA11 5AD
Friday 8 th April with Terry	Heytesbury A 4-mile gentle stroll, through the meadows along the River Wylfe. 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

<p>Good Friday 15th April with Michael</p> <p>OR alternative walk with Dorothy-Anne/Andrew in Frome</p>	<p>Pen Selwood and Stavordale Woods. 4.5 miles of undulating forest tracks and footpaths. A Good Friday walk round many of the churches and chapels of Frome.</p>		<p>Parking courtesy of Pen Selwood Parish Council in the playing field near the church. BA9 8LT.</p> <p>OR Cheese and Grain Frome BA11 1BE</p>
<p>Friday 22nd April with Tricia</p>	<p>Frome-to Berkeley Woods & Rodden Church. A progression walk of about 5 miles with some hills, stiles and uneven ground.</p>		<p>Frome Medical Practice Enos Way BA11 2FN NB please park at The Cricket Ground (The Old Showfield) Rodden Road BA11 2AH</p>
<p>Friday 29th April with Peter</p>	<p>Wallington Way to Gt Elm 3 miles on footpaths, lanes and fields with 1 small stile, can be muddy.</p>		<p>Meet at Wallington Way, near the roundabout on Vallis Way BA11 3NF</p>

<p>Friday 6th May with Sue</p>	<p>Chapmanslade About 3 miles on field and woodland paths and minor roads. Some steep hills, stiles and may be muddy. Refreshments near end of walk. Pub</p>		<p>Chapmanslade Village Hall Car Park, BA13 4AT, Refreshments near end of walk. Pub, toilets</p>
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<p>Friday 13th May with Terry</p> <p>OR alternative shorter walk with Dorothy-Anne/Andrew in Frome</p>	<p>Frome-Tangiers Farm off Clink Road (see instructions). 4 miles via Berkeley Wood to see the bluebells</p> <p>OR</p> <p>Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.</p>		<p>Meet half mile past Tangiers Farm at end of road. Tangiers Farm off Clink Road. BA11 5JA</p> <p>OR</p> <p>Frome Meet at the Culverhill Co-op bus stop BA11 5AD</p>
<p>Friday 20th May with Michael</p>	<p>Bourton near Zeals . 4 miles on undulating tracks, lanes and footpaths in the Upper Stour Valley. 2 pubs near finish.</p>		<p>Park in lay-by on main road near The White Lion pub, but NOT at the pub. SP8 5AT.</p>
<p>Friday 27th May with Sue</p>	<p>Heytesbury loop of Scratchbury Hill , Far reaching views, one stile, some mud, 1 long slow ascent, and a steep descent .</p>		<p>Leave A36 at roundabout, heading for Heytesbury and park immediately on left on road as soon as possible after leaving the roundabout. BA12 0EL,</p>

