

Frome Health Walks

Jun-Sept 2022

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



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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](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. Walks of around 2 hours.
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

6/6 Maggie	13/6 Peter	20/6 Dorothy-Anne	27/6 Vron
4/7 Maggie	11/7 Dorothy-Anne	18/7 Peter	25/7 Vron
1/8 Maggie	8/8 Dorothy-Anne	15/8 Peter	22/8 Vron
5/9 Peter	12/9 Maggie	19/9 Vron	26/9 Dorothy-Anne

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






29th June walk to Southwick-Southwick Country Park, BA14 9AF, Wednesday 29th June. Meet at 9.30am at Frome Medical Practice for a lift to Southwick or meet at Southwick Country Park car park at 9.45am. Easy walk of about 45 minutes on paths with coffee stop halfway.











1/6 Gayle	8/6 Sue	15/6 Merry	22/6 Maggie	29/6 Sue&Merry to SOUTHWICK
6/7 Vron	13/7 Merry	20/7 Sue	27/7 Maggie	
3/8 Maggie	10/8 Vron	17/8 Gayle	24/8 Sue	31/8 Sue
7/9 Merry	14/9 Gayle	21/9 Vron	28/9 Maggie	







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.









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 3 rd June with Liz Queens Jubilee	Mells to Great Elm and back - a shorter walk by way of the river. 3 miles approx with a couple of stiles and one hill.		Mells-Meet at the playing field car park, BA11 3PY
Friday 10 th Jun with Gill & Alan	Bradford on Avon . 3.5 miles on canal towpath, woodland and riverside paths. One hill.	 WC	Meet in the Kennett and Avon Canal trust car park (£2.50 4 hrs) BA15 1BX
Friday 17 th Jun with Michael OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	Bruton . 3.5 miles of varied walking, including a Dovecot, a Dam, a longish hill and good views over Bruton OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.	 WC OR 	Parking courtesy of Hauser and Wirth, Durslade Farm, Dropping Lane, Bruton BA10 0NL . Access to gallery and garden at end of walk OR Frome Meet at the Culverhill Co-op bus stop BA11 5AD
Friday 24 th Jun with Terry	Kilmersdon via Babbington House-Colliers Way . A walk of 3.6 miles with 1 hill		Meet at Kilmersdon Village Hall car park BA3 5TD

<p>Friday 1st July with Peter</p> <p>For Frome Festival week</p> <p>OR alternative shorter walk with Dorothy-Anne/Andrew in Frome NB THIS WALK IS A 10AM START</p>	<p>Cheese and Grain to Great Elm via Vallis. A walk of around 5 miles to Great Elm, hilly and possibly muddy with one stile</p> <p>OR Frome 2-3 mile, 2 boot walk including river, town, countryside and pre-view of 'Festival Hidden Gardens' with refreshment at the end.</p>	  + progression OR  	<p>Cheese and Grain Frome BA11 1BE</p> <p>OR Frome Meet at the Culverhill Co-op bus stop BA11 5AD</p>
<p>Friday 8th July 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 Jul with Tricia</p>	<p>Orchardleigh. A progression walk of approx. 5 miles. Some hills, stiles and uneven ground.</p>	  + progression	<p>Frome Library Justice Lane BA11 1BE</p>
<p>Friday 22nd Jul with Michael</p>	<p>From Monkton Deverill Barns up the downs to Keysley Farm on good tracks and field footpaths of 4 miles.</p>	 	<p>Parking courtesy of Richard Stratton at the barns next to Wessex Water pumping station, off the Hindon rd, Monkton Deverill BA12 7EZ</p>

Friday 29 th Jul with Terry	Kilmersdon via Babbington House-Newbury. A 4 mile walk with one hill going up and one going down		Meet at Kilmersdon Village Hall car park BA3 5TD
Friday 5 th Aug with Gill & Alan OR alternative walk with Dorothy-Anne/Andrew in Frome	Wellow 4.5 miles on field paths, bridleways and quiet roads. One steep climb. Pub in village OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.	 + progression OR 	Meet at Wellow village car park, BA2 8QB OR Frome Meet at the Culverhill Co-op bus stop BA11 5AD
Friday 12 th Aug with Michael	From All Hallows School to Cranmore Tower. 4 miles. A high point on the Mendip Way. Tracks, fields and footpaths. If it's fine at the end of the walk, we can picnic in the grounds of the school	 + progression	Parking courtesy of All Hallows School, East Cranmore. Off the A361. BA4 4SF
Friday 19 th Aug with Terry	Heytesbury. Walk via Knook-Upton Lovell - Corton 4 miles and flat with no stiles		Heytesbury meet at far end of Park Lane. (On the old A36, a long way past the Angel Inn. Please do not park at the pub.
Friday 26 th Aug with Sue	Nockatts Copice Forest paths, tracks and hills, no stiles. Approx 3 miles		Nockatts Copice (Heavens Gate car park). Postcode is misleading. Along road past entrance to Centerparcs, about 1 mile further on.

Friday 2 nd Sept with Gill & Alan	Chapmanslade About 3 miles on fields, paths, bridleways and minor roads .Some steep hills, 2 stiles and may be muddy.	 WC	Chapmanslade Village Hall Car Park, BA13 4AP , Refreshments near end of walk at Pub, and toilets
Friday 9 th Sept with Liz OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	Alfred's Tower. A walk of around 4 miles, with some steep inclines/declines. No stiles OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.	 + progression OR 	King Alfred's car park (grid ref 745350) near Bruton Somerset OR Frome Meet at the Culverhill Co-op bus stop BA11 5AD
Friday 16 th Sept with Terry	Kilmersdon. A Walk via Colliers Way-Haydon-Jack and Jill Hill. 3 miles with 2 hills.		Meet at Kilmersdon Village Hall car park BA3 5TD
Friday 23 rd Sep 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 30 th Sept with Michael OR alternative shorter walk with Dorothy-Anne/Andrew in Frome	From Kingston Deverill up to the Gliding Club via Danes Bottom and the Mid Wilts way. 4 miles on tracks and field footpaths OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles.	 + progression OR 	Parking courtesy of Richard Stratton, manor Farm. Park in the vicinity of the church BA12 7LY OR Frome Meet at the Culverhill Co-op bus stop BA11 5AD

