











FROME

Free Health Walks



Our **FREE** health walks are walks done on a regular basis, ranging from gentle, moderate to advanced. Walks are for all abilities and ages.

Date / Time	Meeting Place	Details	Walk Level & Amenities	Walk leaders
Monday Every week Excluding Bank Holidays 10.15 for a 10.30am start	Cheese and Grain BA11 1BE Frome Gentle Walk	Gentle walk These are the shortest walks and are fairly flat routes, at an easy pace lasting around 30 - 40 mins	   	Dorothy-Anne, Maggie, Peter and Vron
Wednesday Every week 9.15 for a 9.30am start	Frome Medical Practice, Enos way. BA11 2FN Moderate Walk Please park at The Cricket Ground (The Old Showfield) Rodden Road BA11 2AH	Mostly level walking, some slopes, using paths, pavements and lanes. Easy pace of around 2 miles, lasting up to 60 mins.	   	Sue, Vron, Maggie, Peter and Gayle

Frome Friday Walks

February 2023

Date / Time	Meeting Place	Details	Walk Level & Amenities
Friday 3rd February with Sue 10.15am for 10.30am	Heaven's Gate Car Park Along road past entrance to Center Parcs, about 1 mile further, car park on left.	Nockatt's Coppice Forest paths and tracks, hills, no stiles, can be muddy. About 3.7 miles	
Friday 10th February with Gillian and Alan 10.15am for 10.30am	Park at end of Heytesbury, Park Street. BA12 0ED	Scratchbury Hill. 3.5 miles. Mostly off-road footpaths. Hilly but good views. No stiles	 
Friday 17th February with Michael 10.15 for 10.30am	Park in the N.T. main car park (free to N.T. members) BA12 6QF	Stourhead Estate and woods around Convent Bottom. 4 miles on undulating tracks and forest paths.	  
Friday 24th February with Sue 10.15 for 10.30am	Starts at Kennet and Avon Canal Trust car park, Baileys Barn, Bradford-on-Avon BA15 1BW, charge applies	Bradford on Avon NEW ROUTE 4.4 miles, 1 hill, no stiles	  

We regret that our Free Friday Health Walks are not suitable for Dogs unless assistance Dogs.

Frome Friday Walks

March 2023

Date / Time	Meeting Place	Details	Walk Level & Amenities
Friday 3rd March with Liz 10.15am for 10.30am	Meet at Alfred's Tower car park Grid ref: 745350	4.2 miles (approx.) through woods and on field paths. No stiles but one steep ascent <i>Identified as a progression walk - longer and more challenging</i>	  
Friday 10th March with Michael 10.15am for 10.30am	Parking courtesy of The George Inn Longbridge Deverill BA12 8DG	Longbridge Deverill and Southleigh Woods 4 miles on footpaths and forest tracks	 
Friday 17th March with Liz 10.15 for 10.30am	Meet at Nunney Quarry car park, Castle Hill BA11 4NL	3.5 miles (approx.) to Ridgeway and back, mostly fieldpaths, some roads, often mud and slippery, 2 stiles.	 
Friday 24th March with Terry 10.15 for 10.30am	Meet at Kilmersdon Village Hall Car Park BA3 5TD	Kilmersdon via Babington House – Colliers Way 3.6 miles with one hill	
Friday 31st March with Gillian and Alan 10.15 for 10.30 am	Meet in Canal and Rivers Trust car park. BA15 1BX	Bradford on Avon. 3.5 miles. Towpath, field and woodland paths. Circular walk via Upper Westwood. Some mud will be involved. No stiles	  

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Frome Friday Walks

April 2023

Date / Time	Meeting Place	Details	Walk Level & Amenities
<p>Friday 7th April Good Friday with Michael 10.15am for 10.30am</p> <p>OR</p> <p><i>Alternative shorter walk with Dorothy Anne and Andrew</i></p>	<p>Park near Pen Selwood Church. Parking courtesy of The Parish Council in village playing field BA9 8LS</p> <p>OR</p> <p>Frome Library</p>	<p>Pen Selwood and Stavordale Woods 4 miles on undulating roads, tracks and paths</p> <p>2 mile walk visiting eco-churchyards and other interesting corners of Frome.</p>	 
<p>Friday 14th April with Sue 10.15am for 10.30am</p>	<p>Meet near Bath Arms pub, BA12 7LY</p>	<p>Horningsham to Heaven's Gate About 4 miles. Quiet roads and woodland paths, no stiles, long steady ascent and steep descent.</p>	 
<p>Friday 21st April with Gillian and Alan 10.15 for 10.30am</p>	<p>Meet in Quarry car park. BA11 4NL</p>	<p>Nunney. 3.5 miles Field and woodland paths. Minimal road walking. Minor inclines, roots and mud on riverside path. No stiles.</p>	 
<p>Friday 28th April with Terry and Tricia 10.15 for 10.30am</p>	<p>Meet 0.5 miles past Tangiers Farm, off Clink Road (at end of lane) BA11 5JA</p>	<p>Berkley Woods 4 miles</p>	









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Frome Friday Walks

May 2023

Date / Time	Meeting Place	Details	Walk Level & Amenities
<p>Friday 5th May with Michael 10.15am for 10.30am</p> <p>OR</p> <p>Alternative shorter walk with Dorothy Anne and Andrew</p>	<p>Park in lay-bys on the main road in the vicinity of The White Lion pub SP8 5AT</p> <p>Meet 9.40 outside Costa to catch 9.50 bus to Great Elm</p>	<p>Bourton (near Zeals) 4 miles on undulating tracks, paths and quiet valley roads in the Upper Stour Valley</p> <p>Bus walk – from Great Elm to Frome - walk back along the river and across fields 3 miles</p>	 
<p>Friday 12th May with Liz 10.15am for 10.30am</p>	<p>Meet at Mells village car park, Longfield, BA11 3PY</p>	<p>4.5 miles (approx) on the Colliers Way to Gt Elm and back along the river. 3 or 4 stiles and a hill. <i>Identified as a progression walk - longer and more challenging</i></p>	
<p>Friday 19th May with Terry 10.15 for 10.30am</p>	<p>Meet at far end of Park Lane, Heytesbury (Salisbury end of village) What3words: massive.tags.butternut OS ref. ST93143 42557 BA12 0HE</p>	<p>Heytesbury via Knook, Upton Lovell and Corton 4 miles, flat, no stiles</p>	
<p>Friday 26th May with Sue 10.15 for 10.30am</p>	<p>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.</p>	<p>Heytesbury loop of Scratchbury Hill Far reaching views, stiles, some mud, 1 long slow ascent, and a steep descent</p>	

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Icon	Which walk is suitable for me?
	Wheelchair/motorised scooter accessible.
	Suitable route for buggies, prams, and pushchairs.
	Refreshment place near the end of the route.
	Public toilets on the route - check with the Walk Leader for more information.
	These are the shortest walks and are fairly flat routes, at an easy pace and are approx. 30 mins.
	These walks are between 40 mins and 1 hour and could include steps, inclines, uneven paths, stiles and gates.
	These are more challenging health walks of approx. 1.5 hrs, and are likely to include steps, inclines, uneven paths, stiles and gates.
	Progression walks – These are more challenging health walks of approx. 1.5 hrs or more, and will include steps, inclines, uneven paths, stiles and gates for example.

For more information on any of the walks please contact Co-ordinator Georgina Hainsby on:

 07599654679

 ghainsby@sasp.co.uk

 www.sasp.co.uk/health-walks

 **SomersetHealthWalks**

Interested in leading a walk?

You can also become a volunteer health walk leader

**FROME
Health Walks**

