



Frome Walking Festival 2023

November 10th - 12th



Guided walks for all ages and abilities.

All walks leave from the Cheese & Grain unless otherwise stated. The time length of the walks are likely to overrun, so we advise you keep an extra half hour free at the end.

Places are very limited so please book in advance.

For more information on all of these walks and to book, please visit:

www.discoverfrome.co.uk/frome-walking-festival

All walks are free unless otherwise stated.

Friday 10th November

Plaques of Frome | 10am - 12pm

The trail follows the plaques established by the Frome Society for Local Study to explore the rich heritage of Frome through its buildings and the interesting people who occupied them, including figures like poet Christina Rossetti and the Duke of Monmouth, who attempted to overthrow King James II. Walk leader Mary Henderson.

Family Friendly Nature Treasure Hunt | 10am - 11:30am **£6 per family**

Led by Claudette Anderson from the award-winning walking and wellbeing app Go Jauntly, children will need their nature detection skills at the ready on this fun local treasure hunt. Great for toddlers, pre-schoolers and kids who are home educated. Come along, get involved and enjoy some nature connection as you go!

Health Walks through Quirks of Frome | 10:15am - 11:45am

Setting off at 10.30am prompt the walk will follow an interesting route in search of the quirks of Frome where you'll hear about some strange things that you'll see. There's an optional cup of tea at the end.

This is a free Somerset Health Walk, these walks take place regularly to increase well-being.

Walk led by Dorothy-Anne Bryant & Andrew Bryant.

Health Walks Stourhead and the Beach Clump Memorial 10:30am - 12:30pm | **Stourhead National Trust**

A Health Walk is a walk done on a regular basis for well-being. This 4-mile walk goes on undulating tracks and quiet country roads. Meet at Stourhead National Trust car park, BA12 6QF. This walk lasts two hours.

Walk led by Michael Weale.

Celebrated Women of Frome: Christina Rossetti 11am - 11:45am

The famous Victorian poet Christina Rossetti stayed in Frome for a year and this walk visits several of the places associated with her and family. Walk led by David Lassman.

Saturday 11th November

Nordic Walking Taster Session | 10am - 10:45am

£5 each | Frome Cricket Club

"If you can walk, you can Nordic walk."

Nordic walking is suitable for people of all ages and fitness levels. It uses specially designed poles that harness the power of the upper body to propel you forward as you walk. This taster session will teach you the technique of Nordic walking and introduce you to the variety of benefits it offers. All equipment is provided. Walk led by Maxine Denham.

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Orchardleigh and Spring Gardens loop | 10:15am - 1:15pm

Following the new Frome Walking Wheel, this walk will follow Spoke 1 going out of Frome into the Orchardleigh estate, along a muddy path around the lake, up to Lullington and then back into Frome on Spoke 11 via the Orchardleigh driveway, Spring Gardens and Whatcombe Fields. Please bring your own snacks and plenty of water. Walk led by Tricia Golinski.

Celebrated Women of Frome: Elizabeth Singer Rowe

11am - 11:45am

This walk retraces the steps of seventeenth century poet Elizabeth Singer Rowe and associates in Frome. Largely forgotten for a long time, this one time hugely popular and influential poet is currently enjoying something of a renaissance ahead of the 350th Anniversary of her birth next year (2024). Led by David Lassman.

River Frome and Rodden Nature Reserve walk

12pm - 2/3pm

The walk will start at Welshmill Weir and head through the town along Willow Vale, Rodden Meadow and on to Rodden Nature Reserve. (An optional extra may include The Retreat to Adderwell footpath, depending on time and conditions) We will look at the history of the river and the otters, beavers and other wildlife that live in and near it, pollution issues, flooding, development and the Friends Of River Frome strategy. Please bring your own snacks and plenty of water. Walk led by Rich Ackroyd.

Willow Vale | 2pm - 2:45pm

This walk will go along Willow Vale alongside the river and end at Tuckers Mill, telling the story of the textile trade in the area. Led by David Lassman and Lisa Kenwright.

Frome Building Stones Walk | 2:15pm - 4:15pm

An opportunity to examine the many different stones used to build Frome with local geologist, Simon Carpenter. As well as looking at the stones, Simon will discuss how they were formed and what they tell us about ancient environments. Simon will bring a selection of local fossils to help with the interpretation.

Heritage Tree Walk | 2:30pm - 4pm

£7 each

Join local author and heritage tree specialist Julian Hight on a walk to see some of Frome's most majestic trees, and hear about their history and lore. This easy walk will include Millennium Green, Rodden Meadow and Willow Vale, and will take around 90 minutes. Walk led by Julian Hight.

Frome Silent Disco Tour | 2:45pm - 3:45pm

£15 each

Let Cheryl lead you on a merry dance through the cobbled streets of Somerset's famous market town. Learn some facts (& some fiction) about the town's landmarks and musical whistory & get the insider info on the town as we bust out some moves along the route to Disco, 80s, 90s and beyond. Mojo Moves.

Sunday 12th November

Orchardleigh, Beckington and Berkley loop | 10am - 4pm

Following the new Frome Walking Wheel we'll walk out on spoke 10 through Orchardleigh, follow the outer wheel and return back on spoke 5 through Berkley Street. Please bring your own snacks and plenty of water. Walk led by Les Stather.

A Very Short Walk Around the Long History of Frome

10am - 10:45am

If you love hearing about local history but don't fancy climbing a mile up and down steep cobbled streets, try this slow and easy version of regular walk Heart of Frome. Frome Town Guide Lisa Kenwright will tell you the story of the town in 45 minutes using just the buildings, artefacts and landscape that can be seen from the area around the Cheese & Grain. Explore this small area in detail, uncovering the hidden layers of the past and how they have shaped the Frome of today. The walk is suitable for wheelchairs and buggies; feel free to bring a portable seat if you have difficulty standing.

Buggy Friendly Family Walk | 10:15am - 11:15am

This is an easy buggy friendly walk taking in some of Frome's beautiful green spaces: Rodden Meadow, the Old Showfield and Welshmill. All children must be accompanied by an adult. Walk led by Emma Parker.

War Graves | 12:15pm - 1pm | **Memorial theatre/Town Hall**

This free walk will follow the Remembrance Service on the Sunday so the start time may vary depending on when the service finishes. The walk will take in the Memorial Theatre, as well as the Christchurch war graves across the road. Walk led by David Lassman.

Supported by
Frome Selwood Rotary.



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TOWN COUNCIL