

Somerset Health Walks Schedule

Frome

June - September 2026



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

Which walk is suitable for me?

Beginner Walks: Under 1 mile, flat and even ground, no stiles, gentle pace and frequent stops, Ideal for those new to walking or living with health conditions that impact fitness or mobility.

Level 1: 1 - 1.5 miles, flat or gentle slopes, no stiles and ideal for those able to complete 30-40 mins with minimal stops.

Level 2: 2 - 2.5 miles, tracks and some hills or moderate pace. Ideal for those looking to develop their walking fitness and able to complete 45-60 mins with minimal stops.

Level 3: 3-4 miles, fields and hills, quicker pace and possible stiles. Intermediate walks, ideal for those with good walking fitness and able to complete 60-90mins with minimal stops.

Level 4: 3-5 miles, fields and steep hills, quicker pace and stiles. Advanced walks, ideal for those with very good mobility and fitness and able to complete 90mins + with minimal stops.

Assistance Dogs Only

Please register to access any **Somerset Health Walk** across county
www.sasp.co.uk/forms/view/shwregistration2025

Somerset Health Walks may be cancelled due to Health Walk Leader availability or adverse weather. If you are unsure please contact your Health Walk Leader or walks@sasp.co.uk.

Walk Details Key



Toilets Available



Accessible Walk



Dogs are permitted and must remain on a short lead at all times.




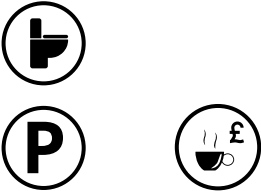
Parking Available: this could be street parking or a car park nearby, please contact the Walk Leader for more information.



















Suitable for buggies

















Option for Paid Refreshments







Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>Mondays Excluding Bank Holidays</p> <p>10.15 for a 10.30am start</p>	<p>Cheese and Grain Frome BA11 1BE</p>	<p>Beginner & Level 1</p> 	<p>Maggie, Peter, Vron, & Tracey</p>
<p>Wednesdays</p> <p>9.15 for a 9.30am start</p>	<p>Frome Medical Practice Enos way BA11 2FH</p> <p>Please park at The Cricket Ground (The Old Showfield) Rodden Road BA11 2AH</p>	<p>Level 1 & Level 2</p> 	<p>Sue, Vron, Maggie, Peter, Gayle, Martin & Linda</p>


Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p align="center">12th June 10.15am for 10.30am</p>	<p align="center">Maiden Bradley</p> <p align="center">Maiden Bradley Memorial Hall Car Park BA12 7JG</p> <p align="center">What3words: pulled.called.envisage</p> <p align="center">Followed by Summer Lunch (£13.00 and must be booked in advance)</p>	<p align="center">Level 3</p> <p>4 miles on undulating field paths and forest tracks Toilets and refreshments available (at the Village Hall)</p> <p align="center">    </p>	<p align="center">Terry</p>
<p align="center">19th June 10.15am for 10.30am</p>	<p align="center">Stourhead</p> <p align="center">Meet at Stourhead car park which is free to members of the National Trust otherwise fees apply. BA12 6QF</p>	<p align="center">Level 4</p> <p>5.25 miles through woods and fields, relatively flat terrain with both smooth and gravel tracks. 1 stile. Refreshments and toilets at the Stourhead car park.</p> <p align="center">    </p>	<p align="center">Linda</p>
<p align="center">26th June 10.15am for 10.30am</p>	<p align="center">Whatcombe & Spring Gardens</p> <p align="center">Meet outside Frome Library BA11 1BE</p>	<p align="center">Level 3</p> <p>3.5-mile walk exploring Whatcombe Fields and Spring Gardens - some hills and possible mud</p> <p align="center">Cafe & toilets at start/end</p> <p align="center">    </p>	<p align="center">Tricia</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p align="center">3rd July 10.15am for 10.30am</p>	<p align="center">Town walk to Rodden Church from Market Yard</p> <p align="center">Meet outside Frome Library BA11 1BE</p>	<p align="center">Level 3</p> <p>A circular walk to Rodden Church. About 3.6 miles but fairly flat and mainly on paved surfaces. A small distance is over fields, no stiles. Refreshments and toilets at start/ end</p> <p align="center">    </p>	<p align="center">Sue</p>
<p align="center">10th July 10.15am for 10.30am</p>	<p align="center">Tytherington and Marston Church</p> <p align="center">Meet in the car park beside the swimming pool at The Lighthouse BA11 5BW TO BE CONFIRMED</p>	<p align="center">Level 3</p> <p>3.5 miles over fields and along lanes. No stiles or hills, but may be muddy.</p> <p align="center">  </p>	<p align="center">Liz</p>
<p align="center">17th July 10.15am for 10.30am</p>	<p align="center">Rodden Riverside & the Dippy</p> <p align="center">Meet outside Frome Library BA11 1BE</p>	<p align="center">Level 3</p> <p>3.5-mile walk exploring Rodden Meadow, the riverside and The Dippy - some hills and possible mud Cafe & toilets at start/end</p> <p align="center">    </p>	<p align="center">Tricia</p>


Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p align="center">24th July 10.15am for 10.30am</p>	<p align="center">Mells to Great Elm</p> <p align="center">Meet in Mells Recreation Field car park, Longfield BA11 3PY</p>	<p align="center">Level 4</p> <p align="center">About 4.5 miles including the Colliers Way and along the river. 2 stiles and some ups and downs. Refreshments in Mells, no toilets.</p> <p align="center">   </p>	<p align="center">Liz</p>
<p align="center">31st July 10.15am for 10.30am</p>	<p align="center">Vallis Vale to Great Elm</p> <p align="center">Meet at Wallington Way, off Vallis Way BA11 3NF</p>	<p align="center">Level 3</p> <p align="center">Approx. 3 miles along the river to Great Elm and back. Will be uneven, could be muddy. Bring poles if you have them. No toilets or refreshments</p> <p align="center">  </p>	<p align="center">Fiona</p>
<p align="center">7th August 10.15am for 10.30am</p>	<p align="center">Heytesbury circuit</p> <p align="center">Park Street, Heytesbury BA12 0HQ What3words shady.refilled.niece</p>	<p align="center">Level 3</p> <p align="center">3.5 – 4 miles along quiet roads, tracks, and field paths. Lovely peaceful and level walk with parts along chalk streams. Almost level throughout. Toilets and refreshments available at pub in village.</p> <p align="center">    </p>	<p align="center">Sue</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>14th August 10.15am for 10.30am</p>	<p>New Walk - Whatcombe fields, Jeffries Lane & Packsaddle Meet at the Cheese and Grain BA11 1BE</p> <p>Toilets (Cheese & Grain) and cafes in the car park and in the town.</p>	<p>Level 3 A 4-mile circular route, following the river to Whatcombe fields, one railway track to cross and a road, relatively flat, a slight incline as we make our way to Packsaddle easy underfoot.</p> <p>  </p>	<p>Linda</p>
<p>21st August 10.15am for 10.30am</p>	<p>Chapmanslade Meet at Chapmanslade Village Hall Car Park BA13 4AT</p>	<p>Level 3 About 3 miles on field and woodland paths and some minor roads. Some steep hills and potential mud, plus three low stiles. No toilets, refreshments available in the village</p> <p> </p>	<p>Fiona</p>
<p>28th August 10.15am for 10.30am</p>	<p>Bradford on Avon Meeting point outside the Medical centre in the car park opposite the train station. (Station approach BA15 1DQ</p> <p>Loos in the car park and various cafes in the town for refreshments</p>	<p>Level 4 A 4-mile walk beginning in the historic town of Bradford on Avon. A railway crossing A steepish incline up to Turleigh, but the remainder of the walk is on paths and on the flat along the canal back to Bradford.</p> <p>  </p>	<p>Linda</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>4th September 10.15am for 10.30am</p>	<p>Norton Radstock Greenway and vicinity</p> <p>Meet and park in Church Street Car Park, Radstock, BA3 3QG</p> <p>There are now charges for parking beyond two hours at this location.</p>	<p>Level 3</p> <p>A walk on the former railway routes near Radstock.</p> <p>No stiles or mud.</p> <p>Approximately 3.5 miles (Route modified from previous version of this walk)</p> <p>  </p>	<p>Judith</p>
<p>11th September 10.15am for 10.30am</p>	<p>Nunney</p> <p>Meet and park at the Old Quarry Car Park BA11 4NL</p>	<p>Level 3</p> <p>3 miles along river paths and through fields. No stiles but may be some places where it is uneven underfoot.</p> <p>Refreshments available near the start. No toilets</p> <p> </p>	<p>Fiona</p>
<p>18th September 10.15am for 10.30am</p>	<p>Nockatts Coppice</p> <p>Post code is not helpful. Turn off A36 to Warminster to go past Center Parks and entrance to Longleat. Car park is on your left.</p> <p>What3 words submerged.stability.af firming.</p>	<p>Level 3</p> <p>Heavens' Gate Car park About 4 miles on forest tracks. No stiles or hills</p> <p></p>	<p>Sue</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>25th September 10.15am for 10.30am</p>	<p>Stoke St. Michael</p> <p>Parking is free at the playing fields in Frog Lane. What three words: ///concerned.dips.floating</p> <p>No postcode – it isn't helpful</p>	<p>Level 4</p> <p>A circular walk beginning in the village of just under 5 miles. The walk takes us through woods and across fields in open countryside. A few stiles, one quite high. A short distance of road walking on a quiet road</p> <p></p>	<p>Linda</p>

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

 07599654679

 www.sasp.co.uk/health-walks

 walks@sasp.co.uk

 **SomersetHealthWalks**

*Interested in leading a walk?
You can also become a volunteer health walk leader*

**Frome
Health Walks**
Scan here for more information!

