

Somerset Health Walks Schedule

Frome

March - May 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.



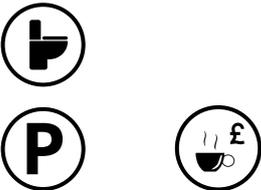
Parking Available: this could be street parking or a car park nearby, please contact the Walk Leader for more information.



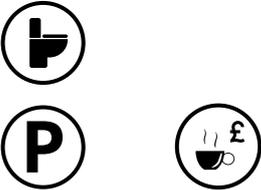
Suitable for buggies



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>

Friday Frome Walks - Level 3/4

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>6th February 10.15am for 10.30am</p>	<p>Stourhead Car Park (free to members of the National Trust otherwise fees apply) BA12 6QF</p>	<p>Level 4 Stourhead 5.25 miles through woods and fields, relatively flat terrain with both smooth and gravel tracks. 1 stile.</p> 	<p>Linda</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>13th February 10.15am for 10.30am</p>	<p>Meet in the car park beside the swimming pool at The Lighthouse BA11 5BW</p>	<p>Level 3</p> <p>Tytherington and Marston Church A 3.5 mile walk over fields and along lanes. No stiles or hills, but mud is likely.</p> <p></p>	<p>Liz & Martin</p>
<p>20th February 10.15am for 10.30am</p>	<p>Frome Library Justice Lane, Frome BA11 1BE</p>	<p>Level 3</p> <p>Frome Open Spaces 2.5 mile walk around northern Frome's open spaces, featuring trees hills and some mud</p> <p>  </p>	<p>Tricia</p>
<p>27th February 10.15am for 10.30am</p>	<p>Mells Recreation Field Car Park Longfield BA11 3PY</p> <p>N.B. The route may have to be amended depending on conditions at the time</p>	<p>Level 4</p> <p>Mells to Great Elm Approx. 5 miles going along the cycle path and back along the river. Some gentle ups and a short descent. 2 stiles.</p> <p> </p>	<p>Fiona</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>6th March 10.15am for 10.30am</p>	<p>Thoulstone Park Pavilion café car park BA13 4AQ</p> <p>Turn left off A36 towards Warminster. Car park is on left 100m after turning off the road</p>	<p>Level 3</p> <p>Thoulstone Almost flat, some fields, stiles, some road walking, 3.9 miles.</p> <p>  </p>	<p>Sue</p>
<p>13th March 10.15am for 10.30am</p>	<p>Meet and park on the old road 0.5 miles beyond Tangiers Farm, Clink Road Frome BA11 5JA</p>	<p>Level 4</p> <p>Tangiers Farm to Oldford Around 4.5 miles, along tracks and mostly quiet roads. No stiles, but there might be some mud and lying water. One significant uphill stretch.</p> <p></p>	<p>Judith</p>
<p>20th March 10.15am for 10.30am</p>	<p>Brassknocker Basin car park BA2 7JD</p> <p>Parking charges apply</p>	<p>Level 4</p> <p>NEW WALK Dundas Aqueduct - Monkton Combe nr Bath A 4-mile circular walk taking in river, canal, and woodland</p> <p>  </p>	<p>Linda</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>27th March 10.15am for 10.30am</p>	<p>Wallington Way Off Vallis Way BA11 3NF</p>	<p>Level 3</p> <p>Vallis Vale to Great Elm Approx. 3 miles along the river to Great Elm and back. Will be uneven, could be muddy. Bring poles if you have them.</p> <p>P</p>	<p>Fiona</p>
<p>3rd April 10.15am for 10.30am</p>	<p>Wallington Way Off Vallis Way BA11 3NF</p>	<p>Level 4</p> <p>Wallington Way to Buckland Dinham Around 4 miles on field paths, part of the Colliers Way and some road walking. A long but gentle climb, 6 stiles or so.</p> <p>P</p>	<p>Liz</p>
<p>10th April 10.15am for 10.30am</p>	<p>Military Road off Battlesbury Road near entry to Battlesbury Camp. Post code not helpful but What3words is passport.detriment. juices.</p>	<p>Level 4</p> <p>NEW WALK Battlesbury and Middle Hills from Warminster. 4.4 miles. Hilly route with a long climb to start and a short steep incline later. No stiles but can be muddy in places. Second half of route is flat.</p> <p>P</p>	<p>Sue</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>17th April 10.15am for 10.30am</p>	<p>Frome Library Justice Lane, Frome BA11 1BE</p>	<p>Level 3</p> <p>Whatcombe and Spring Gardens 3.5-mile walk exploring Whatcombe and Spring Gardens, Frome Hills and some mud</p> <p>  </p>	<p>Tricia</p>
<p>24th April 10.15am for 10.30am</p>	<p>Meet at end of Lane 0.5 miles past Tangiers Farm. Off Clink Road, Frome BA11 5JA</p> <p>W3W Busters.Blackbird. Coconut</p>	<p>Level 4</p> <p>Bluebell Walk to Berkeley Woods 4 miles</p> <p></p>	<p>Terry or Sue</p>
<p>1st May 10.15am for 10.30am</p>	<p>Nunney Meet and park at the free car park BA11 4NL</p>	<p>Level 4</p> <p>Nunney river walk. Just under 4 miles. A pleasant river walk, it can be muddy depending on weather conditions. Uneven in places also. A couple of fields to cross before returning to the village.</p> <p> </p>	<p>Linda</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p align="center">8th May 10.15am for 10.30am</p>	<p align="center">Mells village car park Longfield, Mells BA11 3PY</p>	<p align="center">Level 4</p> <p>Mells to Great Elm Via the Colliers Way and the riverside. 4.5 miles with a couple of stiles and slopes.</p> <p align="center">   </p>	<p align="center">Liz</p>
<p align="center">15th May 10.15am for 10.30am</p>	<p align="center">Kilmersdon Meet and park in the village hall car park BA3 5TD</p>	<p align="center">Level 3</p> <p>Approximately 4 miles, with a climb through the woods to Babington House; returning to Kilmersdon via the Collier's Way</p> <p align="center">   </p>	<p align="center">Judith</p>
<p align="center">22nd May 10.15am for 10.30am</p>	<p align="center">Chapmanslade Village Hall Car Park BA13 4AT</p>	<p align="center">Level 3</p> <p>About 3 miles on field and woodland paths and some minor roads. Some steep hills and potential mud, plus three low stiles.</p> <p align="center">   </p>	<p align="center">Fiona</p>

Day/Time	Meeting Place	Walk Level / Information	Walk Leader
<p>29th May 10.15am for 10.30am</p>	<p>Heytesbury BA12 0EL</p> <p>Leave A36 at roundabout, heading for Heytesbury and park immediately on left on road as soon as possible after leaving the roundabout.</p>	<p>Level 4</p> <p>Heytesbury loop of Scratchbury Hill</p> <p>A walk with far reaching views, stiles, some mud, 1 long slow ascent, and a steep descent. About 3 miles.</p> <p></p>	<p>Sue</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!

