

Frome Health Walks



(picture taken prior to covid-19)

June-September 2020

ALL WALKS WILL NEED TO BE BOOKED NOW FOR NHS TRACK AND TRACE. TO BOOK PLEASE SEE THE LINK ON EACH WALK OR CALL THE NUMBER BELOW.

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

<https://www.sasp.co.uk/health-walks>

[Jo Smith 07855283855](tel:07855283855)

Visit our website for information about Somerset Health Walks in Mendip, Sedgemoor, Taunton, West Somerset and South Somerset, 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 short walks, on fairly flat routes, at an easy pace and are around 30 – 60 minutes.
	These walks are about 1 to 1½ hours and can include steps, inclines, uneven paths, sometimes stiles and gates.
	These are more challenging walks of more than 1 ½ hours that require a fairly good level of cardiovascular fitness and mobility.
  	Progression Walk – Very good level of cardiovascular fitness and mobility required.
WC 	Refreshment place /Toilet near the end of route.

FROME HEALTH WALKS

MONDAYS



CHEESE & GRAIN FROME BA11 1BE 10.15AM for 10.30 start with Dorothy-Anne, Maggie and Vron.(EXCLUDES BANK HOLS)

Mostly level walking, some slopes. Using paths, pavements & lanes at an easy pace lasting 30-45 mins .**To book, please follow link:**

<https://www.sasp.co.uk/events/2020/07/frome-health-walks-mondays1>

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 and Gayle.** Mostly level walking, some slopes, using paths, pavements and lanes.

Easy pace of around 2 miles, lasting up to 60 mins. **To book, please follow link:**

<https://www.sasp.co.uk/events/2020/07/frome-health-walks-wednesdays>

THURSDAYS











WC NOT CURRENTLY AVAILABLE








BUGGY WALK FROM THE CHEESE AND GRAIN BA11 1BE 10.30am START, with Mairi and Emma. A walk on the paths and pavements of Frome with your buggy or baby in a sling. This is followed by a cuppa and a chat at the Cheese and Grain Café.








Fridays: ALL WALKS ARE 10.15AM FOR 10.30 START, UNLESS STATED OTHERWISE ON THE WALK. These walks can be slippery and muddy if wet or has been wet, so please wear suitable footwear. **TO BOOK PLEASE FOLLOW THE LINK:**
<https://www.sasp.co.uk/events/2020/07/frome-health-walk-friday-long> (OUR NORMAL LONGER WALK)
<https://www.sasp.co.uk/events/2020/07/frome-health-walk-friday-short> (OUR 2 SHORTER FRIDAY WALKS)
 or call Jo Smith on 07855 283855

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 will be going 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 26th June with Michael or shorter version with Gill	Stourhead Estate and woods via Convent Bottom. 4 miles on undulating tracks and forest paths. Or shorter version of the walk with Gill.	  WC OR 	Stourhead NT main car park BA12 6QF (free to NT members)
Friday 3rd July with Sue OR alternative Dorothy-Anne in Frome	Berkeley Woods 4miles , with some stiles, may be mud. OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles. We will arrive back in time for the 11.53 bus	  OR 	Meet at corner of Clink Road and Forest Road, by Frome Valley Cleaners BA11 2EN OR Frome Meet at the Culverhill Co-op BA11 5AD bus stop
Friday 10th July with Terry	Kimersdon (near Radstock). 3.6 miles of mostly flat walking, with one hill and minor roads	 	Meet at Kimersdon Village hall car park BA3 5TD

Friday 17 th July with Tricia	Wallington Way to Great Elm. 3 miles on footpaths, lanes and fields with stiles		Wallington Way, just off the roundabout on Vallis Road BA11 3NF
Friday 24 th July with Jo	Frome a walk in and around the town on footpaths and lanes, of around 2.5-3 miles	 WC	Meet at the Cheese and Grain Frome BA11 1BE
Friday 31 st July with Michael OR alternative Dorothy-Anne in Frome	East Woodlands. 4 miles of footpaths and forest tracks in Longleat woods. OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles. We will arrive back in time for the 11.53 bus	 OR 	Park in the vicinity of 'The Horse and Groom' pub in East Woodlands. BA11 5LY some parking courtesy of the pub. OR Frome Meet at the Culverhill Co-op BA11 5AD bus stop
Friday 7 th August with Gill	Nockatts Copipce (Heaven's Gate car park) A walk on forest paths and tracks with hills (no stiles).		Heavens gate car park. This is about a mile along the road from the main entrance to Center Parcs.
Friday 14 th August with Terry	Heytesbury. A 4-mile gentle stroll, through the meadows along the River Wylye. Flat with no stiles		Meet at the far end of the village of Heytesbury (on the old A36, past The Angel Inn. PLEASE DO NOT PARK AT THE PUB
Friday 21 st August with Sue	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		Meet at the car park on top of the White Horse, at the far end. BA13 3EP

<p>Friday 28th August with Michael OR alternative Dorothy-Anne in Frome</p>	<p>Horningsham. 4 miles of undulating country on roads, footpaths and woodland tracks, south east of Longleat OR Frome 2-mile, 2 boot walk along the river and out into the countryside with no stiles. We will arrive back in time for the 11.53 bus</p>	 <p>WC OR</p>	<p>Park in the vicinity of 'The Bath Arms' Horningsham BA12 7LY OR Frome Meet at the Culverhill Co-op BA11 5AD bus stop</p>
<p>Friday 4th September with Sue</p>	<p>Beckington 3miles(approx), on field and woodland paths and minor road. Some steep hills, several stiles and may be muddy.</p>		<p>Park in the vicinity of, BUT NOT IN Beckington Village Hall car park BA11 6SH</p>
<p>Friday 11th September with Terry</p>	<p>Crockerton A walk of around 3.5 miles, on minor roads and woodland tracks.</p>		<p>Meet on road that is <u>parallel</u> to the A350 Warminster to Shaftesbury (the road to Crockerton), ½ mile from the Bath Arms towards Kingston Deverill. ST864418 Exp 143</p>
<p>Friday 18th September with Tricia</p>	<p>Spring Gardens. 3 mile walk on paths and fields with several stiles, which can be muddy.</p>	 <p>WC</p>	<p>Frome Library Justice Lane BA11 1BE</p>
<p>Friday 25th September with Michael</p>	<p>Southleigh Woods from Longbridge Deverill 4 miles on footpaths and forest tracks</p>		<p>Parking courtesy of 'The George Inn' Longbridge Deverill BA12 8DG</p>

