



Frome Health Walks

June – September 2018

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

www.zingsomerset.co.uk and
['Zing Somerset' Facebook page](#)

Visit our website for information about Health Walks in other Mendip Towns, Sedgemoor, Taunton West Somerset and South

Somerset, or for general enquiries call us at

0800 4125502/07855 283 855 OR **Email: jsmith@sasp.co.uk**

FREE volunteer walk leader training available.

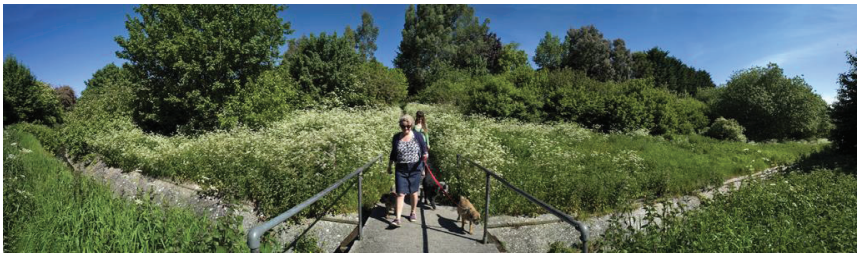


Saturday June 9th 1pm at The Cheese and Grain Frome BA11 1BE. Join us for a choice of two walks jointly led by the Ramblers association and Walking for Health.

Choose from a walk of 5 miles taking in the beautiful green spaces of Frome with Les (ramblers), lasting around 2 hours - this would be equivalent to one of our progression walks.

Or a shorter version of this walk lasting about 1-1.5 hours.

Both walks will finish with free refreshments at the Cheese & Grain.



 for the shorter walk

 **+Progression** for the 5 mile walk

FROME HEALTH WALK



MONDAYS - CHEESE & GRAIN FROME BA11 1BE 10.15AM for 10.30 start
 (EXCLUDES BANK HOLDS)

Mostly level walking, some slopes. Using paths, pavements & lanes at an easy pace lasting 30-45 mins

June	4th VRON	11th DOROTHY- ANNE	18th PETER	25th DOROTHY- ANNE	
July	2nd PETER	9th VRON	16th VRON	23rd DOROTHY- ANNE	30th MAGGIE
August	6th DOROTHY- ANNE	13th MAGGIE	20th PETER		
September	3rd DOROTHY- ANNE	10th MAGGIE	17th VRON	24th DOROTHY- ANNE	




WEDNESDAYS -



FROM 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 permission of the Frome & District Agricultural Society). **9.15AM FOR 9.30 START**
 Mostly level walking, some slopes, using paths, pavements and lanes. Easy pace of around **2 miles, lasting 40-55 mins.**

June	6th GAYLE	13th SUE	20th SUE	27th SEE BELOW	
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 **WC 27th JUNE – Southwick Country Park, BA14 9AF with Gayle and Sue.** Meet at 9.30am at Frome Medical Practice for a lift to Southwick or meet at Southwick Country Park car park at 9.45am. Easy walk of about 45 minutes on paths with coffee stop half way.

July	4th GAYLE	11th SUE	18th MAGGIE	25th GAYLE	
August	1st VRON	8th MAGGIE	15th GAYLE	22nd SUE	29th MAGGIE
September	5th SUE	12th MAGGIE	19th VRON	26th SUE	



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. A car share scheme is available once you have already been on one of our walks, for more info please email jsmith@sasp.co.uk or call 07855 283 855 / 0800 412 5502

Dogs are allowed on some of 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 keep the dogs safe. This, however, may not be the case where we will be going through fields containing livestock. If in doubt please call or email. It also remains the owner's responsibility to dispose of any dog waste.

Date/Leader(time if different)	Walk Info	Boots/facilities	Meeting Place
Friday 1 st June with Tricia	Spring Gardens. 3 mile walk on paths and fields with 1 or 2 hills and a couple of stiles	  WC	Frome Library Justice Lane BA11 1BE
Friday 8 th June with Peter	Wallington Way to Great Elm. 3 miles on footpaths, lanes and fields, 1 small stile.		Meet just off roundabout where Wallington Way meets Vallis Road to Radstock BA11 3NF
Friday 15 th June with Sue	Rode. Around 90 mins on field paths and tracks, some stiles and very muddy if wet.	 PUB	Meet at village hall BUT do not park at hall! BA11 6PB
Friday 22 nd June with Gill	Bradford on Avon. Easy level walking, on quiet roads, paths and Tow Path of about 3 miles	  WC	Meet in Kennett & Avon Canal Trust Car Park (£1.50 approx) BA15 1BX
Friday 29 th June with Michael	Stourhead Estate and woods via Convent Bottom. 4 miles on undulating tracks and forest paths.	  WC	Stourhead NT main car park BA12 6QF (free for NT members)
Friday 6 th July with Tricia	Orchardleigh. A 5 mile walk with hills and stiles, possibly muddy.	  + Progression	Frome Library Justice Lane BA11 1BE

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<p>Friday 13th July with Peter</p>	<p>Nunney Brook. A walk by the brook on paths and fields of 3 miles. Can get very slippery and muddy when wet</p>		<p>Park at Castle Hill car park BA11 4NL</p>
<p>Friday 20th July with Michael</p>	<p>Kingston Deverill. A longer walk up the downs to Cold Kitchen hill and the Long Barrow. Returning along the river Wylde, 4.5-5 miles.</p>		<p>Park near Kingston Deverill Church BA12 7HF</p>
<p>Friday 27th July with Terry</p>	<p>Kilmersdon nr Radstock. 3.6 miles of mostly flat walking with one hill and minor roads.</p>		<p>Meet at Kilmersdon Village Hall car park BA3 5TD</p>
<p>Friday 3rd August with Michael</p>	<p>Horningsham. 4 miles of undulating country roads & footpaths, around the farms & fields south of Horningsham.</p>		<p>Park in the vicinity of the Bath Arms Horningsham BA12 7LY</p>
<p>Friday 10th August with Tricia</p>	<p>Spring Gardens. 3 mile walk on paths and fields with 1 or 2 hills and a couple of stiles. Can be muddy if wet.</p>		<p>Meet at Frome Library Justice Lane BA11 1BE</p>
<p>Friday 17th August with Sue</p>	<p>Chapmanslade. Choose either walk. Both will be on field</p>	<p>2 walks available</p>	<p>Chapmanslade Village Hall car park BA13 4AT. Look out for the</p>

	paths, small roads, tracks with hills and some stiles. The progression walk will be around 4.5 miles. Both can be muddy if wet.	 + Progression	small signpost pointing right just after entering the village from Frome.
Friday 24th August with Terry	Heytesbury. 3¼ miles, gentle stroll through the meadows along the river Wyllye. Flat with no stiles		Heytesbury Wiltshire-meet at far end of the village (on the old A36 past The Angel Inn-DO NOT PARK AT THE PUB
Friday 31st August with Peter	Westbury. Wessex Ridgeway and Imber Path. 4 miles with no stiles and one long hill leading to good views	 WC + Progression	Westbury Leighton Recreation Centre car park BA13 3PT
Friday 7th September with Michael	Southleigh Woods from Longbridge Deverill. 4 miles of footpaths and forest tracks		Park at the George Inn Longbridge Deverill BA12 8DG
Friday 14th September with Gill	Corsley Heath. 90 minute walk with 2 steep hills, a couple of stiles and can be muddy.		Corsley Heath- Parking at or near the Royal Oak bus shelter, please ask if this is full
Friday 21st September with Sue	Wellow. Around 3½ miles on hilly field paths and tracks, visiting Stony Littleton Long Barrow en route. Can get muddy	 PUB	Wellow free car park is off the High Street at the far end of village coming from Hinton Charterhouse- nearest postcode to this is BA2 8QB
Friday 28th September with Terry	Shearwater. Crockerton circle walk of 3¼ miles, on woodland tracks and minor roads	 Café if open Possible 2 boot walk available.	Shearwater car park main entrance

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.

Walks Key

	These are short walks, on fairly flat routes at an easy pace and are 30 – 60 minutes.
	These walks are between 1 and 1½ hours and include steps, inclines, uneven paths, stiles and gates.
	These are more challenging walks of more than 1 ½ hours that require a good level of cardiovascular fitness and mobility.
	Progression Walk – Very good level of cardiovascular fitness and mobility required.
	Refreshment place near the end of route.
WC	Toilet near the end of route.

For Further Information on any FREE Zing Somerset Healthy Eating, Physical Activity or Weight Management Programmes

Contact us Tel: 0800 412 5502

Website: www.zingsomerset.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-wilts.org.uk/Somerset Ramblers Association.Org. 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.