

SATURDAY VENUES

CP=Car Park, * Fee payable, NT = Nat. Trust.

Abberley : Village Hall CP*	WR6 6AZ
Astley Village Hall CP	DY13 0RF
Alveley Severn Valley CP*	WV15 6NG
Baggeridge Country Park CP*	DY3 4AF
Barnett Hill : Garden Centre	DY9 0EE
Belbroughton : Private Paddock (M) Collection for Retinitis Pigmentosa	DY9 9TH
Bewdley : Gardners Meadow CP*	DY12 2DU
Blackstone : Blackstone CP	DY12 1PU
Chaddesley Corbett PRIMARY SCHOOL CP* £1 Per Car for School Funds	DY10 4QN
Clent : Nimmings CP* (NT)	B62 0NL
Dodford : The Park Gate £1 per car	B61 9AJ
Droitwich Gateway Park-CP* Hanbury Road	WR9 7EZ
Enville NT Car Park, Kingsford Lane	DY7 5NP
Grimley-Layby alongside A443/Grimley turning	WR2 6PD
Hagley : Haybridge School, Station Rd Collection for School Funds	DY8 2XL
Hampton Loade : CP* (NT)	WV15 6HD
Hampton Lovett Parish Room CP*	WR9 0LU
Hartlebury Common	DY13 9JB
Harvington : The Dog Inn CP	DY10 4LN
Hawkbatch : Forestry CP	DY12 3AF
Himley Station CP Himley Lane	DY3 4LN
Kinver : Community Sports Centre	DY7 6ET
Kinver Edge The Rock Houses	DY7 5NR
Kinver Edge [NT] CP Kingsford Lane	DY7 5NP
Kinver Edge Blakeshall Lane	DY11 5XT
Mamble : Picnic Layby on A456	DY14 9JN
Martley Sports Martley / High School	WR6 6QA
Neen Savage : Village Hall CP	DY14 8JU
Omersley . The Kings Arms CP	WR9 0EP
Rock : Millennium Field CP	DY14 9SD
Spennells : Heronswood Road	DY10 4EE
Spennells The Dog Harvington	DY10 4LN
The Lenchford PH Shrawley PaddockCP	WR6 6TB
The Lickey Hills Visitor Centre-Warren Lane	B45 8ER
Trimpley : Eymore Woods CP	DY12 1PH
Waseley Hills Country Park CP*	B45 9AT
Wolverley High School Bus CP	DY11 5XH
Wombourne Station CP Bratch Lane	WV5 9AB

SATURDAY PROGRESSION WALKS

JULY 2018

7	Hampton Lovett Kinver Edge-Kingsford Lane Waseley Hills Country Park	A. AB, B. C, D.
14	Droitwich Wolverley Bewdley	A AB, B. C, D.
21	Abberley Wombourne Station	A, AB. B, C, D.
28	Hampton Loade	All Groups

AUGUST 2018

4	Chaddesley Corbett Hagley	A, AB, B. C, D.
11	Waseley Hills Country Park Chaddesley Corbett	A, AB, B. C, D.
18	Barnett Hill Enville Trimpley	A, AB B C, D.
25	Picnic Walk-Astley Village Hall	All Groups

SEPT 2018

1	Belbroughton Wombourne Station	AB, B, C, D. A.
8	Rock	All Groups
15	Trimpley Blackstone	A, AB, B. C, D.
22	Harvington-The Dog Inn Enville Dodford	A, B. AB C, D.
29	Dodford The Lenchford Inn Hartlebury Common	A, AB. B C,D.

OCT 2018

6	Grimley Hampton Lovett Omersley Harvington—The Dog Inn	A AB B C, D.
13	Hartlebury Common Blackstone Omersley	A AB, B. C, D.
20	Clent Astley Village Hall	A, AB. B, C, D.
27	Martley	All Groups

NOV 2018

3	Neen Savage Hawkbatch	A, AB, B. C, D.
10	Hawkbatch Neen Savage	A, AB, B. C, D.
17	Alveley---COLLECTION FOR CHILDREN IN NEED	All Groups
24	Omersley Hartlebury Common Kinver	A AB, B. C, D.

DEC 2018

1	Hagley Wolverley Spennells-Heronswood Road	A, B. AB C, D.
8	Bewdley Wolverley	A, AB, B. C, D.
15	The Lenchford Inn Barnett Hill	A, AB. B, C, D.
22	Hampton Loade	All Groups
29	Kinver Edge-Rock Houses Kinver Edge-Kingsford Lane Kinver Edge-Blakeshall Lane	A AB, B. C, D.

THURSDAY HEALTH WALKS

CP = Car Park *Fee Payable

JULY 2018

5	Enville The Sports Pavilion. 10 th Anniversary/Birthday	DY7 5HB
12	Harvington Hall 11.15 Start/Collection	DY10 4LR
19	Chaddesley Corbett 11.00am Start at Rowberry's Garden Centre	DY10 4QN
26	Wolverley The Lock Inn CP	DY10 3RN

AUG 2018

2	Bewdley Gardners Meadow CP*	DY12 2DG
9	Stourport Civic Centre CP*	DY13 8UJ
16	Enville The Sports Pavilion	DY7 5HB
23	Wyre Forest VC CP*	DY14 9XQ
30	Harvington Hall 11.15am Start/Collection	DY10 4LR

SEPT 2018

6	Chaddesley Corbett 11.00am Start at Rowberry's Garden Centre	DY10 4QN
13	Wolverley The Lock Inn CP	DY10 3RN
20	Bewdley Gardners Meadow CP*	DY12 2DG
27	Hartlebury Castle Garden Walk	DY11 7XZ

OCT 2018

4	Enville The Sports Pavilion	DY7 5HB
11	Wyre Forest VC CP*	DY14 9XQ
18	Chaddesley Corbett 11.00am Start at Rowberry's Garden Centre	DY10 4QN
25	Wolverley The Lock Inn CP	DY10 3RN

NOV 2018

1	Bewdley Gardners Meadow CP*	DY12 2DG
8	Stourport Civic Centre CP*	DY13 8UJ
15	Enville The Sports Pavilion CP	DY7 5HB
22	Wyre Forest VC CP*	DY14 9XQ
29	Chaddesley Corbett 11.00am Start at Rowberry's Garden Centre	DY10 4QN

DEC 2018

6	Wolverley The Lock Inn CP	DY10 3RN
13	Enville The Sports Pavilion	DY7 5HB
20	NO WALK	
27	NO WALK	-

The walks are free and open to anyone who can manage the conditions described for Thursday or for Saturday walks. First time walkers should arrive 15 minutes before the start time in order to complete a simple registration form. Well behaved Dogs are allowed provided they are kept on a lead.

For further information visit the web site www.strideandstroll.org.uk or call the following number: 07871 599863 and leave a contact number.

Cancellations: If in doubt about the weather refer either to the web site or to the mobile phone number above.

Wyre Forest Walks: Very similar walks take place at the Wyre Forest Visitor Centre, Callow Hill, Bewdley every Tuesday and Sunday at 11.00am.

Associated web sites:

Ramblers:

www.walkingforhealth@ramblers.org.uk

Take Heart, Wyre Forest Heart Support Group

www.wyreforesttakeheart.org.uk

hfholidays www.hfholidays.co.uk



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WALKING FOR HEALTH

JULY---DECEMBER 2018

Stride and Stroll is a friendly and welcoming Kidderminster based walking group and entirely run by trained volunteer Walk Leaders. Walks take place every week throughout the year on Thursdays and Saturdays, depending on Christmas and New Year dates!

Thursday Health Walks are accredited to the National Walking for Health Scheme which is administered by Ramblers and supported by The Peoples Post Code Lottery. These walks are at 11:00am **or** 11.15am in and around Wyre Forest District. They are intended for everyone, including those with on-going health problems. Many of our members start walking for about 10 minutes at a speed they find comfortable, with the aim of eventually walking for 30-40 minutes on a regular basis. Why not come along and find out how far you can walk when you are chatting to someone. An equally important part of the morning is the equivalent amount of time spent over tea or coffee afterwards. Walks are on level ground with good surfaces and often wheelchair friendly.

Saturday Progression Walks are part of the Worcestershire Walking Network, supported by Worcestershire County Council and are at 10:30am, at locations mainly within a 10 mile radius of Kidderminster. If you can walk 3-3.5 miles across country and over stiles then you will manage our D-Group. For more able walkers the choice is anything up to 6 miles with either A, AB, B or C-Groups. Stout footwear and suitable clothing are essential to suit the seasonal conditions. Why not explore your local countryside, see it from a completely different perspective, get healthier in the process and gain a whole new circle of friends?