|  |  |  |  |
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| **SATURDAY VENUES**  **CP=Car Park, \* Fee payable, NT = Nat. Trust,** | | | |
| **Astley** Village Hall CP | | | **DY13 0RF** |
| **Alveley** Severn Valley CP\* | | | **WV15 6NG** |
| **Barnett Hill** : Garden Centre CP\* | | | **DY9 0EE** |
| **Belbroughton** 10 Church Fm Bradford Lane **\*** | | | **DY9 9TF** |
| **Bewdley** Gardners Meadow CP\* | | | **DY12 2DU** |
| **Blackstone** : A456 CP | | | **DY12 1PU** |
| **Burlish Meadows CP Kingsway** | | | **DY13 8NA** |
| **Chaddesley Corbett** Village Hall CP\* | | | **DY10 4QA** |
| **Clent :** Nimmings CP\* (NT) | | | **B62 0NL** |
| **Enville NT Car Park Kingsford Lane** | | | **DY7 5NP** |
| **Great Witley Village Hall CP A443** | | | **WR6 6HR** |
| **Hagley:** Haybridge School, Station Rd. CP\* | | | **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** |
| **Harvington: The Oaks Community Hall CP\*** | | | **DY10 4NS** |
| **Hawkbatch :** Forestry CP | | | **DY12 3AF** |
| **Himley Hall: at Himley CP\*** | | | **DY3 4DF** |
| **Kinlet Village Hall CP B4194** | | | **DY12 3AS** |
| **Kinver :** Edward Marsh 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 Layby alongside A456 [signed picnic]** | | | **DY14 9JN** |
| **Martley Church Church Lane** | | | **WR6 6QA** |
| **Martley Sport Martley Leisure Centre B4204** | | | **WR6 6QA** |
| **Neen Savage :** Village Hall CP\* | | | **DY14 8JU** |
| **Ombersley A&B Roadside C&D Cricket Club** | | | **WR9 0EP** |
| **Pound Green CP\* between river & Harbour Inn** | | | **DY12 3NF** |
| **Ribbesford Church CP** | | | **DY12 2TQ** |
| **Rock :** Millennium Field CP | | | **DY14 9SD** |
| **Sawmill CP\*[NT] Dudmaston Estate** | | | **WV15 6QW** |
| **Spennells:** Heronswood Road | | | **DY10 4EE** |
| **The Hampstall Inn Astley Burf** | | | **DY13 0RY** |
| **The Lenchford Inn Shrawley** | | | **WR6 6TB** |
| **Trimpley Reservoir CP** | | | **DY12 1PH** |
| **Waseley Hills Country Park CP\*** | | | **B45 9AT** |
| **White Wickets Park Franche Road** | | | **DY11 5AL** |
| **Wolverley High School Bus CP** | | | **DY11 5XH** |
| **Wombourne Station CP Bratch Lane** | | | **WV5 9AB** |
| SATURDAY PROGRESSION WALKS | | | | |
| **JAN 2024** | | | | |
| **6** | **Blackstone A456**  **Hagley**  **Wolverley** | A.  B  C, D. | | |
| **13** | **Martley Church**  **Hartlebury Common**  **Kinver Edge Blakeshall Lane**  **Kinver** | A  B  C.  D. | | |
| **20** | **Burlish Meadows**  **Wolverley**  **Wombourne Station**  **Himley Hall** | A  B  C  D | | |
| **27** | **Hagley**  **Blackstone A456**  **Waseley Hills Country Park** | **A**  B  C, D. | | |
| **FEB 2024** | | | | |
| **3** | **Wolverley**  **Martley Church**  **Barnett Hill** | **A**  **B**  **C,D.** | | |
| **10** | **Kinver**  **Spennells-Heronswood Rd.**  **Harvington The Dog Inn** | A, B.  C.  D. | | |
| **17** | **Clent**  **Spennells –Heronswood Rd.**  **Hagley** | A  B  C, D. | | |
| **24** | **Alveley**  **Kinver**  **Kinver Edge Blakeshall Lane** | A, B.  C.  D. | | |
| **MARCH 2024** | | | | |
| **2** | **Ribbesford Church**  **Hampton Lovett**  **Hartlebury Common**  **Burlish Meadows** | A.  B  C  D | | |
| **9** | **Kinver Edge-Rock Houses**  **Chaddesley Corbett**  **Bewdley** | A  B.  C, D. | | |
| **16** | **Hampton Lovett**  **Enville**  **Ombersley** | A.  B  C, D.[**Collection]** | | |
| **23** | **Sawmill Car Park**  **Hampton Loade** | A, B.  C, D. | | |
| **30** | **Trimpley**  **White Wickets** | A, B.  C,D. | | |

**APRIL 2024**

|  |  |  |  |  |  |
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| **6** | | | **Barnett Hill**  **Chaddesley Corbett** | A, B.  C,D. | |
| **13** | | | **The Lenchford Inn**  **Ribbesford Church**  **Blackstone A456** | A  B  C, D. | |
| **20** | | | **Belbroughton**  **Great Witley Village Hall** | A, C, D.  B. | |
| **27** | | | **The Hampstall Bluebell Walk**  **Burlish Meadows**  **Hartlebury Common** | A, B.  C.  D. | |
| **MAY 2024** | | | | | |
| **4** | | | **Chaddesley Corbett**  **Burlish Meadows**  **The Hampstall Inn-Bluebell**  **Walk** | A.  B.  C, D. | |
| **11** | | | **Mamble**  **Kinlet Village Hall CP B4194**  **Harvington Dog Inn**  **Spennells – Heronswood Rd.** | A  B  C  D | |
| **18** | | | **Rock**  **Trimpley** | A, B.  C, D. | |
| **25** | | | **Ombersley**  **Harvington The Oaks A450**  **Martley-Sport Martley Leisure**  **Centre** | A  B  C, D. | |
| **JUNE 2024** | | | | | |
| **1** | | | **Astley Village Hall 22nd**  **Anniversary Picnic** | All Groups | |
| **8** | | | **Neen Savage**  **Hawkbatch** | A, B.  C, D. | |
| **15** | | | **Hawkbatch**  **Neen Savage** | A., B.  .  C, D. | |
| **22** | | | **Kinlet Village Hall CP B4194**  **Pound Green**  **Alveley** | A  B  C, D. | |
| **29** | | | **Harvington The Oaks A450**  **Ombersley**  **Hampton Lovett** | A  B  C. D | |
| ***THURSDAY HEALTH WALKS***  CP= CAR PARK \* FEE PAYABLE | | | | | |
| **JAN 2024** | | | | | |
| **4** | | **Stourport Civic Centre CP\*** | | | **DY13 8UJ** |
| **11** | | **Larch Wood Farm Silverwoods Way KIdderminster** | | | **DY11 7DT** |
| **18** | | **NO WALK Meal at the Plough Inn Far Forest** | | | **DY14 9TE** |
| **25** | | **Wolverley The Lock Inn CP** | | | **DY10 3RN** |
|  | |  | | |  |
| **FEB 2024** | | | | | |
| **1** | **Springfield Park Kidderminster** | | | | **DY10 2PS** |
| **8** | **Enville The Sports Pavilion** | | | | **DY7 5HB** |
| **15** | **Bewdley 1 Gardners Meadow CP\*** | | | | **DY12 2DG** |
| **22** | **Stourport Civic Centre CP\*** | | | | **DY13 8UJ** |
| **29** | **Larch Wood Farm** | | | | **DY11 7DT** |
| **MARCH 2024** | | | | | |
| **7** | **Wolverley The Lock Inn CP** | | | | **DY10 3RN** |
| **14** | **Springfield Park Kidderminster** | | | | **DY10 2PS** |
| **21** | **Bewdley 2 Gardners Meadow CP\*** | | | | **DY12 2DG** |
| **28** | **Enville The Sports Pavilion** | | | | **DY7 5HB** |
| **APRIL 2024** | | | | | |
| **4** | **Stourport Civic Centre CP\*** | | | | **DY13 8UJ** |
| **11** | **Larch Wood Farm** | | | | **DY11 7DT** |
| **18** | **Wolverley The Lock Inn CP** | | | | **DY10 3RN** |
| **25** | **Springfield Park Kidderminster** | | | | **DY10 2PS** |
| **MAY 2024** | | | | | |
| **2** | **Bewdley 1 Gardners Meadow CP\*** | | | | **DY12 2DG** |
| **9** | **Enville The Sports Pavilion** | | | | **DY7 5HB** |
| **16** | **Stourport Civic Centre CP\*** | | | | **DY13 8UJ** |
| **23** | **Larch Wood Farm** | | | | **DY11 7DT** |
| **30** | **Wolverley The Lock Inn CP** | | | | **DY10 3RN** |
| **JUNE 2024** | | | | | |
| **6** | **Springfield Park Kidderminster** | | | | **DY10 2PS** |
| **13** | **Bewdley 2 Gardners Meadow CP\*** | | | | **DY12 2DG** |
| **20** | **Stourport Civic Centre CP\*** | | | | **DY13 8UJ** |
| **27** | **Enville The Sports Pavilion** | | | | **DY7 5HB** |

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 20 minutes before the start time in order to complete a simple health questionnaire. Dogs are allowed provided they are kept under control.

For further information visit the web site [www.strideandstroll.org.uk](http://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 10.30am.**

Associated web sites:

[www.worcestershie.gov.uk/healthwalks](http://www.worcestershie.gov.uk/healthwalks)

[www.hfholidays.co.uk](http://www.hfholidays.co.uk)

**Affiliated to hf holidays**

**Take Heart, Wyre Forest Heart Support Group**

[**www.wyreforesttakeheart.org.uk**](http://www.wyreforesttakeheart.org.uk)

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| C:\Users\Brenda Jones\Documents\Stride & Stroll 2010\Logos\WCC - Worcs CC Logo.jpg | | C:\Users\Brenda Jones\Documents\Stride & Stroll 2010\Logos\WWN WALK MORE LOGO 1.jpg |
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| KIDDERMINSTER **Affiliated to hf holidays** |  |  |  |

**WALKING FOR HEALTH**

**JANUARY TO JUNE 2024**

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 Worcestershire Health Walks** are part of the Worcestershire Walking Network. Supported by Worcestershire County Council. These walks are at 11.00am 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. Walks are on level ground with good surfaces and are often wheelchair friendly, finishing with refreshments.

**Saturday Progression Walks** are part of the Worcestershire Walking Network, supported by Worcestershire County Council. The Progression Walks use the Public Rights of Way with stiles and footbridges.

**Group A: 6 to 7.5 miles; Group B: 5 to 6 miles; Group C: 4 to 5 miles; Group D 3 to 4 miles.**

**ALL THESE MILEAGES ARE APPROXIMATE AS IN SOME CASES WALKS HAVE TO BE CHANGED AFTER A PRE-WALK.**

**START TIMES:**

**GROUPS A and B: 10 am**

**GROUPS C and D: 10.30am**

**Walking boots/shoes and suitable clothing are essential to suit the seasonal conditions. Why not explore your local countryside and get healthier in the process, with like-minded people, who are already enjoying the benefits of walking and new friends.**