

SATURDAY VENUES

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

Abberley : Village Hall CP*	WR6 6NG
Astley Village Hall CP*	DY13 0RF
Alveley Severn Valley CP*	WV15 6HZ
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 : The Talbot CP	DY10 4SA
Clent : Nimmings CP* (NT)	B62 0NL
Croome Court : CP (NT)	WR8 9DW
Cutnall Green : Memorial Hall CP*	WR9 0NE
Dodford : The Park Gate	B61 9AJ
Enville : NT Car Park, Kingsford Lane	DY7 5NP
Haberley Valley CP-Haberley Road	DY11 5RH
Hagley : Haybridge School, Station Rd Collection for School Funds	DY8 2XL
Hampton Loade : CP* (NT)	WV15 6HD
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 Hampstall Inn – Astley Burf	DY13 0RY
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 : C.E. Secondary School	DY11 5XH
Wombourne Station CP Bratch Lane	WV5 9AB
Worcester Woods Wild Wood Drive	WR5 2LG

SATURDAY PROGRESSION WALKS

JULY 2017

1	Clent Kinver Edge-Kingsford Lane Waseley Hills Country Park	A AB, B. C, D.
8	Mamble Wolverley Bewdley	A AB, B.. C, D.
15	Abberley Cutnall Green Wombourne Station	A, AB. B. C, D.
22	Hampton Loade	All Groups
29	Lickey Hills Visitor Centre Clent Hagley	A AB, B. C, D.

AUGUST 2017

5	Chaddesley Corbett Cutnall Green	A, AB, B. C, D.
12	Bewdley Chaddesley Corbett	A, AB, B. C, D.
19	The Lenchford Inn Enville Trimpley	A, B. AB C, D.
26	Picnic Walk-Astley Village Hall	All Groups

SEPT 2017

2	Belbroughton Mamble	AB, B, C, D. A
9	Rock	All Groups
16	Trimpley Blackstone	A, AB, B. C, D.
23	Harvington-The Dog Inn Enville Dodford	A, AB. B. C, D.
30	Dodford The Hampstall Inn	A, AB. B, C, D.

OCT 2017

7	Haberley Valley Omersley Harvington-The Dog Inn	A AB, B. C, D.
14	Cutnall Green Blackstone Omersley	A AB, B. C, D.
21	Kinver Hartlebury Common	A, AB, B. C, D.
28	Martley	All Groups

NOV 2017

4	Neen Savage Hawkbatch	A, AB, B. C, D.
11	Hawkbatch Neen Savage	A, AB, B. C, D.
18	Alveley	All Groups
25	Omersley Hartlebury Common Kinver	A AB, B. C, D.

DEC 2017

2	Hagley Cutnall Green Spennells-Heronswood Road	A, B. AB C, D.
9	Waseley Hills Country Park Wolverley	A, AB, B. C, D.
16	The Hampstall Inn Barnett Hill	A, AB. B, C, D.
23	Hampton Loade	All Groups
30	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 2017

6	Wyre Forest VC- CP* 9th Anniv.Meal-The Plough Inn	DY14 9XQ
13	Harvington Hall CP* 11.15am Start	DY10 4LR
20	Envile The Sports Pavilion	DY7 5HB
27	Chaddesley Corbett-The Talbot CP 11.15 am Start	DY10 4SA

AUG 2017

3	Wolverley The Lock Inn CP	DY10 3RN
10	Bewdley Gardners Meadow CP	DY12 2DG
17	Stourport Civic Centre CP	DY13 8UJ
24	Wyre Forest VC CP*	DY14 9XQ
31	Harvington Hall CP* 11.15am Start	DY10 4LR

SEPT 2017

7	Envile : The Sports Pavilion	DY7 5HB
14	Chaddesley Corbett : The Talbot CP – 11.15 start	DY10 4SA
21	Wolverley : The Lock Inn CP	DY10 3RN
28	Bewdley: Gardners Meadow CP	DY12 2DG

OCT 2017

5	Stourport Civic Centre CP	DY13 8UJ
12	Special Event or Brinton Park	TBA
19	Wyre Forest VC CP*	DY14 9XQ
26	Envile : The Sports Pavilion	DY7 5HB

NOV 2017

2	Chaddesley Corbett : The Talbot CP – 11.15 start	DY10 4SA
9	Wolverley : The Lock Inn CP	DY10 3RN
16	Bewdley: Gardners Meadow CP	DY12 2DG
23	Stourport Civic Centre : CP	DY13 8UJ
30	Wyre Forest VC CP*	DY14 9XQ

DEC 2017

7	Brinton Park Sutton Road CP	DY11 6QT
14	Envile The Sports Pavilion	DY7 5HB
21	NO WALK	
28	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 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 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

Macmillan Cancer Support:

www.macmillan.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 2017

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 Macmillan Cancer Support. 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?