

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 CP* Collection for Retinitis Pigmentosa	DY9 9TH
Bewdley : Gardners Meadow CP*	DY12 2DU
Blackstone : Blackstone CP	DY12 1PU
Chaddesley Corbett : Rowberry's Garden Centre CP	DY10 4QN
Clent : Nimmings CP* (NT)	B62 0NL
Comer Woods CP*[NT] Dudmaston Hall Estate	WV15 6QL
Croome Court[NT] CP	WR8 9DW
Dodford : The Park Gate £1 per person	B61 9AJ
Droitwich Gateway Park CP* Hanbury Road B4090	WR9 7DU
Enville NT Car Park Kingsford Lane	DY7 5NP
Hagley: Haybridge School, Station Rd. Collection for school funds £1 per person	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 Hall: at Himley CP*	DY3 4DF
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
Ombersley A;AB;B roadside: C&D Cricket Club	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 Inn Shrawley	WR6 6TB
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

JAN 2020

4	Droitwich Blackstone Waseley Hills Country Park	A, AB, B, C, D.
11	Bewdley Chaddesley Corbett	A, AB, B, C, D.
18	Hartlebury Common Wolverley Wombourne Station Himley Hall	A, AB, B, C, D.
25	Hagley The Lenchford Inn Bewdley	A, B, AB, C, D.

FEB 2020

1	Blackstone Ombersley Hartlebury Common Trimpley	A, AB, B, C, D.
8	Kinver Chaddesley Corbett Blackstone	A, B, AB, C, D.
15	Clent The Lenchford Inn Barnett Hill	A, AB, B, C, D.
22	Harvington Hampton Lovett Hagley	A, AB, B, C, D.
29	Alveley	All Groups

MARCH 2020

7	Ombersley Dodford Harvington	A, AB, B, C, D.
14	Trimpley Hawkbatch Dodford	A, AB, B, C, D.
21	Mamble Kinver Edge-Kingsford Lane Ombersley	A, AB, B, C, D.
28	Hampton Loade Comer Woods Car Park	A, AB, C, D, B.

APRIL 2020

4	Barnett Hill Kinver	A, AB, B, C, D.
11	The Lenchford Inn Enville Wolverley	A, AB, B, C, D.
18	Chaddesley Corbett Harvington---Dog Inn Spennells-Heronswood Road	A, AB, B, C, D.
25	The Hampstall Inn- Bluebell Walk Hartlebury Common	A, AB, B, C, D.

MAY 2020

2	Hampton Lovett Abberley The Hampstall Inn-Bluebell Walk	A, AB, B, C, D.
9	Wombourne Station Hampton Lovett Kinver Edge-Blakeshall Lane	A, B, AB, C, D.
16	Rock	All Groups
23	Waseley Hills Country Park Hampton Lovett	A, AB, B, C, D.
30	Kinver Edge-Rock Houses Belbroughton	A, AB, B, C, D.

JUNE 2020

6	Astley Village Hall—18 th Anniversary Picnic	All Groups
13	Neen Savage Hawkbatch	A, AB, B, C, D.
20	Hawkbatch Croome Court Neen Savage	A, AB, B, C, D.
27	Martley	All Groups

THURSDAY HEALTH WALKS

CP= CAR PARK * FEE PAYABLE

JAN 2020

2	NO WALK	
9	Chaddesley Corbett Rowberry's Garden Centre	DY10 4QN
16	Wolverley The Lock Inn CP	DY10 3RN
23	Bewdley Gardners Meadow CP*	DY12 2DG
30	Stourport Civic Centre CP*	DY13 8UJ

FEB 2020

6	Wyre Forest-VC CP* Meal at the Plough Inn Far Forest.	DY14 9XQ
13	Chaddesley Corbett Rowberry's Garden Centre	DY10 4QN
20	Enville The Sports Pavilion	DY7 5HB
27	Wolverley The Lock Inn CP	DY10 3RN

MARCH 2020

5	Bewdley Gardners Meadow CP*	DY12 2DG
12	Stourport Civic Centre CP*	DY13 8UJ
19	Wyre Forest Visitor Centre CP*	DY14 9XQ
26	Chaddesley Corbett Rowberry's Garden Centre	DY10 4QN

APRIL 2020

2	Harvington Hall ---Collection	DY10 4LR
9	Enville The Sports Pavilion	DY7 5HB
16	Wolverley The Lock Inn CP	DY10 3RN
23	Bewdley Gardners Meadow CP*	DY12 2DG
30	Stourport Civic Centre CP*	DY13 8UJ

MAY 2020

7	Wyre Forest Visitor Centre CP*	DY14 9XQ
14	Chaddesley Corbett Rowberry's Garden Centre	DY10 4QN
21	Droitwich Lido CP* Special Event	WR9 8AG
28	Enville The Sports Pavilion	DY7 5HB

JUNE 2020

4	Harvington Hall -Collection	DY10 4LR
11	Wolverley The Lock Inn CP	DY10 3RN
18	Bewdley Gardners Meadow CP*	DY12 2DG
25	Stourport Civic Centre CP*	DY13 8UJ

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

Take Heart, Wyre Forest Heart Support Group

www.wyreforesttakeheart.org.uk

hfholidays

www.hfholidays.co.uk



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WALKING FOR HEALTH

JANUARY TO JUNE 2020

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 Sport England. 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. 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. The Progression Walks use the Public Rights of Way with stiles and footbridges.

Group A 6 to 7.5 miles; Group AB 5 to 6 miles; Group B 4 to 5.5 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.

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.