

## SATURDAY VENUES

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

<b>Abberley</b> : Village Hall CP*	<b>WR6 6AZ</b>
<b>Astley</b> Village Hall CP*	<b>DY13 0RF</b>
<b>Alveley</b> Severn Valley CP*	<b>WV15 6NG</b>
<b>Baggeridge</b> Country Park CP*	<b>DY3 4AF</b>
<b>Barnett Hill</b> : Garden Centre	<b>DY9 0EE</b>
<b>Belbroughton</b> : Private Paddock CP* <b>Collection for Retinitis Pigmentosa</b>	<b>DY9 9TH</b>
<b>Bewdley</b> : Gardners Meadow CP*	<b>DY12 2DU</b>
<b>Blackstone</b> : Blackstone CP	<b>DY12 1PU</b>
<b>Bromsgrove: Sanders Park CP</b>	<b>B61 7JP</b>
<b>Chaddesley Corbett:</b> Rowberry's Garden Centre CP	<b>DY10 4QN</b>
<b>Clent</b> : Nimmings CP* (NT)	<b>B62 0NL</b>
<b>Comer Woods CP* [NT]</b> Dudmaston Hall Estate	<b>WV15 6QL</b>
<b>Croome Court[NT] CP</b>	<b>WR8 9DW</b>
<b>Dodford</b> : The Park Gate £1 per person	<b>B61 9AJ</b>
<b>Droitwich Gateway Park-CP*</b> Hanbury Road	<b>WR9 7DU</b>
<b>Enville NT Car Park, Kingsford Lane</b>	<b>DY7 5NP</b>
<b>Hagley:</b> Haybridge School, Station Rd <b>Collection for school funds £1 per person</b>	<b>DY8 2XL</b>
<b>Hampton Loade</b> : CP* (NT)	<b>WV15 6HD</b>
<b>Hampton Lovett</b> Parish Room CP*	<b>WR9 0LU</b>
<b>Hartlebury Common</b>	<b>DY13 9JB</b>
<b>Harvington</b> : The Dog Inn CP	<b>DY10 4LN</b>
<b>Hawkbatch</b> : Forestry CP	<b>DY12 3AF</b>
<b>Kinver</b> : Community Sports Centre	<b>DY7 6ET</b>
<b>Kinver Edge</b> The Rock Houses	<b>DY7 5NR</b>
<b>Kinver Edge [NT]</b> CP Kingsford Lane	<b>DY7 5NP</b>
<b>Kinver Edge</b> Blakeshall Lane	<b>DY11 5XT</b>
<b>Mamble</b> : Picnic Layby on A456	<b>DY14 9JN</b>
<b>Martley</b> Sports Martley / High School	<b>WR6 6QA</b>
<b>Neen Savage</b> : Village Hall CP*	<b>DY14 8JU</b>
<b>Omersley A;AB;B</b> roadside: C&D Cricket Club	<b>WR9 0EP</b>
<b>Rock</b> : Millennium Field CP	<b>DY14 9SD</b>
<b>Spennells:</b> Heronswood Road	<b>DY10 4EE</b>
<b>Spennells</b> The Dog Harvington	<b>DY10 4LN</b>
<b>The Hampstall Inn Astley Burf</b>	<b>DY13 0RY</b>
<b>The Lenchford Inn Shrawley</b>	<b>WR6 6TB</b>
<b>Trimpley</b> : Eymore Woods CP	<b>DY12 1PH</b>
<b>Waseley Hills Country Park CP*</b>	<b>B45 9AT</b>
<b>Wolverley High School Bus CP</b>	<b>DY11 5XH</b>
<b>Wombourne Station</b> CP Bratch Lane	<b>WV5 9AB</b>

## SATURDAY PROGRESSION WALKS

### JULY 2019

<b>6</b>	Hampton Lovett Kinver Edge-Kingsford Lane Waseley Hills Country Park	A. AB, B. C, D.
<b>13</b>	Droitwich Wolverley Bewdley	A AB, B. C, D.
<b>20</b>	Abberley Chaddesley Corbett Wombourne Station	A, AB. B. C, D.
<b>27</b>	Hampton Loade Comer Woods Car Park	A, AB, C, D. B

### AUGUST 2019

<b>3</b>	Chaddesley Corbett Dodford Hagley	A. AB, B. C, D.
<b>10</b>	Waseley Hills Country Park Chaddesley Corbett	A, AB, B. C, D.
<b>17</b>	Barnett Hill Bewdley Trimpley	A, AB B C, D.
<b>24</b>	Picnic Walk Astley Village Hall	All Groups
<b>31</b>	Blackstone Omersley The Lenchford Inn Hartlebury Common	A AB B C, D

### SEPT 2019

<b>7</b>	Belbroughton Mamble	AB, B, C, D. A.
<b>14</b>	Rock	All Groups
<b>21</b>	Trimpley Chaddesley Corbett Blackstone	A, B. AB. C, D.
<b>28</b>	Harvington-The Dog Inn Enville Hampton Lovett	A, B. AB C, D.

### OCT 2019

<b>5</b>	Bromsgrove Hampton Lovett Omersley Harvington—The Dog Inn	A AB B C, D.
<b>12</b>	Hartlebury Common Blackstone Omersley	A AB, B. C, D.
<b>19</b>	Clent  The Hampstall Inn	A, AB.  B, C, D.
<b>26</b>	Martley	All Groups

### NOV 2019

<b>2</b>	Neen Savage Hawkbatch	A, AB, B. C, D.
<b>9</b>	Hawkbatch Neen Savage	A, AB, B. C, D.
<b>16</b>	Alveley	All Groups
<b>23</b>	Omersley Hartlebury Common Kinver	A AB, B. C, D.
<b>30</b>	Kinver Edge-Rock Houses Kinver Edge-Kingsford Lane Kinver Edge-Blakeshall Lane	A AB, B. C, D.

### DEC 2019

<b>7</b>	Hagley Bewdley Spennells-Heronswood Road	A, B. AB C, D.
<b>14</b>	The Hampstall Inn Hampton Lovett Wolverley	A, AB. B C, D.
<b>21</b>	The Lenchford Inn Barnett Hill	A, AB. B, C, D.
<b>28</b>	Hampton Loade Comer Woods Car Park	A, AB, C, D. B

## THURSDAY HEALTH WALKS

CP = Car Park \*Fee Payable

### JULY 2019

4	Chaddesley Corbett-Rowberry's Garden Centre + 11 <sup>th</sup> Anniversary Meal at The Fox Inn Chaddesley Corbett	DY 10 4QN
11	Harvington Hall –Collection	DY10 4LR
18	Wolverley The Lock Inn CP	DY10 3RN
25	Bewdley Gardners Meadow CP*	DY12 2DG

### AUG 2019

1	Stourport Civic Centre CP*	DY13 8UJ
8	Enville The Sports Pavilion	DY7 5HB
15	Brinton Park Sutton Road CP	DY11 6QT
22	Chaddesley Corbett-Rowberry's Garden Centre	DY10 4QN
29	Harvington Hall –Collection	DY10 4LR

### SEPT 2019

5	Wolverley The Lock Inn CP	DY10 3RN
12	Bewdley Gardners Meadow CP*	DY12 2DG
19	Stourport Civic Centre CP*	DY13 8UJ
26	Enville The Sports Pavilion	DY7 5HB

### OCT 2019

3	Wyre Forest VC CP*	DY14 9XQ
10	Chaddesley Corbett-Rowberry's Garden Centre OR EVENT TO BE ARRANGED	DY10 4QN
17	Wolverley The Lock Inn CP	DY10 3RN
24	Bewdley Gardners Meadow CP*	DY12 2DG
31	Stourport Civic Centre CP*	DY13 8UJ

### NOV 2019

7	Enville The Sports Pavilion	DY7 5HB
14	Wyre Forest VC CP*	DY14 9XQ
21	Chaddesley Corbett-Rowberry's Garden Centre	DY10 4QN
28	Wolverley The Lock Inn CP	DY10 3RN

### DEC 2019

5	Bewdley Gardners Meadow CP*	DY12 2DG
12	Enville The Sports Pavilion	DY7 5HB
19	NO WALK	
26	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](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 11.00am.

Associated web sites:

**Ramblers:**

[www.walkingforhealth@ramblers.org.uk](http://www.walkingforhealth@ramblers.org.uk)

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

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

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



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## WALKING FOR HEALTH

### JULY---DECEMBER 2019

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.. 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.