

## SATURDAY VENUES

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

|  |          |
|--|----------|
| <b>Astley</b> Village Hall CP  | DY13 0RF |
| <b>Alveley</b> Severn Valley CP*   | WV15 6NG |
| <b>Barnett Hill</b> : Garden Centre CP*  | DY9 0EE  |
| <b>Belbroughton</b> 10 Church Fm Bradford Lane *   | DY9 9TF  |
| <b>Bewdley</b> Gardners Meadow CP*   | DY12 2DU |
| <b>Blackstone</b> : A456 CP  | DY12 1PU |
| <b>Burlish Meadows CP</b> Kingsway   | DY13 8NA |
| <b>Chaddesley Corbett</b> Village Hall CP*   | DY10 4QA |
| <b>Clent</b> : Nimmings CP* (NT)   | B62 0NL  |
| <b>Comer Woods CP</b> *[NT] Dudmaston Hall Estate  | WV15 6QL |
| <b>Enville NT Car Park Kingsford Lane</b>  | DY7 5NP  |
| <b>Great Witley Village Hall CP A443</b>   | WR6 6HR  |
| <b>Hagley</b> : Haybridge School, Station Rd.<br>Collection for school funds £1 per person | DY8 2XL  |
| <b>Hampton Loade</b> : CP* [NT]  | WV15 6HD |
| <b>Hampton Lovett Parish Room CP*</b>  | WR9 0LU  |
| <b>Hartlebury Common</b>   | DY13 9JB |
| <b>Harvington</b> : The Dog Inn CP   | DY10 4LN |
| <b>Harvington Hall</b> Overflow CP Collection  | DY10 4LR |
| <b>Hawkbatch</b> : Forestry CP   | DY12 3AF |
| <b>Himley Hall</b> : at Himley CP*   | DY3 4DF  |
| <b>Himley Old Station CP</b> Himley Lane   | DY3 4LN  |
| <b>Kinver</b> : Community Sports Centre  | DY7 6ET  |
| <b>Kinver Edge</b> The Rock Houses   | DY7 5NR  |
| <b>Kinver Edge</b> [NT] CP Kingsford Lane  | DY7 5NP  |
| <b>Kinver Edge</b> Blakeshall Lane   | DY11 5XT |
| <b>Martley Church CP</b>   | WR6 6QA  |
| <b>Neen Savage</b> : Village Hall CP*  | DY14 8JU |
| <b>Ombersley</b> Parking at the Cricket Club CP*   | WR9 0EP  |
| <b>Ribbesford Church CP</b>  | DY12 2TQ |
| <b>Rock</b> : Millennium Field CP  | DY14 9SD |
| <b>Sawmill CP</b> *[NT] Dudmaston Estate   | WV15 6QW |
| <b>Spennells</b> : Heronswood Road   | DY10 4EE |
| <b>The Hampstall Inn</b> Astley Burf   | DY13 0RY |
| <b>The Lenchford Inn</b> Shrawley  | WR6 6TB  |
| <b>Trimpley</b> Reservoir CP   | DY12 1PH |
| <b>Waseley Hills Country Park CP*</b>  | B45 9AT  |
| <b>White Wickets Park</b> Franche Road   | DY11 5AL |
| <b>Wolverley High School Bus CP</b>  | DY11 5XH |
| <b>Wombourne Station CP</b> Bratch Lane  | WV5 9AB  |
|  |          |

## SATURDAY PROGRESSION WALKS

### JAN 2023

|    |  |                  |
|----|--|------------------|
| 7  | Blackstone A456<br>Ribbesford Church<br>White Wickets Park       | A.<br>B<br>C, D. |
| 14 | Bewdley<br>Blackstone<br>Harvington Hall                         | A<br>B<br>C, D.  |
| 21 | Burlish Meadows<br>Wolverley<br>Wombourne Station<br>Himley Hall | A<br>B<br>C<br>D |
| 28 | Hagley<br>Hartlebury Common<br>Waseley Hills Country Park        | A<br>B<br>C, D.  |

### FEB 2023

|    |  |                 |
|----|--|-----------------|
| 4  | Wolverley<br>Hampton Lovett<br>Barnett Hill    | A<br>B<br>C,D.  |
| 11 | Kinver<br>Blackstone A456                      | A, B.<br>C, D.  |
| 18 | Clent<br>Spennells –Heronswood Rd.<br>Trimpley | A<br>B<br>C, D. |
| 25 | Ombersley<br>Hagley                            | A, B.<br>C, D.  |
|    |  |                 |

### MARCH 2023

|    |   |                   |
|----|---|-------------------|
| 4  | Martley Church<br>Harvington Hall<br>Hartlebury Common<br>Burlish Meadows | A.<br>B<br>C<br>D |
| 11 | Kinver Edge-Rock Houses<br>Chaddesley Corbett<br>Bewdley                  | A<br>B.<br>C, D.  |
| 18 | Hampton Lovett<br>Bewdley<br>Ombersley                                    | A.<br>B<br>C, D.  |
| 25 | Sawmill Car Park<br>Hampton Loade   | A, B.<br>C, D.    |

## APRIL 2023

|    |   |                   |
|----|---|-------------------|
| 1  | Barnett Hill<br>Burlish Meadows<br>Hartlebury Common              | A, B.<br>C.<br>D. |
| 8  | The Lenchford Inn<br>Enville<br>Wolverley                         | A<br>B<br>C, D.   |
| 15 | Chaddesley Corbett<br>Martley Church<br>Spennells-Heronswood Road | A.<br>B<br>C, D.  |
| 22 | Belbroughton  | All Groups        |
| 29 | The Hampstall-Bluebell Walk<br>Kinver                             | A, B.<br>C, D.    |

### MAY 2023

|    |   |                |
|----|---|----------------|
| 6  | Great Witley Village Hall<br>The Hampstall Inn-Bluebell<br>Walk | A, B.<br>C, D. |
| 13 | Alveley<br>Kinver Edge-Blakeshall Lane                          | A, B.<br>C, D. |
| 20 | Rock<br>Barnett Hill  | A, B.<br>C, D. |
| 27 | Waseley Hills Country Park<br>Hampton Lovett                    | A, B<br>C, D.  |
|    |   |                |

### JUNE 2023

|    |  |                      |
|----|--|----------------------|
| 3  | Astley Village Hall 21st<br>Anniversary Picnic     | All Groups           |
| 10 | Neen Savage<br>Hawkbatch                           | A, B.<br>C, D.       |
| 17 | Hawkbatch<br>Neen Savage                           | A., B.<br>.<br>C, D. |
| 24 | Himley Old Station<br>The Lenchford Inn<br>Alveley | A<br>B<br>C, D.      |

## THURSDAY HEALTH WALKS

CP= CAR PARK \* FEE PAYABLE

### JAN 2023

|    |   |          |
|----|---|----------|
| 5  | Stourport Civic Centre CP*                          | DY13 8UJ |
| 12 | Wolverley The Lock Inn CP                           | DY10 3RN |
| 19 | NO WALK Christmas Meal at the Plough Inn Far Forest | DY14 9TE |
| 26 | Springfield Park Kidderminster                      | DY10 2PS |

### FEB 2023

|    |                               |          |
|----|-------------------------------|----------|
| 2  | Bewdley 1 Gardners Meadow CP* | DY12 2DG |
| 9  | Stourport Civic Centre CP*    | DY13 8UJ |
| 16 | Envile The Sports Pavilion    | DY7 5HB  |
| 23 | Wolverley The Lock Inn CP     | DY10 3RN |

### MARCH 2023

|    |                                |          |
|----|--------------------------------|----------|
| 2  | Springfield Park Kidderminster | DY10 2PS |
| 9  | Bewdley 2 Gardners Meadow CP*  | DY12 2DG |
| 16 | Brinton Park Sutton Road CP    | DY11 6QT |
| 23 | Stourport Civic Centre CP*     | DY13 8UJ |
| 30 | Envile The Sports Pavilion     | DY7 5HB  |

### APRIL 2023

|    |                                |          |
|----|--------------------------------|----------|
| 6  | Harvington Hall                | DY10 4LR |
| 13 | Springfield Park Kidderminster | DY10 2PS |
| 20 | Bewdley 1 Gardners Meadow CP*  | DY12 2DG |
| 27 | Wolverley The Lock Inn CP      | DY10 3RN |

### MAY 2023

|    |                                |          |
|----|--------------------------------|----------|
| 4  | Envile The Sports Pavilion     | DY7 5HB  |
| 11 | Harvington Hall                | DY10 4LR |
| 18 | Springfield Park Kidderminster | DY10 2PS |
| 25 | Bewdley 2 Gardners Meadow CP*  | DY12 2DG |

### JUNE 2023

|    |                                |          |
|----|--------------------------------|----------|
| 1  | Brinton Park Sutton Road CP    | DY11 6QT |
| 8  | Stourport Civic Centre CP*     | DY13 8UJ |
| 15 | Harvington Hall                | DY10 4LR |
| 22 | Springfield Park Kidderminster | DY10 2PS |
| 29 | Envile 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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## WALKING FOR HEALTH

### JANUARY TO JUNE 2023

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.