

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
Comer Woods CP*[NT] Dudmaston Hall Estate	WV15 6QL
Envile NT Car Park Kingsford Lane	DY7 5NP
Great Witley Village Hall CP A443	WR6 6HR
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
Harvington Hall Overflow CP Collection	DY10 4LR
Hawbatch : Forestry CP	DY12 3AF
Himley Hall: at Himley CP*	DY3 4DF
Himley Old 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
Martley Church CP	WR6 6QA
Neen Savage : Village Hall CP*	DY14 8JU
Ombersley Parking at the Cricket Club CP*	WR9 0EP
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
Trimley 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 2023

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

FEB 2023

4	Wolverley Hampton Lovett Barnett Hill	A B C, D.
11	Kinver Blackstone A456	A, B. C, D.
18	Clent Spennells -Heronwood Rd. Trimley	A B C, D.
25	Ombersley Hagley	A, B. C, D.

MARCH 2023

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

APRIL 2023

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

MAY 2023

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

JUNE 2023

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

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 10.30am.

Associated web sites:

www.worcestershire.gov.uk/healthwalks

www.hfholidays.co.uk

Affiliated to hf holidays

Take Heart, Wyre Forest Heart Support Group

www.wyreforestartheart.org.uk



Copied by:
The Best Copy Shop
1 Blackwell Street
Kidderminster
Worcs
DY10 2DP
01562 827 649



KIDDERMINSTER

Affiliated to hf holidays



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.