

Health Walks in Frome

All the walks are between 1 – 4 miles in distance and can take from 45 minutes to 2 hours.

The walks will be at a moderate pace, which is where you feel slightly warm, your breathing gets faster but you are still able to hold a conversation.

Health walks are ideal for people who want to improve their general health and well being. They are suitable for people of all ages and it is a fun way to take up walking in a safe and sociable atmosphere.

Mendip health walks are led by qualified walks leaders.

A few general points:

- All walks are free of charge
- Please come prepared with suitable footwear and clothing
- Please bring a drink
- Please turn up on time at the designated meeting point for a prompt departure
- As courtesy to other walkers, please note that dogs are only allowed on non-extendable leads.

Grading of the Walks



Level 1 – Flat roads or tracks & may include town walking













Level 2 – Uneven ground, contains fields, stiles and gates.



Level 3 – Inclines included, rough ground, open hills, in addition to level 1 & 2.

For further information please contact Mendip District Council
on 01749 648999

Health walks in Frome

Date	Walk	Meeting Place	Level
Friday September 7 10.30 start	Market Yard (2 miles)	Meet at Market Yard (near the toilets), Frome, BA11 1B4. Pay & display available.	
Saturday September 8 11am start	North Parade (3 miles)	Outside Frome Museum, 1 North Parade, Frome, BA11 1AT	
Saturday September 15 10am start	Kilmersdon & Babington (2.75 miles)	Kilmersdon Village Hall, off the B3139 Kilmersdon Hill, BA3 5TG	
Friday September 21 10.30am start	Little Keyford (2 miles)	Little Keyford Lane, Frome (at the junction of Manor Road & Little Keyford Lane), BA11 5BT. Road parking only	
Friday October 5 10.30am start	Market Yard (2.5 miles)	Meet at Market Yard (near the toilets), Frome, BA11 1B4. Pay & display available.	
Friday October 19 10.30am start	Frome Walk (1 miles)	Outside Cheese & Grain, Market Yard, Frome, BA11 1BE. Pay & display available.	
Saturday October 20 10am start	Kilmersdon & Babington (2.75 miles)	Kilmersdon Village Hall, off the B3139 Kilmersdon Hill, BA3 5TG	
Friday November 2 10.30am start	Orchardleigh Walk (4 miles)	The Farmers Arms Pub, Spring Gardens, Frome, BA11 2NY	
Saturday November 3 10am start	Kilmersdon & Babington (2.75 miles)	Kilmersdon Village Hall, off the B3139 Kilmersdon Hill, BA3 5TG	
Saturday November 10 11am start	Millennium Trail (1 mile)	Outside Frome Museum, 1 North Parade, Frome, BA11 1AT	
Friday November 16 10.30am start	Badcox Walk (1 miles)	Badcox Car Park, Nr Nunney Road, Frome. Free Parking for 2 hours	