

WHAT ARE OUR WALKS LIKE?

The walks are easy country and town walks designed to allow you to develop a regular walking habit to improve health, meet new people and become part of a social group with similar interests.

All you need to do is to turn up 10 minutes before the published time, with suitable footwear and clothing, to match the day's weather conditions.

Grade 1 walks lasts between 30 & 60 minutes (which is up to 1.5 miles).

Grade 2 walks lasts between 75 & 90 minutes (which is between 2 & 3 miles).

Please see the **Grade 1 & 2** walk details in the second column overleaf.

Best Foot Forward Longer Progression Walks Grade 3

We like to offer progression walks, giving the opportunity for those able, to take part in longer walks of 5 to 6 miles, of 2 to 3 hours duration.

Please see the **Grade 3** walk details in the 1st and 3rd columns overleaf.

For more information please contact:-

Tony on **07990 381680**

or email: info@bff-wyreforest.co.uk

You can also find us on:-

www.bff-wyreforest.co.uk

and



Best Foot Forward (Wyre Forest)

HEALTH WALK LEVELS

Grade 1 (30 – 60 minutes)

Distance: Up to 1.5 miles

Suitable for: - People who have mobility problems or who do little physical activity.

Walks are: Flat, with hard surfaced paths and pavements. NO steep hills, steps or stiles and suitable for wheelchairs or buggies.

Grade 2 (75 – 90 minutes)

Distance: Between 2-3 miles

Suitable for: - People who take part in a small amount of exercise or who wish to increase the amount they do.

Walks are: Along paths and pavements, sometimes with slopes, steps and stiles.

Grade 3 Progression Walks (2 - 3 hours)

Distance: Approximately 5 to 6 miles

Suitable for: - People who regularly walk in the countryside or who have taken part in health walks for a prolonged period of time.

Walks are: more demanding than the other Health Walks. Terrain at times will be uneven and steep. Stiles are likely to be encountered.

Whenever possible we try to finish
our walk at a local pub or café
for light refreshment!



Pub



Cafe

WORCESTERSHIRE
HEALTH WALKS



**BEST FOOT FORWARD
WYRE FOREST**

Autumn/Winter 2025/26

Why not join us for a walk ...



worcestershire
county council

BFF Monthly Saturday Long Walks

Progression Walks - Grade 3

Start times and venues vary, as given below.

Grade levels expectation of walks are given overleaf.

Oct 4th **Meet at 9.50 for 10am Start**
The Gardener's Arms, Droitwich
WR9 8LU SO 90066 63600

Nov 1st **Meet at 9.50 for 10am Start**
The Crown Inn Car Park, Iwerley
DY8 2RX SO 88341 81445

Dec 6th **Meet at 9.50 for 10am Start**
Severn Valley Country Park
WV15 6HG SO 75420 83933

Jan 1st **Meet at 10.20 for 10.30am Start**
The Lock Inn Car Park, Wolverley
DY10 3RN SO 83084 79161

Feb 7th **Meet at 9.45 for 9.55am Start**
Load St Bus Stop, Bewdley for bus
125 to Button Oak
DY12 2AF SO 78692 75382

Mar 7th **Meet at 9.50 for 10am Start**
Habberley Valley Car Park
DY11 5RH SO 802925 77485

Apr 4th **Meet at 9.50 for 10am Start**
The Robin Hood Inn, Drayton
DY9 0BW SO 90586 75912

Please Note:-

Dogs are welcome on the walks, on a short lead, at the back of the walkers and always under control.

Whilst dogs are welcome on our walks, we can't hold up the walks for them.

BFF Weekly Health Walks Near You

All the walks below start from the same base each week, but routes vary.

Bewdley Walk **Grade 2** 
Every Tuesday (12.50 for 1pm for 75-90mins)
Meet at Dog Lane Car Park, Bewdley. DY12 2EF

Bewdley Shorter Walk **Grade 1-2** 
Every Tuesday (1.20 for 1.30pm for 75mins)
Meet at Dog Lane Car Park, Bewdley. DY12 2EF

Stourport Walk **Grade 2** 
Every Wednesday (1.50 for 2pm for 90mins)
Meet at Lidl Car Park, Stourport. DY13 8YJ

Stourport Very Short Walk **Grade 1** 
2nd and 4th Wednesday of the month
(2.20 for 2.30pm for 30-60mins)
Meet at Severn's Club Car Park. DY13 8SB

Wolverley Walk **Grade 2** 
Every Thursday for 75-90mins
April to Sept - 5.50 for 6pm start
Oct to Mar - 10.50 for 11am start
Meet at The Queens Head, Wolverley. DY11 5XB

Springfield Walk **Grade 2** 
Every Saturday
9.50 for 10am start for 90-120mins walk
with a 30mins mid-walk break for refreshments.
Meet at Springfield Park, Kidderminster. DY10 2PY

Springfield Short Walk **Grade 1** 
All Saturdays - EXCEPT 1st Saturday in month
10.20 for 10.30am start for about 60mins
Meet at Springfield Park, Kidderminster. DY10 2PY

BFF Monthly Midweek Long Walks

Progression Walks - Grade 3

All the walks below meet at 1.50 for 2pm start.

Grade levels expectation of walks are given overleaf.

Thursday 16th October

The Queens Head Car Park, Wolverley
DY11 5XB SO 82864 79418

Wednesday 19th November

Lidl Car Park, Vale Road, Stourport
DY13 8YJ SO 81232 71631

December Please Note:-

Early poor light means that a Midweek Long Walk in December will not take place.

Tuesday 20th January

Dog Lane Car Park, Bewdley
DY12 2EF SO 78526 75461

Thursday 19th February

The Old House at Home, Blakedown
DY10 3JE SO 87913 78380

Wednesday 18th March

Wilden Top Car Park, Stourport
DY13 9JD SO 82647 71402

Tuesday 21st April

Hawkbatch Wood Car Park, Button Oak
DY12 3AG SO 76112 77679

Please Note:-

Care Workers and/or Care Support Staff:

If a Carer or Care Support Worker feels that a companion or client may benefit from one of our walks, then we require the Carer to accompany the client throughout the entire walk.