

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 last between 30 & 60 minutes (which is up to 1.5 miles).

Grade 2 walks last between 75 & 90 minutes (which is about 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: About 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**

Spring/Summer 2026

Why not join us for a walk ...

 **worcestershire**
county council

BFF Monthly Saturday Long Walks

Progression Walks - Grade 3

All the walks below meet at 9.50 for 10am start.

Grade levels expectation of walks are given overleaf.

Saturday 4th April

The Old House at Home, Blakedown
DY10 3JE SO 87922 78394

Saturday 2nd May

The Swan Inn Car Park, Chaddesley Corbett
DY10 4SD SO 89254 73752

Saturday 6th June

The Hampton Loade NT Car Park
WV15 6HD SO 74736 86576

Saturday 4th July

The Wharf Inn Car Park, Holt Fleet
WR6 6NN SO 82639 63430

Saturday 1st August

Cleobury Mortimer Church
DY14 8BX SO 67393 75768

Saturday 5th September

The Hampstall Inn, Astley Burf
DY13 0RY SO 81315 67870

Saturday 3rd October

The Gardener's Arms, Vines Lane, Droitwich
WR9 8LU SO 90066 63600

Please Note:-

Dogs are welcome on our walks:

(At the discretion of the Walk Leader)

On a short lead, at the back of the walkers and always under control, but 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.

Tuesday 21st April

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

Third week in May

No Monthly Midweek Long Walk this month.
Due to our annual coach trip to Broadway.

Wednesday 17th June

Astley & Dunley Village Hall, Ridleys Cross
DY13 0RF SO 80093 68717

Thursday 16th July

Blakeshall Lane Car Park, Kinver
DY11 5XT SO 83603 82093

Tuesday 18th August

Blackstone Picnic Site, Bewdley
DY12 1PU SO 79627 74450

Wednesday 16th September

Burlish Meadows Car Park, Stourport
DY11 7DY SO 81085 73205

Thursday 15th October

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

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 them to accompany them throughout the entire walk.