Events & Notices

New Year's Day walk from the Lock Inn, Wolverley starting at 10:30am.

26th May: Broadway Walks

15th September: Holiday to Scarborough

September: AGM to be confirmed.

Christmas Celebration to be arranged.

Other social events arranged as and when.

All walks are free

No need to book. Just turn up 10 minutes before the start.

Hot Weather

If at the time of the walk the temperature is 25°C or above the walk will be cancelled. An alternative morning walk may be offered which will be published on Facebook.

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.

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 for them to be accompanied throughout the walk.

For more information please 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

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 a part of a social group with similar interests.

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 mins)

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 **Café**

WORCESTERSHIRE
HEALTH WALKS



BEST FOOT FORWARD
WYRE FOREST

2027



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.

FRIDAY 1ST JANUARY - NEW YEAR'S DAY
Meet at 10.20 for 10.30 start
The Lock Inn, Wolverley DY10 3RN

6TH FEBRUARY
Meet at Load Street Bus Stop, Bewdley DY12 2AF
for the 09:54am 125 bus to Button Oak DY12 3AL

6TH MARCH
Habberley Valley Car Park, Bewdley DY11 5RH

3RD APRIL
The Old House at Home, Blakedown DY10 3JE

1ST MAY
The Swan Inn Car Park, Chaddesley Corbett DY10 4SD

5TH JUNE
The Hampton Loade NT Car Park WV15 6HD

3RD JULY
The Wharf Inn Car Park, Holt Fleet WR6 6NN

7TH AUGUST
Cleobury Mortimer Church DY14 8BX

4TH SEPTEMBER
The Hampstall Inn, Astley Burf DY13 0RY

2ND OCTOBER
The Gardener's Arms, Vines Lane, Droitwich WR9 8LU

6TH NOVEMBER
The Crown Inn Car Park, Iverley DY8 2RX

4TH DECEMBER
Severn Valley Country Park WV15 6HG

BFF Weekly Health Walks

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

Bewdley Walk — Grade 2
Every Tuesday
12.50 for 1pm start; for 75-90 mins
Meet at Dog Lane Car Park, Bewdley DY12 2EF

Bewdley Short Walk — Grade 1-2
Every Tuesday
1.20 for 1.30pm start; for 75 mins
Meet at Dog Lane Car Park, Bewdley DY12 2EF

Stourport Walk — Grade 2
Every Wednesday
1.50 for 2pm start; for 90 mins
Meet at Lidl Car Park, Stourport DY13 8YJ

Stourport Short Walk — Grade 1
2nd and 4th Wednesday of the month
2.20 for 2.30pm start; for 30-60 mins
Meet at Severn's Club Car Park, Stourport DY13 8SB

Wolverley Walk — Grade 2
Every Thursday for 75-90 mins
All year starts at 11.00am
Except 1st April – 30th September when first Thursday of the month starts at 6:00pm
Meet at The Queens Head, Wolverley DY11 5XB

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

Broadwaters Park Short Walk — Grade 1
All Saturdays - **except** 1st Saturday in month
11.20 for 11.30am start for about 60 mins
Broadwaters Mill Car Park, Kidderminster, DY10 2RZ. Toilets & Refreshments available at the nearby Hare & Hounds Pub

BFF Monthly Midweek Long Walks

Progression Walks Grade 3

All walks below meet at 1.50 for 2pm start.
Grade levels expectation of walks are given overleaf.

WEDNESDAY 20TH JANUARY Stourport
Wilden Top Car Park DY13 9JD

THURSDAY 18TH FEBRUARY Wolverley
The Queens Head Car Park DY11 5XB

TUESDAY 16TH MARCH Bewdley
Blackstone Picnic Place DY12 1PU

WEDNESDAY 21ST APRIL Stourport
Astley & Dunley Village Hall DY13 0RF

MAY
No monthly Midweek Long walk, due to our annual coach trip to Broadway

THURSDAY 17TH JUNE Wolverley
Blakeshall Lane Car Park, Kinver DY11 5XT

TUESDAY 20TH JULY Bewdley
Hawkbatch Wood Car Park, Button Oak DY12 3AG

WEDNESDAY 18TH AUGUST Stourport
Lidl Car Park DY13 8YJ

THURSDAY 16TH SEPTEMBER Wolverley
Old House at Home, Blakedown DY10 3JE

TUESDAY 19TH OCTOBER Bewdley
Dog Lane Car Park DY12 2EF

WEDNESDAY 17TH NOVEMBER Stourport
Burlish Meadows Car Park DY11 7DY

DECEMBER
Early poor light means that there is no midweek long walk