**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 intentions. All you need to do is to turn up with suitable clothing to match the day’s weather conditions. Each walk lasts between 75-90 minutes which is about 2-3 miles. Paths can be uneven with slopes and sometimes steps and stiles.

**About BFF Longer Progression Walks Grade 3**

*Please note that these are not Walking for Health walks*

As a walking group, we like to offer a monthly progression walk giving an opportunity to take part in longer walks of approximately 5 miles / 2-3 hour duration. We also have a long progression walk on a weekday in the month. Please see the rota in the third column of the next page for details.

**BFF recommends** *

The use of Stourport Track Walk on Wednesdays at 10.30am. This accommodates all ability ranges. Charges apply.

**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 (a general target of 75 – 90 mins approx)**

**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)**  
**Not Walking for Health walks**

**Distance:** Approximately 5 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 a health walk. 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!**

**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 (a general target of 75 – 90 mins approx)**

**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)**  
**Not Walking for Health walks**

**Distance:** Approximately 5 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 a health walk. 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!**
**BFF MONTHLY Saturday LONG WALKS**

Progression Walks Grade 3
These are NOT Walking for Health Walks
Listed below are walks that last around 2-3 hours. These walks are over demanding terrain and are MORE STRENUIOUS and faster than a health walk. The Long Walks will take place on the FIRST SATURDAY OF EACH MONTH, meeting at the times stated for each walk. And approximately 5-6 miles long.

- **Oct 5th**
  - Meet at 9.50 for 10am
    - The New Inn, Shrawley
    - WR6 6TE SO 798 662

- **Nov 2nd**
  - Meet at 9.50 for 10am
    - Cleobury Mortimer Church
    - DY14 8BS SO 674 758

- **Dec 7th**
  - Meet at 9.50 for 10am
    - Severn Valley Country Park
    - WV15 6NG SO 760 841

- **Wed Jan 1st (NY)**
  - Meet at 10.50 for 11am
    - Lock Inn to walk to Cookley
    - DY10 3RN SO 831 792

- **Feb 1st**
  - Meet at 9.45 for 9.55 am
    - Load St Bus Stop, Bewdley for bus (125) to Button Oak
    - DY12 2EF SO 785 754

- **Mar 7th**
  - Meet at 9.50 for 10am
    - Habberley Valley Car Park
    - DY 11 5RD SO 802 774

- **Apr 4th**
  - Meet at 9.50 for 10am
    - THE Angel Pub, Stourport
    - DY13 9EW SO 811 170

_Dogs are welcome on all the walks, but please keep them on a short lead, at the back and under control at all times. We are a non-smoking walking group._

**BFF Weekly HEALTH WALKS NEAR YOU**

Most walks start from the same base each week, but routes vary. Every 2nd week in the month we provide a short 30 minute walk. Please meet 10 minutes early to permit a prompt start for all walks.

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

- **BEWDLEY SHORTER WALK**
  - Grade 1-2
  - Every Tuesday (12.50 for 1pm for 60 mins)
    - Meet at Dog Lane Car Park, Bewdley.

- **STOURPORT WALK**
  - Grade 2
  - Every Wednesday (1.50 for 2pm for 75-90 mins)
    - Meet at LIIDL Car Park, Stourport.

- **WOLVERLEY WALK**
  - Grade 2
  - Every Thursday @5.50 for 6pm start (April to Sept); 2.20 for 2.30pm start (Oct to Mar);
    - each for 75-90mins
    - Meet at The Lock Inn Car Park, Wolverley

- **SPRINGFIELD WALK**
  - Grade 2
  - Saturday 9.50 for 10am start, (90 - 120 mins walking approx)
    - (plus a 30 min mid-break for refreshments)
    - Meet at Springfield Park, Kidderminster
    - _This is not a WFH walk._

**TWICE MONTHLY STOURPORT SHORT WALK**

- **2nd and 4th Wednesdays of the month**
  - (1.50 for 2pm start, 30-60 mins walking)
    - Meet in LIIDL Car Park

**BFF MONTHLY Weekday LONG WALKS**

Progression Walks Grade 3
These are NOT Walking for Health Walks
Each will last 2-3 hours, be over demanding terrain and considerably faster than WFH walks. They are approximately 5-6 miles long.

- **Tuesday Oct 15th**
  - Meet at 12.50 for 1 pm (for 2-3 hrs)
    - In Bewdley, Dog Lane Car Park

- **Wednesday Nov 20th**
  - Meet at 1.50 for 2pm (for 2-3 hrs)
    - In Stourport, Lidl Car Park

**Please Note:**
Early poor light has meant that the committee have decided not to carry out a mid-week walk in December

- **Tuesday Jan 21st**
  - Meet at 12.50 for 1 pm (for 2-3 hrs)
    - In Bewdley Dog Lane Car Park

- **Wednesday Feb 19th**
  - Meet at 1.50 for 2pm (for 2-3 hrs)
    - In Stourport, Lidl Car Park

- **Thursday Mar 19th**
  - Meet at 2.20 for 2.30pm (for 2-3 hrs)
    - In Wolverley’s Lock Inn Car Park

_Details of walk levels are given overleaf.
For more information about these, or our monthly walks please contact:_

- Janet: 07752261533
- Alan or Cath: 07918130637

_You can find us on:_

- www.bff-wyreforest.co.uk
- Best Foot Forward [Wyre Forest]
- Or email: info@bff-wyreforest.co.uk