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 60-75 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

BFF recommends *

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

How can you BUILD WALKING into your daily routine?

- Walking distances less than a mile
- Park further away from the entrance to your supermarket
- Walk to your local corner shop
- Take a walking lunch
- Walk a friend’s dog or offer to go with them

Some tips to make your walk more enjoyable:

- Wear sturdy shoes with tread. Smooth soled shoes aren’t practical for wet slippery surfaces
- Use layers to keep warm, they can be removed if you get too warm
- If it looks like rain, wear a raincoat or bring an umbrella
- Bring sunscreen and insect repellant – and keep arms covered if possible
- Wear a hat especially if it's hot
- Bring a small bottle of water to drink during the walk

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 (approx. 75 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) Not Walking for Health walks
Distance: Up to 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! 🍺Pub 🍟Cafe
**BFF MONTHLY LONG WALKS**
Progression Walks Grade 3

*Please note 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 STRENUOUS 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.

*Oct 1st  Meet at 10 am* at The Hampstall Inn, Astley Burf  
DY13 0RY  SO 812 678

*Nov 5th  Meet at 10 am* By the Church in Cleobury Mortimer  
DY14 8BS  SO 674 758

*Dec 3rd  Meet at 10 am* Burlish Top and Rifle Range, meeting at Burlish Park Golf Club  
DY11 7DY  SO 381 273

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

*Feb 4th  Meet at 9.45 am* Button Oak to Bewdley, meeting at 9.55 Load St bus stop for (125) bus to Button Oak  
DY12 2EF  SO 785 754

*Mar 4th  Meet at 10 am* Habberley walk, meeting in Habberley Valley Car Park  
DY11 5RD  SO 802 774

*Apr 1st  Meet at 10 am* at The Angel Pub, Stourport  
DY13 9EW  SO 811 709

Dogs are welcome, but please keep on a short lead and under control at all times.

We are a non-smoking walking group

*First time walkers, or to discuss possible issues, please contact one of the above

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**BFF 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 (1pm for 75mins)  
Meet at Dog Lane Car Park, Bewdley.

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

**WOLVERLEY WALK**  Grade 2  
Every Thursday starting @ 6pm (after the last Saturday in March): 2.30pm (after the last Saturday in Sept); each for 75 mins  
Meet in the The Lock Inn Car Park, Wolverley

**SPRINGFIELD WALK**  Grade 2  
Saturday (10am for 75 mins)  
(plus a 30min mid-break for refreshments)  
Meet at Springfield Park, Kidderminster

**MONTHLY STOURPORT SHORT WALK**  Grade 1  
2nd Wednesday of the month (2pm for 30 mins.)  Meet in Lidl 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 also find us on:  
www.bff-wyreforest.co.uk  
Facebook: Best Foot Forward [Wyre Forest]

Or Email: info@bff-wyreforest.co.uk

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**BEST FOOT FORWARD**

**Wyre Forest**

**Autumn / Winter**

End Sept 2016 to End Mar 2017

Why not join us for a walk....