

Walk description

Enjoy a weekly health walk around the grounds of Himley Hall and Baggeridge Country Parks. An opportunity to meet new people and get fit at the same time.

Walks are approximately one and half-hours in length, using public footpaths, tracks and grass land. There are, on occasion, gentle hills to climb although an alternative route is provided for those wishing to avoid them. Mostly the ground can be described undulating.

An extended walk of approximately six and half-miles is provided at various local locations every fifth week. Details of these walks are on the back of the information sheet. For these extended walks it is recommended that walkers bring a drink and a snack with them.

Walkers should be aware that the longer walks are provided to allow participants to test themselves in a more demanding way than the normal Tuesday walks; therefore these walks often includes styles, muddy tracks, fields with cattle in and in some cases more than gentle hills.

Walk details

- DAY:** Every Tuesday.
TIME: Starting promptly at 10:00 am. Please arrive 15 minutes before the start time for registration.
MEETING POINT: The car park adjacent to the Café and golfers car park Himley Hall Park (small parking fee applies) DY3 4DF
POST CODE: DY3 4DF
INTENSITY: Flat to gentle hills
WALK LEADERS: Phil Mitchell, Graham Smith, Kay Cross, Rosina Ottewell and Maggie Squire.



The information on this flyer is for the February to end of September 2017 period.

For more information about this walk, or to find out about others, please call 01384 816460 or visit www.lets-get.com

Schedule of progression walks

For all the progression walks, Walkers are reminded to wear sturdy footwear and bring a snack, a drink and dress appropriately for the weather conditions.

28 February 2017, 10.00am: Kinver Edge Led by Graham Smith and Rosina Ottewell
 This walk is 6 miles long and starts by the Rock Houses. The walk uses public footpaths and trails around Kinver Edge. The start is hilly; taking you to Enville and then crossing undulating ground for the return. Intensity: Hilly at first and undulating ground
 Meeting Point: The layby by the Rock Houses, Compton Road, Kinver. Nearest postcode: DY7 6DL

04 April 2017, 10.00am: Seven Valley Country Park Led by Phil Mitchell (07886342122)
 This walk is 5.5 miles, passing through the Village of Alveley using a mixture of minor roads, tracks and public footpaths, crossing undulating ground. The return route is via the River Severn path to Severn Valley Country Park. Intensity: Moderate
 Meeting Point: The SVCP car park (£2.00 all day). Nearest postcode: WV15 6NG

9 May 2017, 10.00am: Himley Park Led by Graham Smith (07854213290)
 Come along and do the "Himley Three Peaks" challenge Lidiate's Hill, The Topograph and The Hill. The walk is approximately 6 Miles and will take you around Himley and Baggeridge Country Parks using public footpaths and woodland paths. This is a walk of hard intensity.
 Meeting Point: Himley Country Park - Car park by the Golf Course £1.80 parking charge.
 Nearest postcode: DY3 4DF

13 June 2017, 10.00am: Swindon area – Led by Kay Cross and Rosina Ottewell
 A 6.5 mile walk of moderate intensity to (hopefully) enjoy the June sunshine. This is a circular, country and canal side walk that makes use of The Monarch's Way long distance footpath and passes through Swindon, Greensforge, Hinksford and Wombourne..
 Meeting Point: Himley Station car park, Himley Lane - post code DY3 4LN (right turn off Himley Lane just past Sandiacre farm shop entrance).

18 July 2017, 10.00am: Shifnal, Shropshire – Led by Phil Mitchell (07886342122)
 The walk is 6 miles, fairly flat and of easy intensity. We start in the small town of Shifnal using minor roads, passing Old Idsall House and then using tracks and public footpaths across farmland
 Meeting Point: Aston Street Car Park, Shifnal. On entering Shifnal on the A464 pass under the railway bridge and immediately turn right by Barclays Bank. This Aston Street, the Car Park is approximately 0.25 miles on your left. Nearest postcode: TF11 8DW

22 August 2017, 10.00am: Wordsley – Led by Graham Smith (07854213290)
 Approximately a 6 mile walk of moderate intensity from the park along part of Stourbridge Canal to Buckpool and Fens Pool Nature Reserve making our way back to Wordsley, using a mixture of footpaths, old railway track and pavements.
 Meeting Point: King George V Park Nearest postcode: DY8 5BZ (Belle Vue Primary School)

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