The 'Friends of the River Frome' is committed to promoting and improving the Frome Valley for relaxation, recreation and wildlife. A forum of local groups, parish councils and other agencies meets regularly at different venues along the river.

If you have ideas or would like to raise an issue please contact: 0117 952 2141.



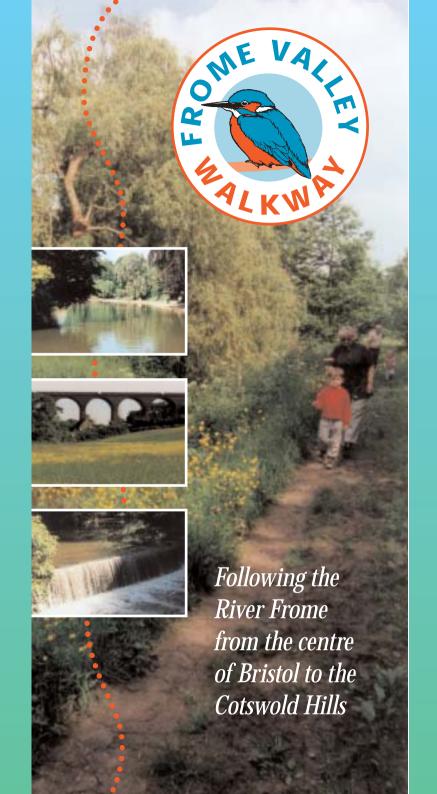








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Miles



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# Please follow the Country Code at all times

- Enjoy the countryside respect its life and work
- Guard against risk of fire
- Fasten all gates
- Keep dogs under control
- Keep to public paths
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take your litter home
- Help keep water clean
- Protect wildlife, plants and trees
- Take care on country roads
- Make no unnecessary noise





Castle Park, Bristol

The Frome Valley Walkway is a 29km (18 mile), long path which follows the River Frome from the River Avon in the centre of Bristol to the Cotswold Hills in South Gloucestershire.

The route links with the Cotswold Way National Trail at one end and the Avon Walkway at the other, as well as connecting with a number of other well established recreational routes, notably, the Jubilee Way, the Monarch's Way and the Community Forest Path.

The path passes through a variety of landscapes including open countryside and meadows in South Gloucestershire, the historic town of Chipping Sodbury, wooded valleys south of Winterbourne Down, the pretty village of Frenchay and landscaped parks in Bristol including Oldbury Court estate, originally an old hunting lodge within the Royal Forest of Kingswood.

In Bristol the route runs through city parks and along pavements. Some sections of the River Frome are culverted near to the City Centre, including the point where it enters the River Avon near Castle Park.

# History of the River Frome



Quarrymen's Cottages at Snuff Mills

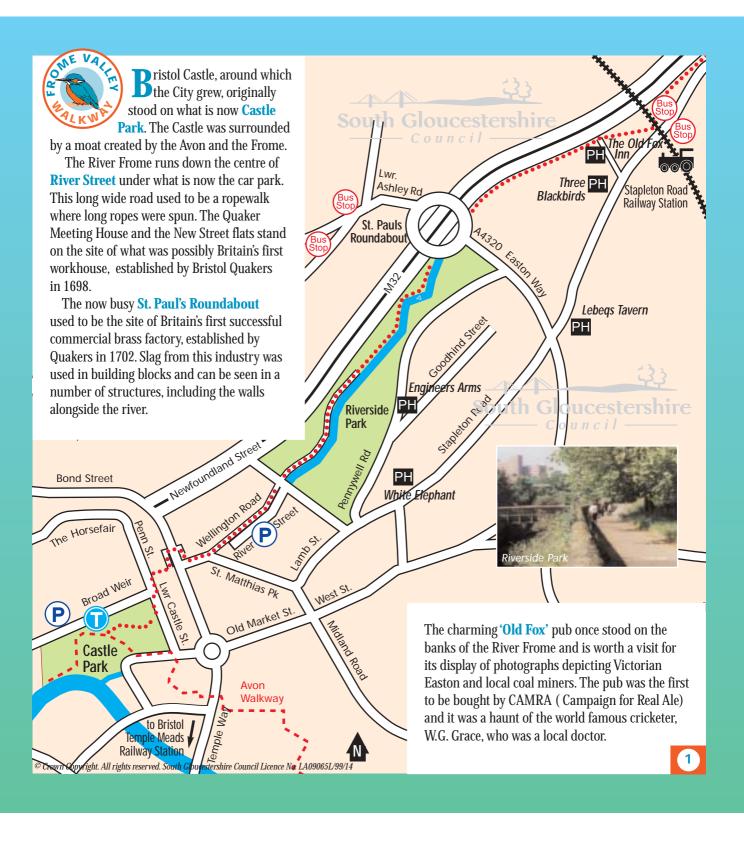
he name Frome is derived from Anglo-Saxon 'Frum' meaning rapid or vigorous. The social & economic history of the local area along the path is well documented, which passes a number of medieval churches, old quarries, mines and mills. Bristol, meaning 'Bridge Town', was an important trading centre by 1000AD and during the Middle Ages became prosperous from the increase in imports & exports. The marches along the Frome & the Avon were drained and reclaimed as the City grew, and industries expanded to supply goods for the colonial and slave trades. The ships grew larger and required deeper waters leading to a decline on the wharfs of the Frome. Upstream a number of mill operated industries existed and leisure activities such as boating & fishing were popular. Originally, there were 13 one arch bridges along the city section of the Frome, but these were all destroyed by the gradual covering over of the river in the 18th & 19th centuries and by the M32 motorway construction.





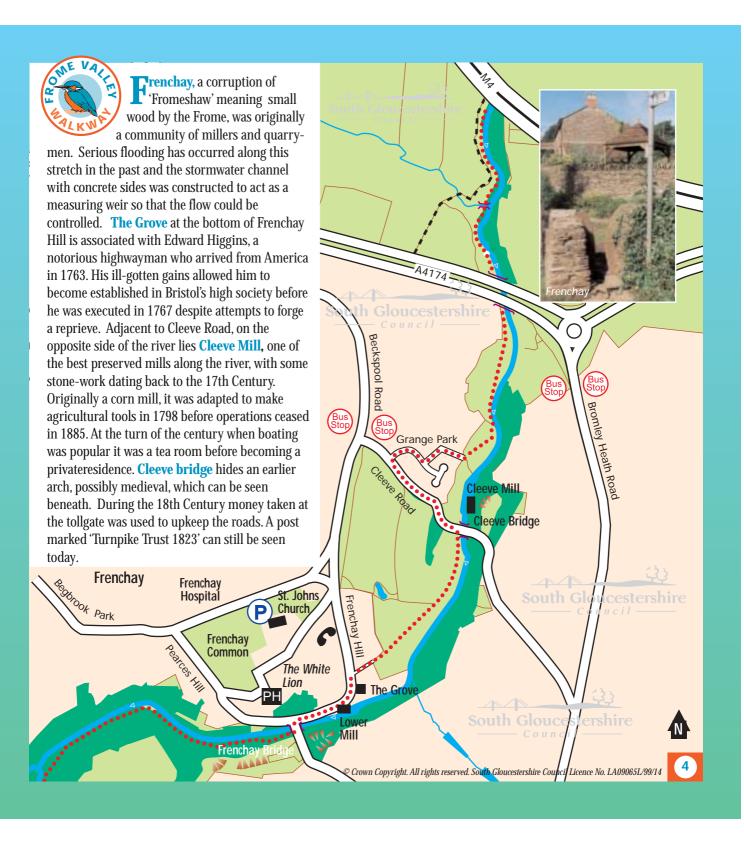
The Cotswolds from Chipping Sodbury

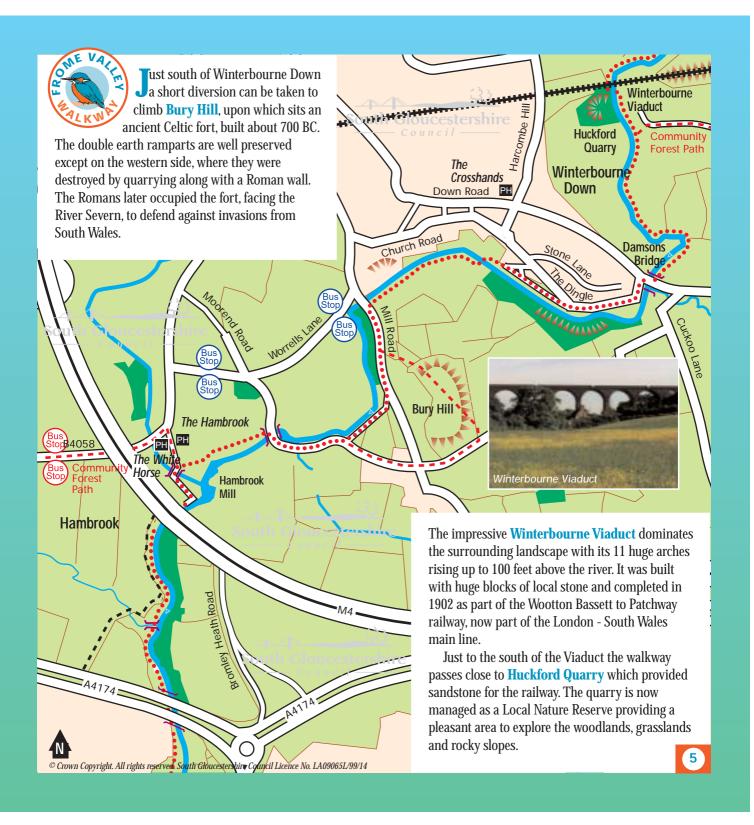
The Frome Valley Walkway provides a great opportunity for everybody to enjoy the local parks and woodlands in Bristol and to explore the open countryside in South Gloucestershire. The path follows the River Frome, as it gently winds its way, creating an easy and level walking route for much of its length. The route in Bristol, between Castle Park and Frenchay Bridge, mostly follows off-road tarmac paths close to the river or pavements for short sections close to the City. The middle section of the route, extending out from the edge of the City between Frenchay and Winterbourne Down, wanders through riverside woodlands and runs over unsurfaced and surfaced paths, which include the occasional gate, stile and bridge. The upper section of the walkway runs through open countryside on field footpaths, narrow in places, with regular stiles. The path officially ends in Old Sodbury, at the foot of the Cotswold Hills, although continuing on to Tormarton along the Cotswold Way you pass the source of the Frome and there are spectacular views from the top of the escarpment.

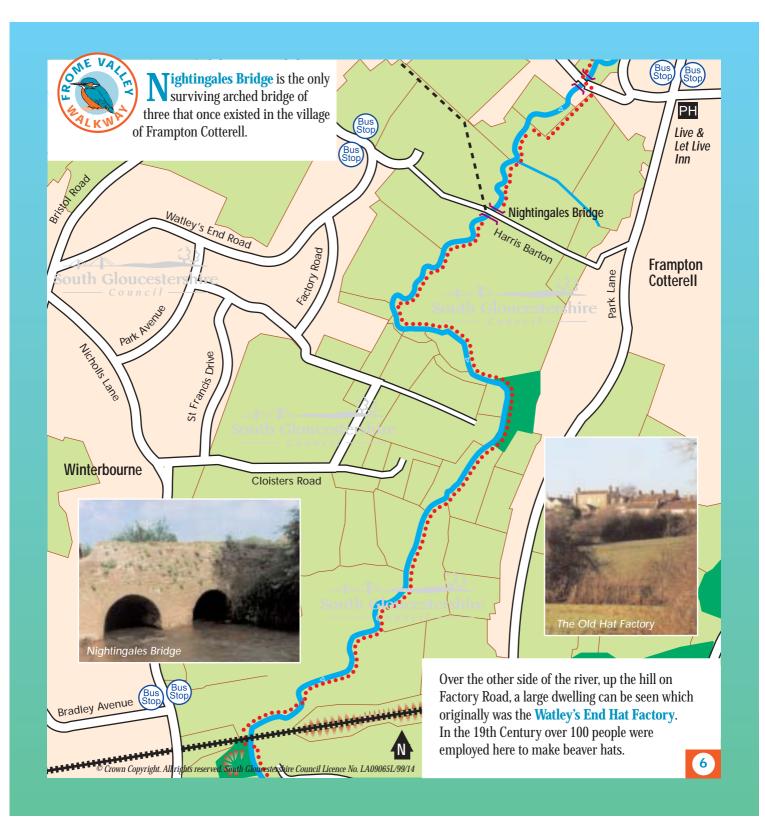


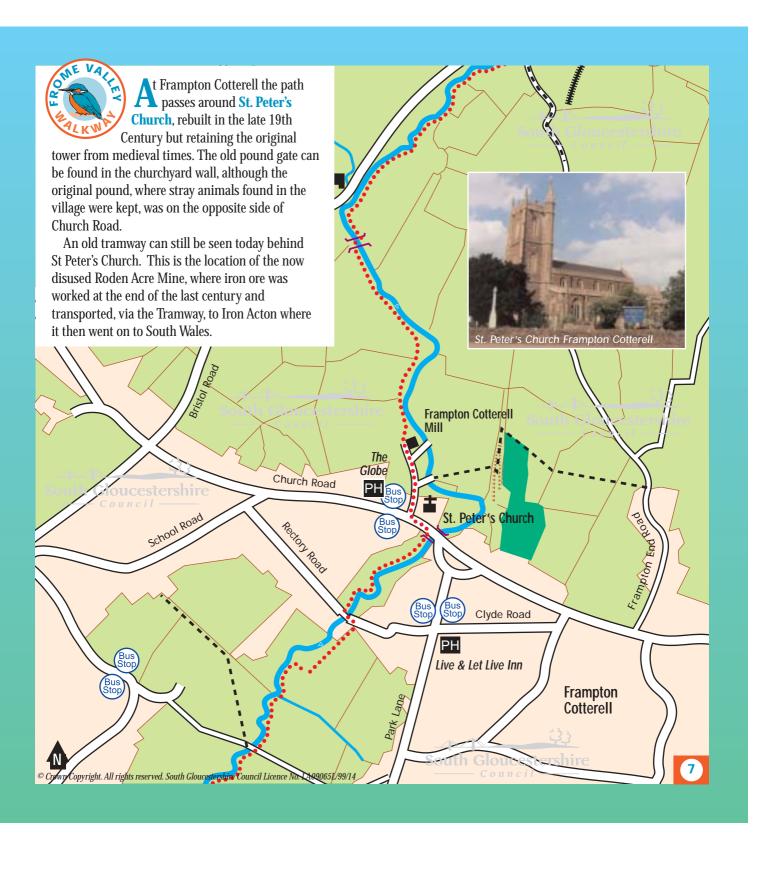


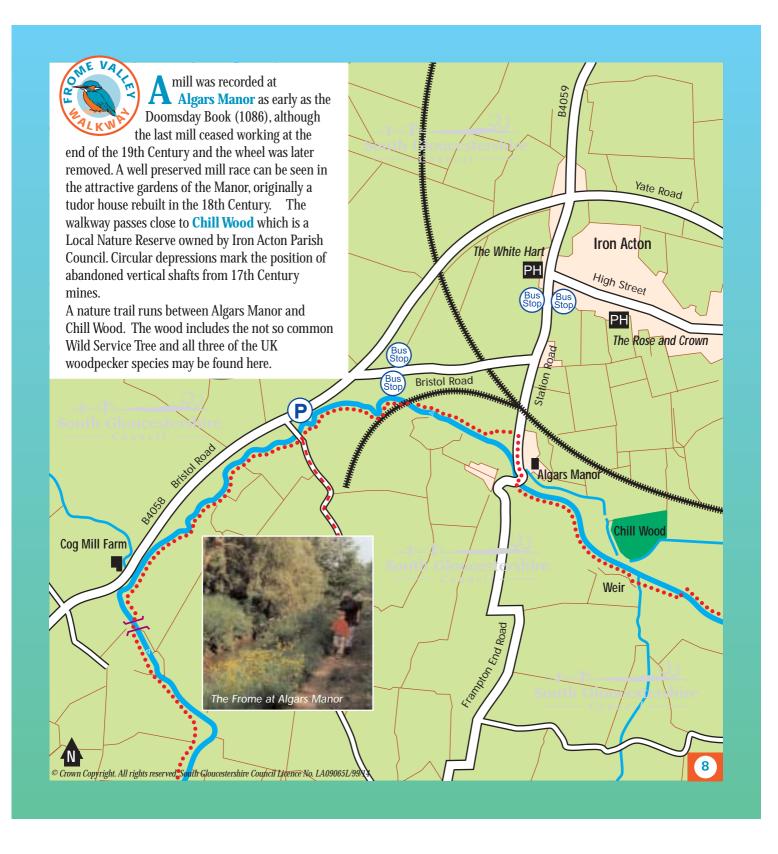






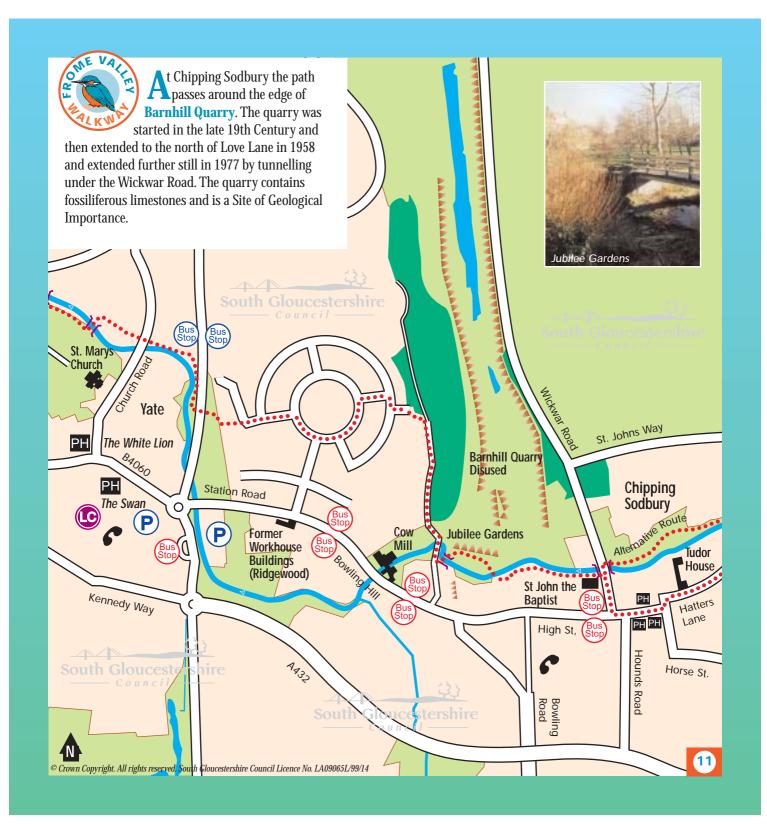


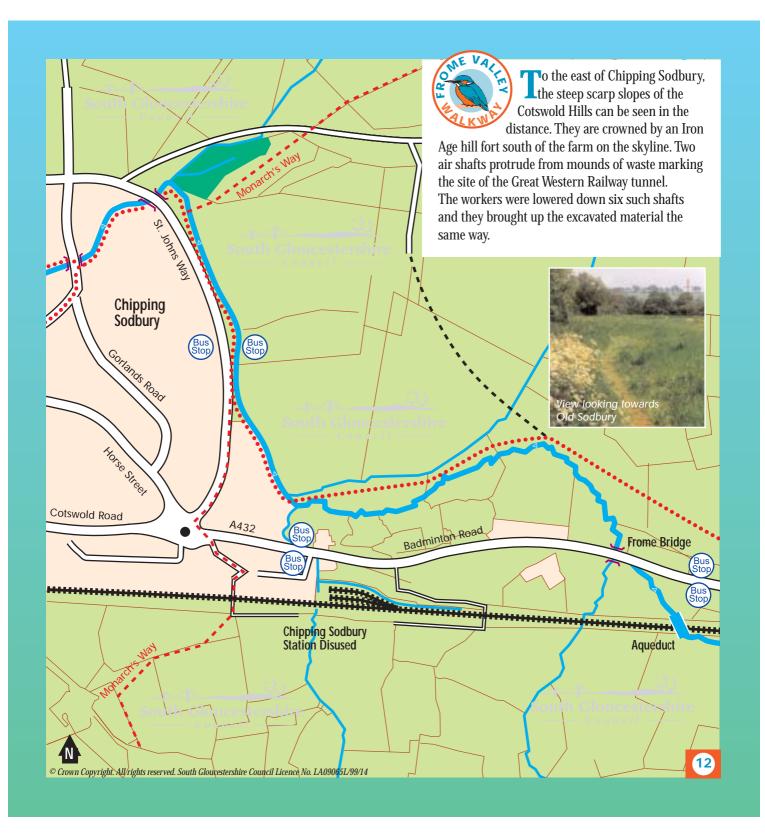


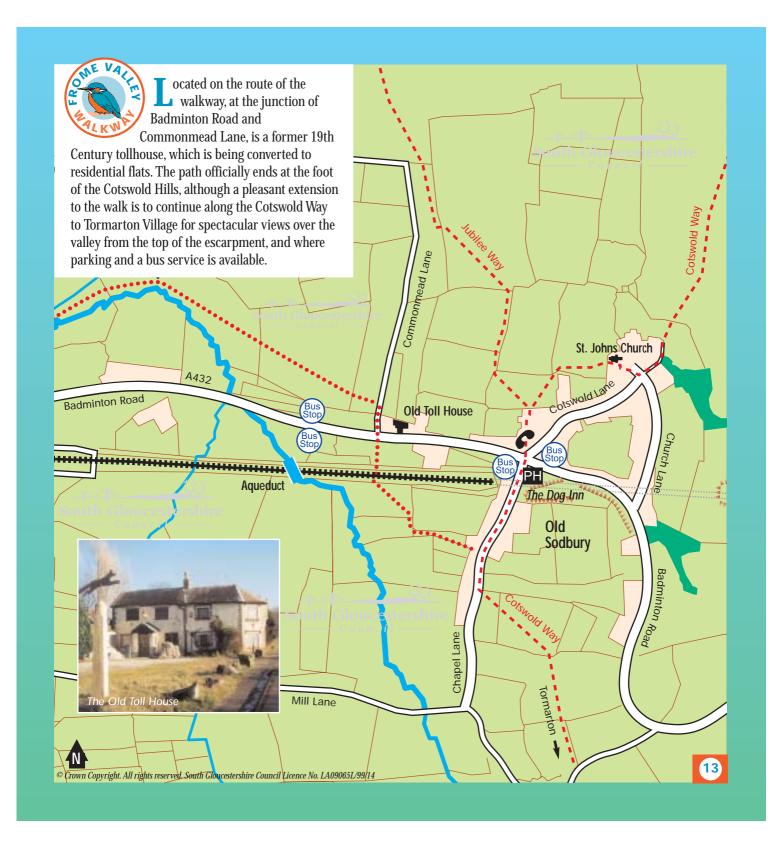














#### **BUS SERVICE ACCESS POINTS**

#### Eastville Park

Frequent bus services to/from Bristol City Centre, Bristol Bus Station and Stapleton Road Railway Station.

### Stapleton

Frequent bus services to/from Bristol City Centre and Stapleton Road Railway Station.

# Blackberry Hill

Frequent bus services to/from Bristol City Centre.

# Frenchay Common

Nearest bus stop for frequent services is on the B4058 at Begbrook Park. Frequent services to/from Bristol City Centre.

#### Whiteshill

Hourly bus service from Bristol Bus Station and Yate Railway Station.

#### Kendleshire

Frequent bus service to/from Bristol Bus Station and Yate Railway Station.

# Frampton Cotterell Church

Hourly bus service to/from Bristol Bus Station and Yate Railway Station.

#### Chipping Sodbury

Frequent bus services to/from Bristol Bus Station and Yate Railway Station.

## Old Sodbury

Nearest bus stop for services to/from Yate and Bath is at The Dog Public House on the A432.



#### RAIL SERVICES

# Bristol Temple Meads Station

Trains run at irregular intervals between Bristol and Yate. Hourly trains to Stapleton Road Station, Monday to Saturday but NO Sunday service.

# Stapleton Road Station

Hourly local trains from Bristol Temple Meads and Severn Beach. Also infrequent trains from Bristol Parkway, Yate and Gloucester.

#### Yate

Local trains from Gloucestershire, Bristol Parkway, Stapleton Road and Bristol temple Meads. Also served by buses to/from Frampton Cotterell and Chipping Sodbury.

Please note that bus and train services are subject to change at short notice. The information in this leaflet is intended as a guide only. References to frequency apply to Monday to Saturday daytimes. Not all services run daily and most run less frequently on Sundays and Bank Holidays.

For all bus timetable information please ring TRAVELINE on 0117 955 5111 (between 0800 and 2000 daily). Bus services numbered between 500 and 999 are provided with financial support from local councils.

For all train information, please ring NATIONAL RAIL ENQUIRIES on 08457 484950 (24 hours daily).



Frome Valley Walkway Community Forest Path Avon Walkway

The Forest of Avon Team: (0117) 953 2141

Walks and Leisure activities in Bristol Bristol City Council: (0117) 922 3719

Severn Way

**Bristol City Council: (0117) 903 6841** 

Jubilee Way
Monarchs Way
Local walks in South Gloucestershire
the Public Rights of Way Team,
South Gloucestershire Council: (01454) 863646
Cotswold Way

Cotswold AONB Partnership: (01451) 862000



The Forest of Avon is a special place in and around Bristol where the landscape is being transformed into a unique and exciting environment. Through hundreds of projects many organisations

and individuals are working together planting thousands of new trees and managing existing woodlands for wildlife and sustainable timber production. Improved recreational opportunities in The Forest of Avon are ensuring that the local people have space to relax and engage in sport and leisure for a healthier lifestyle. The Frome Valley Walkway is one of many recreational routes which will help you explore the Forest and surrounding countryside. Contact the Forest of Avon on (0117) 953 2141 or visit our website on www.forestofavon.org for more details.