



Avanti Park 17th June

A family-friendly walk to discover the secrets of the River Frome, where not everything is quite as it seems...!

Distance 1.2 kilometers / 0.7 miles

Duration 30 minutes



Wildlife



Water feature



Public transport



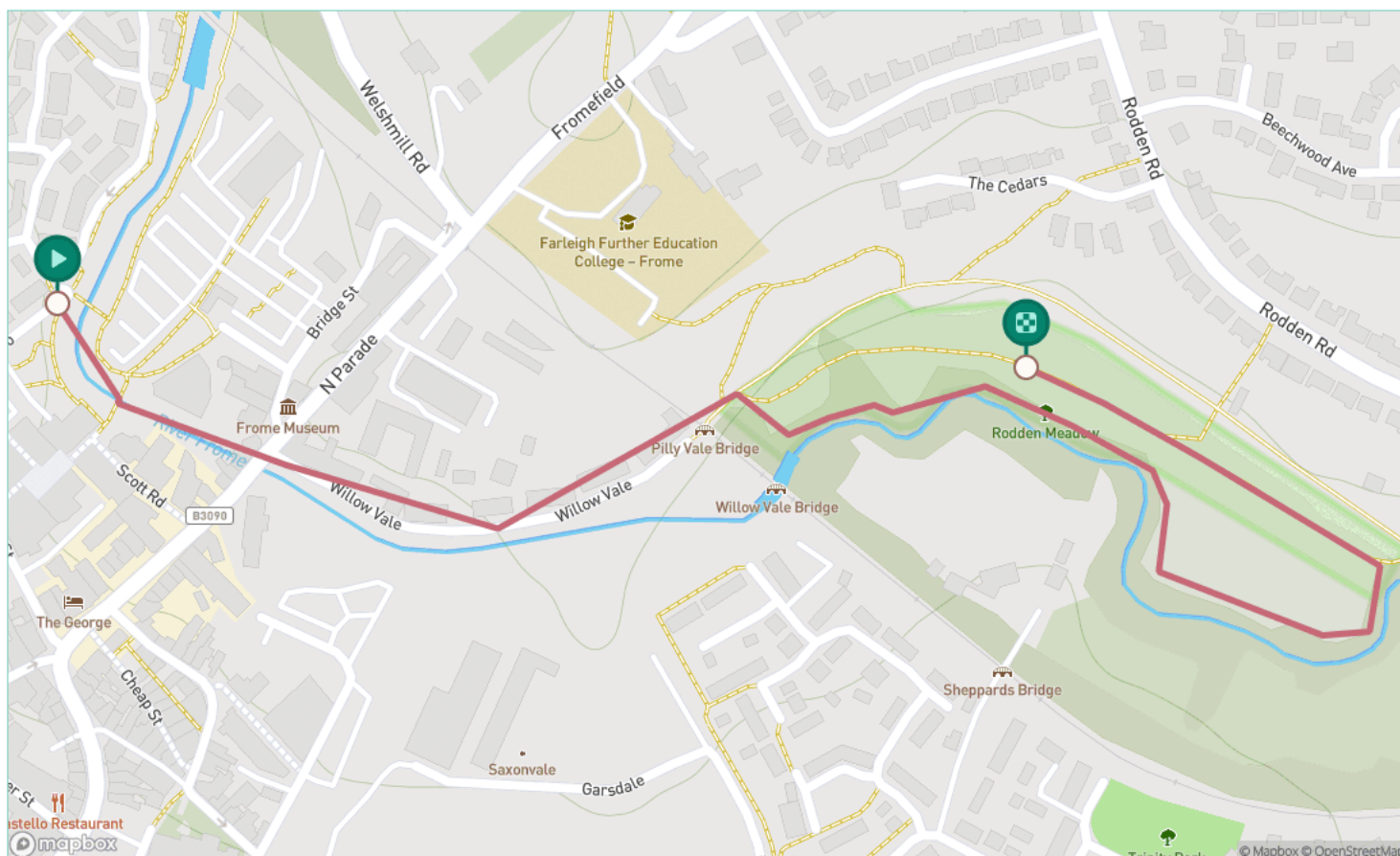
History

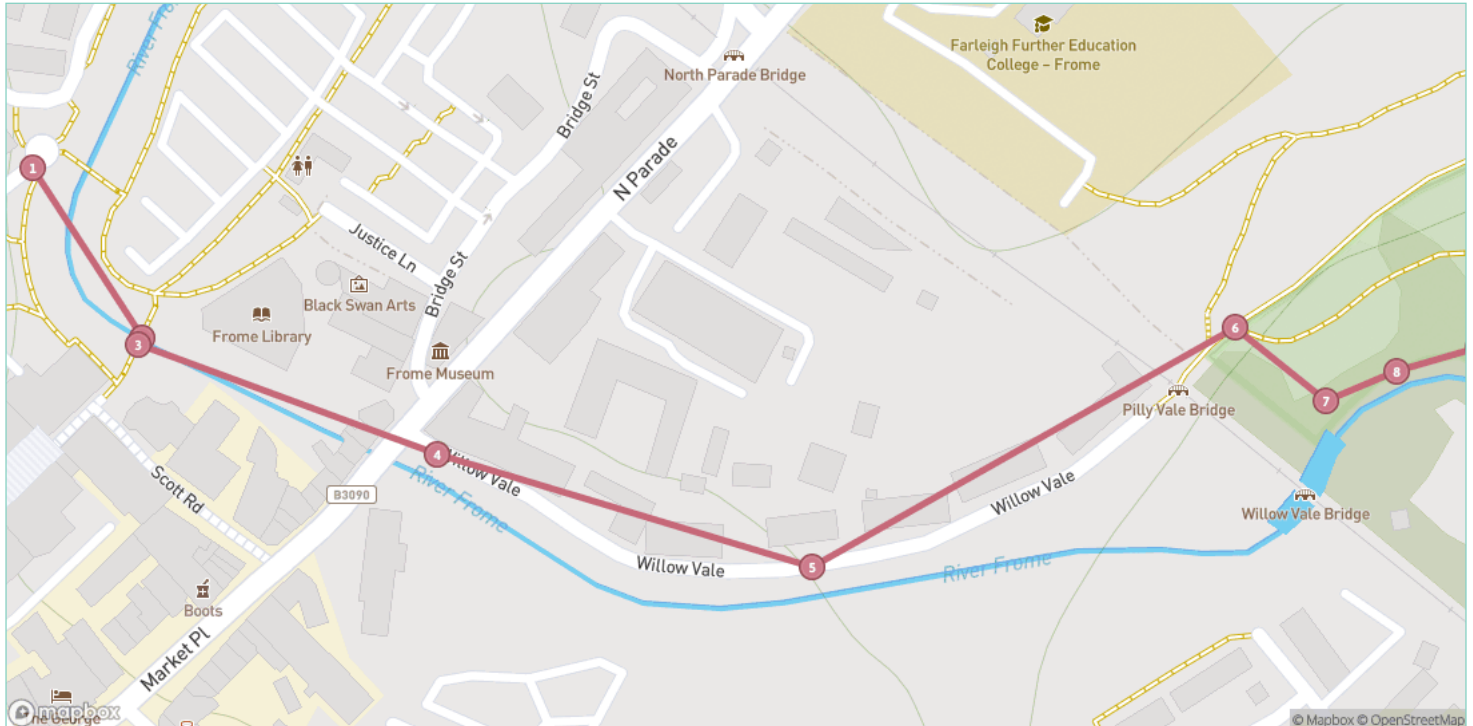


Hilly & steep



Child friendly





Step 1: You made it! Say hello to the River Frome.

Step 2: Look left for views to the Frome Bridge, a rare example of a bridge with multi-storied shops built on it - one of only 3 in the country.

Step 3: We've known people to spot otters along here! So always keep your eyes peeled.

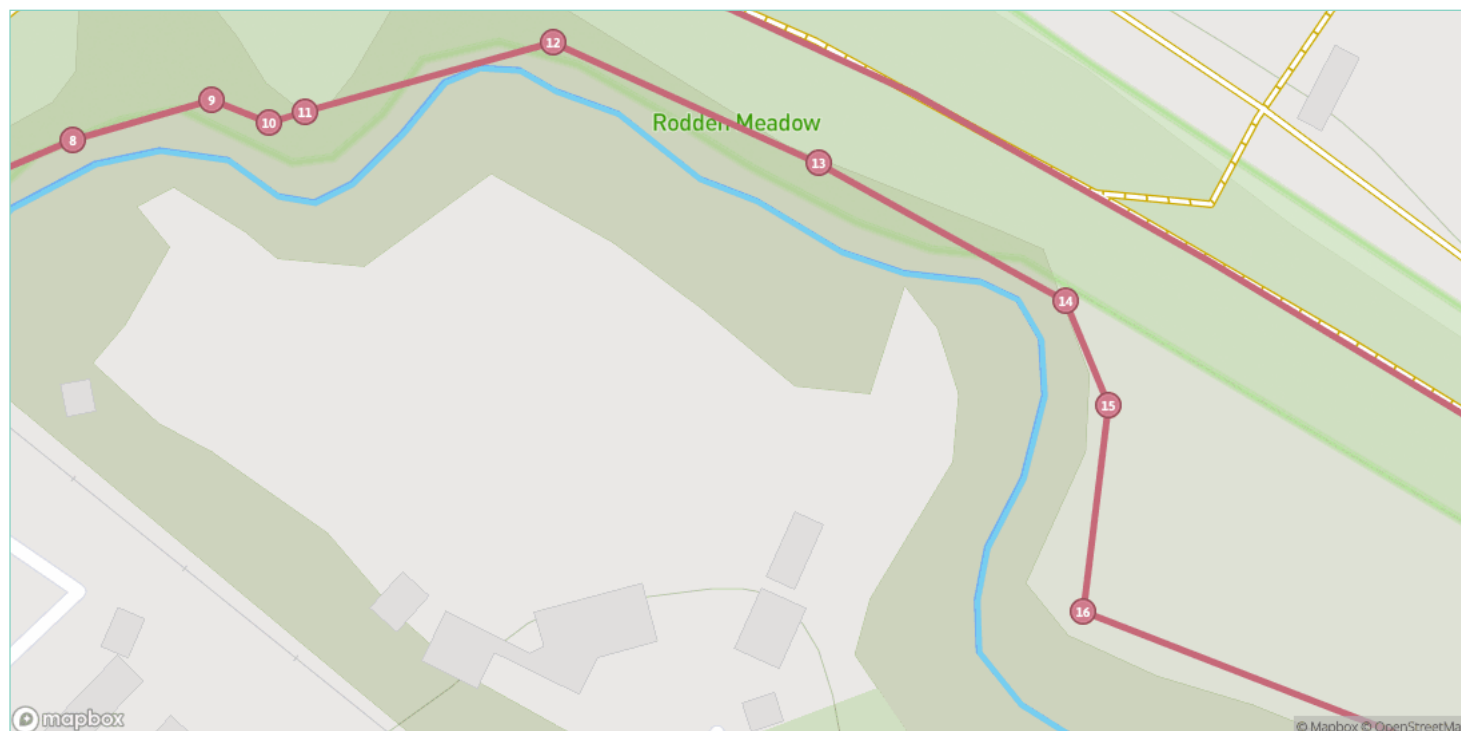
Step 4: Look behind you for views of the bridge. What do you think has happened on this bridge over the years? 🤔

Step 5: It gets more peaceful as you walk further from the main road. Can you hear/see the river to your right?

Step 6: Here you'll enter Rodden Meadow. Head right and right again on the grassy path.

Step 7: Follow the mown path round to the left - the river will be on your right.

Step 8: Continue ahead under the trees on the waymarked 'Riverside Path'.



Step 9: There are some low hanging branches here and uneven ground so take your time and enjoy the canopy of the trees above.

Step 10: You'll emerge by a lovely seating area on the river's meander here. Meander is the name given for a bend in a river 🍷

Step 11: Head across Rodden Meadow and keep to the right, passing by a willow dome.

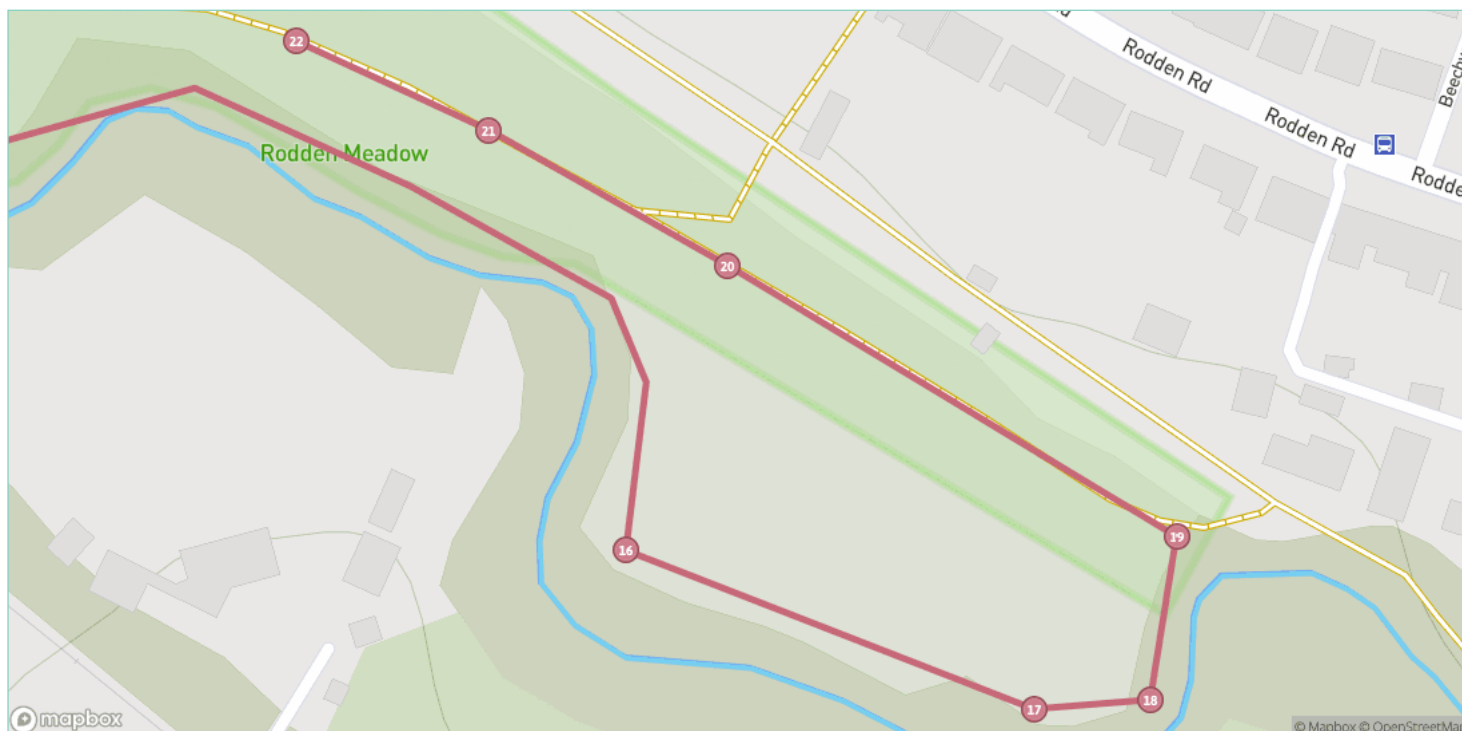
Step 12: Notice how flat it is here? This is the River Frome's floodplain - it is likely to flood when there is too much water in the river.

Step 13: Head past a bench with another good view down into the river channel.

Step 14: Pass a willow arch on your left and continue round to the right to follow the river.

Step 15: Head towards the picnic bench ahead.

Step 16: Continue slight left on the wide mown grassy path towards more benches at the end of the meadow.



Step 17: You'll pass a young Selwood oak, grown from an ancient Selwood Forest oak. The forest used to dominate the landscape around Frome.

Step 18: Take a look at the river here before we continue on our loop around the meadow. What does the land look like on the other side?

Step 19: Head left, going slightly uphill and then left again to stay on the meadow on another mown grass path.

Step 20: Continue ahead towards the single oak tree. If the weather is particularly wet, there is a tarmac path to the right you can use instead.

Step 21: What stories do you think this oak tree would tell us if it could talk?

Step 22: Enjoy the textures and rich tapestry of the meadow plants before we leave this wonderful tranquil space.