stride and stroll

September 2026

Walk into better Health

We are an organised group dedicated to improve the health and well being of its participants by walking safely, comfortably and within a happy, pleasant atmosphere.

Kidderminster Stride and Stroll was founded at Kidderminster Hospital in 2002 as a part of the Government's Walking for Health initiative. The purpose then, was to provide ongoing exercise for heart patients who had completed their period of rehabilitation.

Nowadays we are one of the largest walking organisations in the Midlands with an average weekly attendance of 20-30 walkers on Thursday and 70-80 on Saturdays. We welcome participants from all sectors of the community who wish to improve their health and fitness and make new friends.

There are no subscriptions or costs of any kind other than the unavoidable cost of car parking and occasional charitable donations for organisations which allow us to park on their premises. All walks are led by trained and experienced walk leaders. The walks may best be described in terms of duration, distance covered and level of difficulty.

1. Thursday Health Walks

The walks last no longer than 45 minutes. A short walk, mostly on level paths.

2. Saturday Progression walks (Supported by Worcestershire Health Walks)

The Progression walks are all circular and vary in length and intensity. They are provided through 4 distinct groups designated A to D. The walks will generally last 90 - 120 minutes and take place over open country including hills and woodland.

With different start venues every week, typical distances covered are:

Group D - 3 miles
Group C - 4 to 5 miles
Group B - 5 to 5.5 miles
Group A - 6+ miles at a brisk pace and occasionally steep inclines.

KIDDERMINSTER stride and stroll

Kidderminster Stride and Stroll

Walking for health and pleasure across the Wyre Forest district.

WORCESTERSHIRE HEALTH WALKS

Get in Touch

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Scan QR code to visit our Website:- www.strideandstroll.org.uk