

Step Out at SWFC

The Wednesday Walk on Thursdays

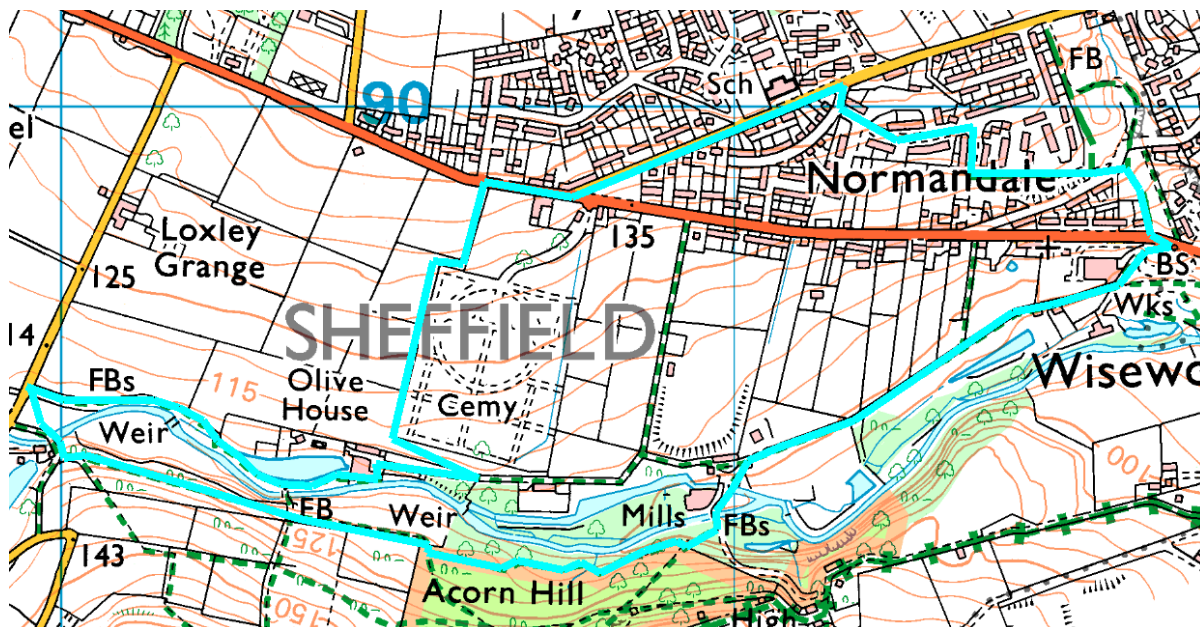


Walk 103 – Loxley and Normandale – 2.8 miles

A walk along the Loxley Valley, with a stroll through Normandale just to add some hills (for those who want it!). If you don't want the hills, there is a flat alternative. Park at Rowel Bridge.

Anticlockwise:

From the right corner of the car park, go over the stile and across the field, over another stile and turn left. Cross the bridge over the Loxley and start up the steps before turning left then take the level



path round the hillside. Follow round the hillside avoiding any uphill paths until you arrive at the footbridge near the old Robin Hood, then cross the river and bear right, along Low Matlock Lane. Eventually you will get to Loxley Road, and you must make a decision – do you want to go uphill?

The hilly bit: Cross Loxley Road and bear left to find a footpath through the trees. Follow this and cross Studfield Road then bear left, along to Vale Grove. Turn right, up Vale Grove and left at the top onto Woodstock Road. Follow round to Normandale Avenue and up to Rodney Hill, then turn left and drop down to Loxley Road. Turn right and find a footpath opposite the Admiral Rodney which drops down, round the cemetery and out onto Black Lane, where you take a sharp left.

The unhilly alternative: Turn round and head back along Low Matlock Lane. Where we joined it after crossing the footbridge, keep right, up past the houses and out onto Black Lane. Turn left and follow round to the right, then keep going till the main route joins from the right.

Both routes: Follow Black Lane for another hundred yards, then you need to turn left round the lower side of the old rolling mill to join the 'Easy Going Trail', which leads straight back to the cars.

Risks:

- Loxley Road, crossed twice on the hilly route.
- A few steps and a couple of stiles (plus a couple more on the hilly route).
- There shouldn't be much mud but watch out for it. Dog dirt is likely (as always).
- paths through the woods may be slippery so boots are recommended.