

Step Out at SWFC

The Wednesday Walk on Thursdays



Walk 105 – Dam Flask – 3.4 miles

A (mainly) flat walk around the reservoir at Dam Flask, but (there's always a but...) some of us don't like flat walks, so there is a nice hilly bit if you want it. The walk round the reservoir is on fairly well maintained gravel paths but the hilly bit is across fields and may be muddy. Park on or near the dam.

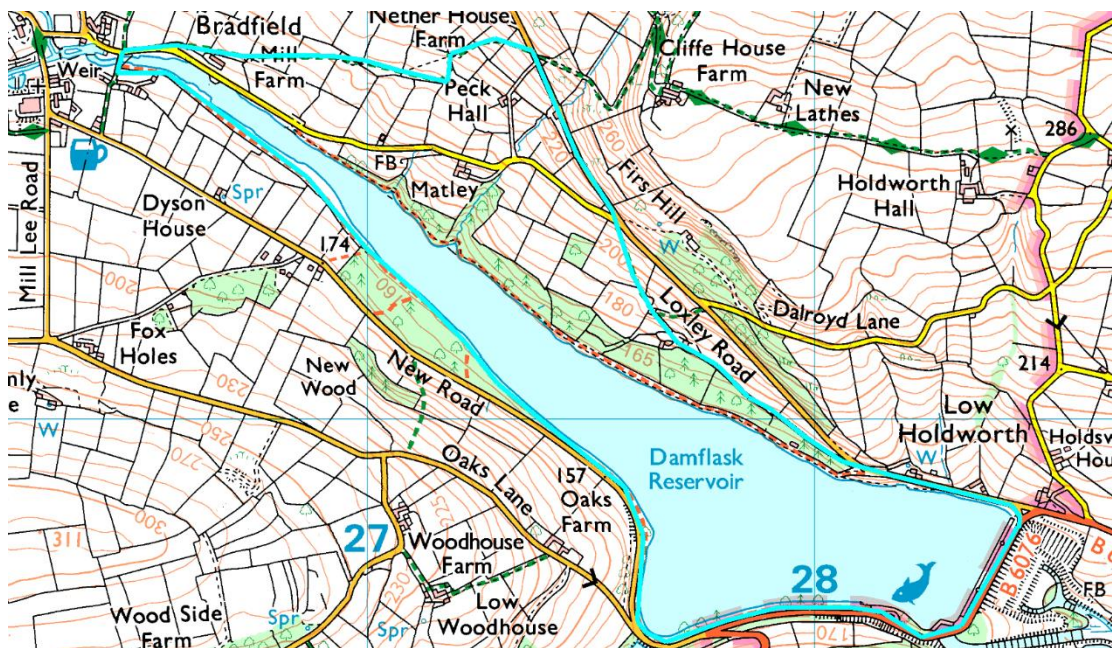
Anticlockwise:

Cross the dam (unless you have already driven across it, in which case, move this line to the end) and continue along the side of the reservoir for 1.5 miles. When you get to the end, turn right and cross School Bridge to Lamb Lane.

Turn right and make your choice – hilly or flat? For the hills, bear left up the footpath,

for the flat keep right along the road and after about 100 yards, follow the path along the reservoir back to the cars.

The hilly bit: Follow the track to the stile on the left, cross it follow the path up and across the hillside. This path is quite complicated and may not be well trodden, so please use the map below if you are not sure which way to go.



On Loxley Road, turn right (downhill) and carry on to the end of Trouble Wood Lane (which is the other end of Lamb Hill). You will see 2 footpaths going off downhill from the other side of Trouble Wood Lane; take the one on the left. This crosses the field without dropping too steeply and passes what remains of Bank Farm before joining the farm track out to the road and back to the cars.

Risks:

- Lamb Hill – you have to walk along the side of the road, so keep right (until you need to cross it for the hilly route!)
- LOTS OF STILES on the hilly route – the flat route is ... flat!
- There shouldn't be much mud but watch out for it. Dog dirt is likely (as always). Joggers, possibly cyclists.
- Hilly route may be slippery so boots are recommended. If you cross the grass, mind you don't slip.