

# U P H I L L W A L K S

*One of a Series of Healthy Walks Around and About Uphill*

Walk Three

## THE TIDAL TRAIL

3 miles / 1.5 hours

Start at the boatyard entrance to Uphill hill walking through the first and second kissing gates and continue on the hard surface uphill to the third gate. Remember to slow up and pace yourself before walking downhill with southerly views towards Brent Knoll in the distance.

Go through the fourth and fifth gates, don't follow the West Mendip Way to the left but instead carry straight.

Next we come to the road to the Pumping Station. Cross the road to enter a public footpath in to a field, cross the footbridge and turn sharp right to follow the path to the road where you come out opposite a balancing pond. The high wire fence around it indicates it is private. However there are usually a good number of birds on the water to enjoy.

Turn right onto the road as far as the right angled corner, follow the road round and keep on it until you return to the entrance to the Tidal Trail when you retrace your steps as far as the first gate where there is an Information Board indicating details of The Walborough Nature Reserve. (If you would rather walk on more sturdy ground then continue to retrace your steps back to the boatyard).

Go onto the grass and walk in a diagonal left direction to a small bridge, then keep in the same direction on the edge of the hill with views over The Axe to the sea and Brean Down. Shortly watch out for some steps leading down to a path which takes you close to the bank of a tributary to the Axe and into the boat yard on the other side of the Marina to the one you started out on. The path which is very narrow stops almost at the car park.

