

Upper Tamar Lakes Circular

Allow: 1 hr to complete this reservoir walk

A 1hr easy stroll on a grassy undulating trail which is suitable for wheelchairs, pushchairs and bicycles.

Take sun cream as there is not much shade on this route.

There is a café which serves light meals and there are public toilets in the upper car park.

- Your starting point is the Pay & Display carpark situated below the adventure centre. Upper Tamar Lake, Kilkhampton near, Bude, Cornwall, EX23 9SB
- Now follow the clear signage, taking a paved path across the dam
- Take note of any advice and guidance for all users of the lake including occasional incidents of blue green algae
- Follow the grassy track veering to the left
- As the path hugs the reservoirs water's edge you can spot dragonflies, waterfowl and butterflies and make use of the bird hide
- Often there are sailing boats and on practice dates you will see Bude Pilot Gig Club rowing on the lake
- The track will return you to your starting point



Happy Walking - Joanne @ Dog Walking with Care

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Adventure Walks



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For more information about the café and lake events

www.southwestlakes.co.uk.

