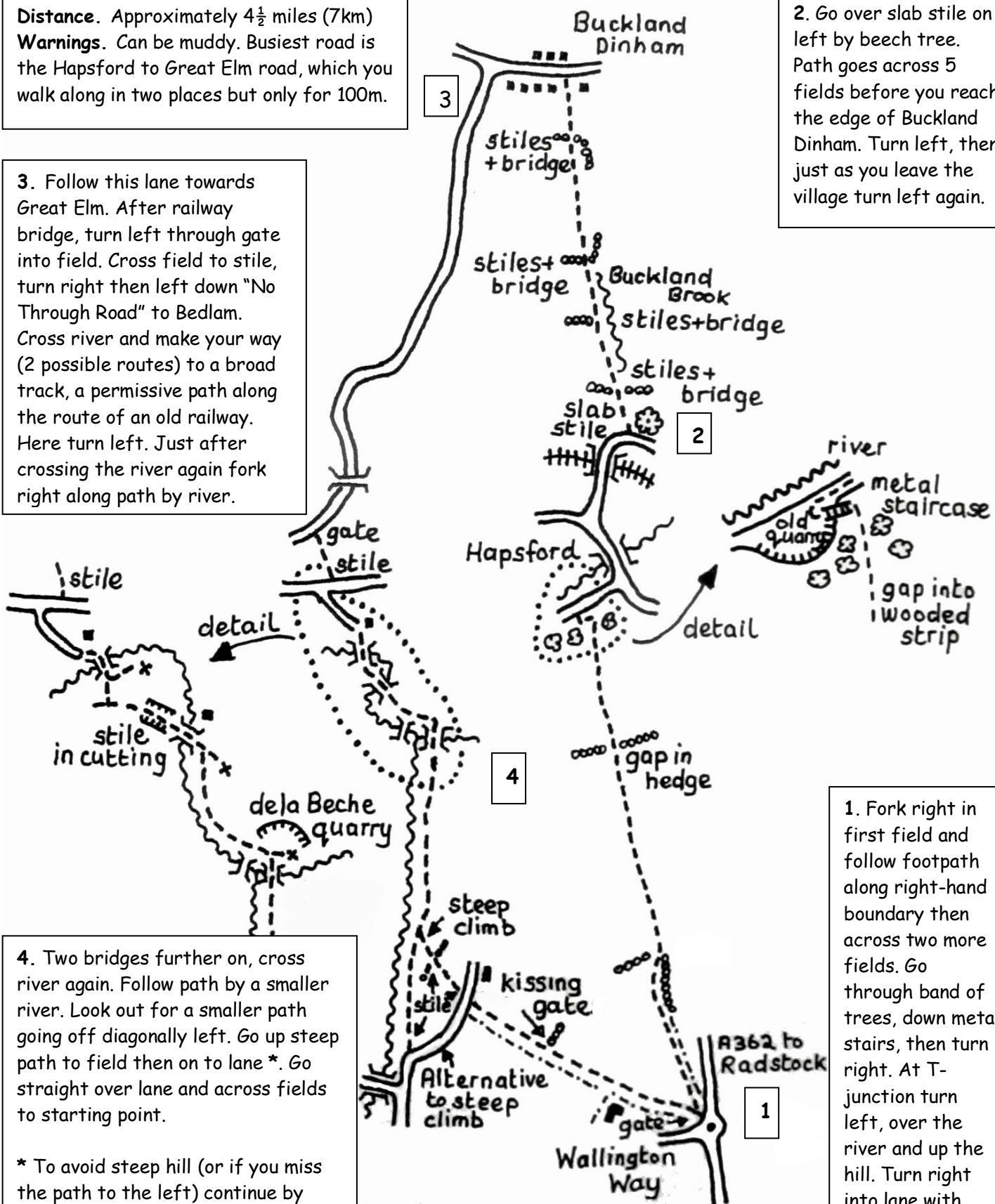


Distance. Approximately 4½ miles (7km)

Warnings. Can be muddy. Busiest road is the Hapsford to Great Elm road, which you walk along in two places but only for 100m.

3. Follow this lane towards Great Elm. After railway bridge, turn left through gate into field. Cross field to stile, turn right then left down "No Through Road" to Bedlam. Cross river and make your way (2 possible routes) to a broad track, a permissive path along the route of an old railway. Here turn left. Just after crossing the river again fork right along path by river.

2. Go over slab stile on left by beech tree. Path goes across 5 fields before you reach the edge of Buckland Dinham. Turn left, then just as you leave the village turn left again.



4. Two bridges further on, cross river again. Follow path by a smaller river. Look out for a smaller path going off diagonally left. Go up steep path to field then on to lane *. Go straight over lane and across fields to starting point.

* To avoid steep hill (or if you miss the path to the left) continue by river. When you reach a lane turn left up the hill. Turn right onto a track just before houses on right.

Start. At the junction of Wallington Way and Vallis Road (A362)

1. Fork right in first field and follow footpath along right-hand boundary then across two more fields. Go through band of trees, down metal stairs, then turn right. At T-junction turn left, over the river and up the hill. Turn right into lane with weak bridge

Acknowledgements: Veryan Conn for route, map and text. Patrick Conn for artwork. Caroline Birkett-Smith for technical help and all those who test walked the route.

Nature Notes

- Listen out for skylarks when crossing the first three fields.
- At Hapsford there is a rookery.
- After crossing the river at Hapsford Bridge, use the footpath on the left where maidenhair spleenwort and wall rue grow out of the wall.
- After the weak bridge the roadside banks have many spring flowers.
- While walking through the fields to Buckland Dinham you may be lucky enough to see buzzards circling overhead or a heron by the brook.
- Along the lane from Buckland Dinham to Great Elm the hedgerow trees are initially ash, but change to oak about half way along. In places the hedges have Black Bryony and Old Man's Beard growing through them.
- In Vallis Vale look out for dippers, grey wagtails and kingfishers. In spring wood anemones and wild garlic clothe the ground beside the path.
- Vallis Vale is a Site of Special Scientific Interest noted for its geology and wildlife. More details are available in the pamphlet "Vallis Vale" (Tourist Information Office, Frome)

More to look out for

- Near the start there are good views to Cranmore Tower, Buckland Dinham and then of Westbury White Horse.
- Between the slab stile and the hamlet of Elliots the road crosses the line of a former canal. You can still make out the bridge parapet, but the canal bed is completely filled in.
- Before reaching Buckland Dinham look for an old coal-pit chimney. Oxley's Colliery was shown on the 1888 map. Shafts were sunk in 1880, but they flooded and were abandoned before coal was found.
- The old bridge at Bedlam has been recently restored. The stone work up stream is the remains a cloth mill.
- As you follow the river, look out for old lime kilns, evidence that stone has been quarried from this valley for a long time.
- You might like to take a short detour to the De la Beche unconformity, a nationally important geological site. Instead of crossing the river for a third time, go across the gravel and up the steep bank. In front of you yellow Jurassic limestone rests on top of the eroded surface of the grey Carboniferous limestone, which is more than 100 million years older.



F.R.O.G.S. WALK - 1

Frome - Hapsford -
Buckland Dinham -
Great Elm - Frome

A walk over fields, along lanes and through woods, with good views, industrial archaeology and interesting wildlife particularly in the riverside woodland.

Distance approximately
4½ miles (7km)

This leaflet is produced by
Frome Recreation and Open
Ground Supporters

Follow the Countryside Code:

Be Safe - plan ahead + follow any signs.
Leave gates + property as you find them.
Protect plants + animals + take your litter home.
Keep dogs under close control +
clean up after them.

Consider other people, don't park vehicles
in gateways or other private access points +
leave livestock + machinery alone

The publishers of this walking guide have endeavoured to ensure that the information contained in this publication is as accurate as possible at the time of production but regret that they cannot guarantee accuracy and that they cannot be held responsible for any errors or omissions in the walk routes or other information which may also change from time to time thereafter. The publisher accepts no responsibility whatsoever for any claim, loss, damage, injury or inconvenience sustained or caused as a result of using this publication. All persons using the information in this guide do so at their own discretion.

For more information about rights of way or to report a fault, visit www.somerset.gov.uk/rightsofway
and follow the link to Interactive mapping or 'phone 0845 345 9155'