



This guide to the coast path from Minehead to Bude (124½ miles) covers the first part, the Somerset and North Devon section, of the 630-mile South West Coast Path and is the first book in this three-part series. It was originally walked, researched and written by **HENRY STEDMAN** and **JOEL NEWTON** (photo below, with **DAISY**).

This third edition was rewalked and updated by Daniel McCrohan, accompanied every step of the way by his two young research assistants, Simon and Yoyo McCrohan.



**DANIEL MCCROHAN** (photo top, with **Simon** and **Yoyo**) has been writing guidebooks for both Lonely Planet and Trailblazer for almost 15 years. He specialises in far-flung parts of East and South Asia, but relishes any opportunity to explore his British homeland, especially if it means another chance to go camping! Daniel has updated Trailblazer guides to *Hadrian's Wall Path*, the *South Downs Way*, *Pembrokeshire Coast Path*, *Coast to Coast Path*, and the other two books in this South West Coast Path trilogy. He also updated the most recent edition of Trailblazer's *Trans-Siberian Hand-*

*book* as part of an epic three-month journey through China, Mongolia and Russia.

For this trip, Daniel and his two adventure-loving children Simon and Yoyo hiked and camped their way along the Somerset, Devon and Cornish coastline testing the best pasties and ice creams on offer, and ensuring no café or tearoom was left unvisited. Along the way they saw five snakes, twelve dolphins, a herd of feral goats and the mother of all thunderstorms, but were all in agreement that the highlight of the trip was the celebratory final-day swim in Bude's magnificent sea pool.

You can follow Daniel's global travels through his website ([☞ danielmccrohan.com](http://danielmccrohan.com)) or on Twitter (@danielmccrohan).

## Exmoor & North Devon Coast Path (SWCP Part 1)

First edition: 2012; this third edition 2022

**Publisher** Trailblazer Publications

The Old Manse, Tower Rd, Hindhead, Surrey, GU26 6SU, UK, [✉ trailblazer-guides.com](mailto:trailblazer-guides.com)

**British Library Cataloguing in Publication Data**

A catalogue record for this book is available from the British Library

**ISBN 978-1-912716-24-1**

© **Trailblazer** 2012, 2017 & 2022: Text and maps

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**All other photographs:** © Daniel McCrohan (unless otherwise indicated)

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### Acknowledgements

My biggest thanks this time goes to my two incredible children, Simon and Yoyo, for being brave enough to take up the challenge of hiking up and down a 200km-long coast path whilst carrying everything needed for a two-week camping trip. More than that, though, you were both wonderful company, making this trip more fun than almost any other. Thank you for your songs, your games, your enthusiasm and your kindness. I love you both. Also thank you (and sorry) to my darling wife Taotao for holding the fort while we were gone. Next time you're coming with us!

On the coast path, thank you to all the campsite managers who continue to make hikers feel so welcome. It's your help and generosity that makes hiking the path so rewarding. Well, that and the cream teas. Particular thanks goes to Sparkhayes Farm Campsite (Porlock), Newberry Valley Campsite (Coombe Martin), Westacott Farm Campsite (Westward Ho!) and Stoke Barton Farm Campsite (Hartland Quay). Also thanks to Base Lodge Hostel in Minehead for opening up during renovations so that we weren't left homeless on the night before our walk began.

Back at Trailblazer HQ, thanks to Henry and Joel for their stellar work on the previous editions, to Nick Hill (mapping), Nicky Slade (editing), Henry Stedman (proofreading) and Jane Thomas (index). And of course a huge thank you to Bryn Thomas, not only for commissioning me to update another Trailblazer guidebook, but for doing so at a time of unprecedented uncertainty.

Last but not least, thank you to all our readers who contacted us with tips and recommendations for this latest edition, including: Gabi Blauer, Chris Ellingham, Bryan Gray, Jeff Handley, Nicola Haynes, Isabel Heycock, Elissa Klapper, Chris Layton, Tony Maynard-Smith, Helen Older, Keri and Pauline, Morten Planer, and Andy Riddle.

### A request

The author and publisher have tried to ensure that this guide is as accurate and up to date as possible. Nevertheless, things change. If you notice any changes or omissions that should be included in the next edition of this book, please write to Trailblazer (address above) or email us at [✉ info@trailblazer-guides.com](mailto:info@trailblazer-guides.com). A free copy of the next edition will be sent to persons making a significant contribution.

### Warning: coastal walking and long-distance walking can be dangerous

Please read the notes on when to go (pp13-16) and outdoor safety (pp56-9). Every effort has been made by the authors and publisher to ensure that the information contained herein is as accurate and up to date as possible. However, they are unable to accept responsibility for any inconvenience, loss or injury sustained by anyone as a result of the advice and information given in this guide.

**Updated information** will be available on: [✉ trailblazer-guides.com](http://trailblazer-guides.com)

**Photos – Front cover & this page:** Sandy Mouth (© Simon McCrohan). **Overleaf:** Croyde Beach.

Printed in China; print production by D'Print (☎ +65-6581 3832), Singapore

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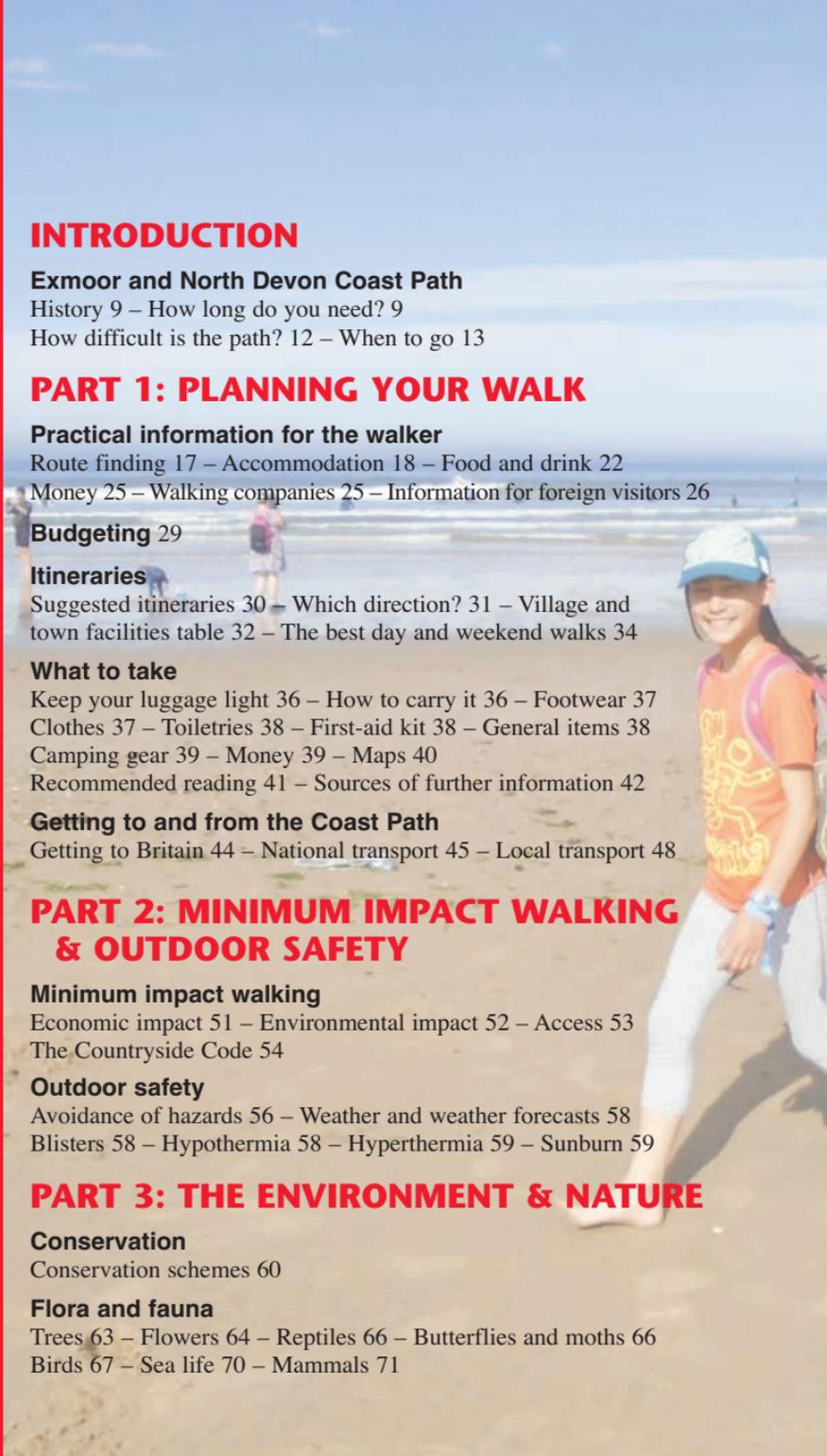
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## ABOUT THIS BOOK

This guidebook contains all the information you need. The hard work has been done for you so you can plan your trip without having to consult numerous websites and other books and maps. When you're packed and ready to go, there's comprehensive public transport information to get you to and from the trail and detailed maps (1:20,000) to help you find your way along it. It includes:

- All standards of accommodation with reviews of campsites, camping barns, hostels, B&Bs, pubs/inns, guesthouses and hotels
- Walking companies if you want an organised tour, and baggage-transfer services if you just want your luggage carried
- Suggested itineraries for all types of walkers
- Answers to all your questions: when to go, degree of difficulty, what to pack, and how much the whole walking holiday will cost
- Walking times in both directions and GPS waypoints
- Cafés, pubs, tearooms, takeaways, restaurants and food shops
- Rail, bus & taxi information for all villages and towns on the path
- Street plans of the main towns and villages both on and off the path
- Historical, cultural and geographical background information

### ❏ THIS EDITION AND THE COVID-19 PANDEMIC

This particular edition of the guide was researched at a time when the entire country was just emerging from some pretty tight restrictions. Most of the hotels, cafés, pubs, restaurants, and tourist attractions have now reopened, but some are still offering a more limited service than they were pre-pandemic.

Most **accommodation** is back open, albeit with some changes such as later check-ins and earlier check-outs to allow for extra cleaning.

The majority of **pubs, restaurants and cafés** are open – though some are still operating reduced opening hours or have a limited menu. You may need to book a table in advance.

Most **train and bus services** were operating to reduced timetables but should now be back to normal. However, it is likely face coverings will still be required on (or in) all forms of public transport.

**Museums and galleries** may require booking (especially for tours) and may also restrict the number of people inside at any one time.

In this book all we can do is record the opening times as they currently stand, or as the owners of the various establishments are predicting they will be by the time this is published. Do forgive us where your experience on the ground contradicts what is written in the book; please email us – [info@trailblazer-guides.com](mailto:info@trailblazer-guides.com) – so we can add your information to our updates page on the website.

Hopefully, by the time you read this, Coronavirus, lockdowns and other ubiquitous words from the last two years will be nothing but a bad memory of a surreal time. And if that's the case, the operating hours of the establishments en route will be back to 'normal'.

For the latest information visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus).

# INTRODUCTION

This book covers the first 124½ miles (200.3km) of the South West Coast Path (hereafter known as SWCP), Britain's longest national trail. The trail in this book starts at Minehead in Somerset and, after navigating the whole of North Devon's coastline, ends just across the border at Bude in Cornwall. Together with the two other books in this 'mini-series', the entire length of this 630-mile-long coast path is covered.

**This book covers the first 124½ miles of the 630-mile South West Coast Path**

This first section of the path is also by some distance the shortest of the three. But size isn't everything, as they say, and there's plenty here to tempt the discerning walker. Look at a map of the British Isles and this part of the coastal path – meandering as it does along some of Britain's most exquisite shoreline, backed by a vast swathe of green, a verdant outlook unbroken save for tiny villages and hamlets scattered here and there – is a logical place to go for an amble. That vast swathe of green is Exmoor National Park, the most delightful of wildernesses, through which the route saunters along the coastal cliffs for 34 miles and takes in Great Hangman, at 318m (1043ft) the highest point on the entire trail. Nor does the fun stop there for no sooner does the path leave the park than it immediately



**Above:** The final clifftop stretch from Hartland Quay to Bude includes a series of tortuous ups and downs but you'll soon be soaking those over-worked feet in the cool waters at Summerleaze Beach.

Sounds perfect doesn't it? A dozen days or so of walking along romantic, windswept cliffs, through Elysian fields and sylvan valleys, a small yet vital part of a mammoth odyssey around England's most idiosyncratic corner. But such rewards are not gained easily; for one thing, the weather in this blessed corner of England takes a perverse pleasure in its unpredictability – though it does have more than its fair share of good weather too, especially compared to the rest of the UK. But there's also some hard walking to be done; by many people's estimates, this is actually the toughest leg of the entire SWCP, with plenty of fiercely undulating sections guaranteed to torment calf muscles and sap morale. Indeed, it can't be denied that there are a couple of days that will truly test your mettle.

But then again, few if any will disagree that the obstacles and difficulties this path presents to those who dare to pit themselves against it, are far outweighed by its compensations.



**Above:** The start of the trail in Minehead is marked with a sculpture of a giant hand holding a South-West Coast Path map.  
(© Simon McCrohan).

## History

The Somerset and North Devon section of the South West Coast Path is the youngest part, having only been created and added to the rest of the path in 1978 – five years after the Cornish section was declared open. The entire path, however, including this section, existed way before its designation as a national trail, having been used by the coastguard for centuries to protect against smugglers and aid maritime safety. The nature of the coastguard's job meant that the path had to follow the cliff-tops closely to provide their officers with far-reaching views over land and sea – and to allow them to visit every beach and cove along the way. By chance, these are the exact same qualities that discerning walkers look for in a coastal path!

## How long do you need?

Most people take about 10-11 days to complete the walk; count on a fortnight away in total to give you time to travel there and back. Of course, if you're fit there's no reason why you can't go a little faster, if that's what you want to do,

## ❑ THE SOUTH-WEST COAST PATH *(cont'd from p11)*

### Walking the South-West Coast Path

In terms of difficulty, there are those people who, having never undertaken such a trail before, are under the illusion that coastal walking is a cinch; that all it involves is a simple stroll along mile after mile of golden, level beach, the walker needing to pause only to kick the sand out from his or her flip-flop or buy another ice-cream.

The truth, of course, is somewhat different, for coastal paths tend to stick to the cliffs above the beaches rather than the beaches themselves (which is actually something of a relief, given how hard it is to walk across sand or shingle). These cliffs make for some spectacular walking but – given the undulating nature of Britain's coastline, and the fact the course of the SWCP inevitably crosses innumerable river valleys, each of which forces the walker to descend rapidly before climbing back up again almost immediately afterwards – some exhausting walking too. Indeed, it has been estimated that anybody who completes the entire SWCP will have climbed more than four times the height of Everest (35,031m to be precise, or 114,931ft) by the time they finish!

Given these figures, it is perhaps hardly surprising that most people take around eight weeks to complete the whole route, and few do so in one go; indeed, it is not unusual for people to take years or even decades to complete the whole path, taking a week or two here and there to tackle various sections until the whole trail is complete.

Woolacombe and Croyde, or the more low-key estuary path along a disused railway from Braunton to Westward Ho!. Or you can really challenge yourself by taking on the trail between lovely Clovelly and Bude.

## How difficult is the path?

The South West Coast Path (SWCP) is just a walk (albeit a very, very long one!), so there's no need for crampons, ropes, ice axes, oxygen bottles or any other climbing paraphernalia. All you need to complete the walk is some suitable clothing, a bit of money, a rucksack full of determination and a half-decent pair of calf muscles.

That said, the part of the SWCP that is covered by this book is reputed to be the most challenging section, with plenty of steep ups-and-downs. It is also a fairly wild walk in places – to cross Exmoor National Park is to traverse one of the remotest corners of the country. There are also plenty of places on the regular trail where it would be possible to fall from a great height, even if you



When the going gets tough there's always ice cream!

strayed from the path by only a few metres. Still, with the path well signposted all the way along and the sea keeping you company for the entire stretch, it's difficult to get lost.

As with any walk, you can minimise the risks by preparing properly. Your greatest danger on the walk is likely to be from the weather, which can be so unpredictable in this corner of the world, so it is vital that you dress for inclement conditions and always carry a set of dry clothes with you.

**See pp30-31 for some suggested itineraries covering different walking speeds**

## When to go

### SEASONS

*'My shoes are clean from walking in the rain.'* **Jack Kerouac**

Britain is a notoriously wet country and South-West England does nothing to crush that reputation. Few walkers manage to complete the walk without suffering at least one downpour; two or three per walk are more likely, even in summer. That said, it's equally unlikely that you'll spend a week in the area and not see any sun at all, and even the most cynical of walkers will have to admit that, during the **walking season** at least, there are more sunny days than showery ones. The season, by the way, starts at Easter and builds to a crescendo in August, before steadily tailing off in October. Few people attempt the entire path after the end of October though there are still plenty of people on day walks. Many places close in November for the winter.



**Above:** The smaller beaches, such as this one at Bude, can get busy in summer. Others such as Woolacombe stretch for several miles and never seem crowded even in summer.

There is one further point to consider when planning your trip. Firstly, remember that most people set off on the trail at a weekend. This means that you'll find the trail quieter **during the week** and as a consequence you may find it easier to book accommodation.

### Spring

Find a dry fortnight in springtime (around the end of March to mid June) and you're in for a treat. The wild flowers are coming into bloom, lambs are skipping in the meadows and the grass is green and lush. Of course, finding a dry week in spring is not easy but occasionally there's a mini-heatwave at this time.



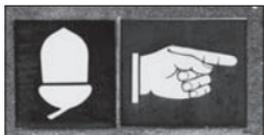


# PLANNING YOUR WALK

# 1

## Practical information for the walker

### ROUTE FINDING



© HENRY STEDMAN

For most of its length the coast path is well signposted. At confusing junctions the route is usually indicated by a finger-post sign with 'coast path' written on it. At other points, where there could be some confusion, there are wooden waymark posts with an acorn symbol and a yellow arrow to indicate in which direction you should head. The waymarking is the responsibility of the local authorities along the trail who have a duty to maintain the path. Although they generally do a good job, occasionally you will come across sections of the trail where waymarking is ambiguous, or even non-existent, but with the detailed trail maps and directions in this book and the fact that you always have the sea to one side it would be hard to get really lost.

### Using GPS with this book

Given the above, modern Wainwrights may scoff at the idea of using GPS technology on a walk like this. More open-minded walkers, though, will accept that GPS technology can be an inexpensive, well-established if non-essential navigational aid. In no time at all a GPS receiver with a clear view of the sky will establish your position and altitude in a variety of formats, including the British OS grid system, to within a few metres. These days most **smartphones** have a GPS receiver built in and mapping software available to run on it.

The maps in this book's route guide section include numbered waypoints; these correlate to the list on pp207-8, which gives the latitude/longitude position in a decimal minute format as well as a description. Where the path is vague, or there are several options, you will find more waypoints. You can download the complete list of these waypoints for free as a GPS-readable file (that doesn't include the text descriptions) from the Trailblazer website: [trailblazer-guides.com](http://trailblazer-guides.com) (click on GPS waypoints).

Bear in mind that the vast majority of people who tackle this path do so perfectly well without GPS technology.

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(**Opposite**) Taking a well-earned rest on the cliffs of Duckpool (Map 52), with views south down the Cornish coast to Bude and beyond.



early, never light camp fires (use a camping stove if you need to cook), and be sure to take absolutely everything with you when you leave.

Camping is not an easy option; the route is wearying enough without carrying your accommodation around with you. However, you could also look into employing a baggage-transfer company (see p26). Of course this does mean it will cost more and that you will lose a certain amount of freedom as you have to decide on your destination at least a day before – and stick to it – so that you and your bag can be reunited every evening.

Rates vary from site to site. Most of the sites in this book have a special rate for coastal-path hikers (usually around £10pp – be sure to tell them you're walking the coast path!). However, at some campsites you may end up paying for a full pitch, which can be as much as £20 or £30 in peak summer season.

Note that although every effort has been made to ensure that this book is up-to-date, things can change quickly. While planning your itinerary, it's a good idea to contact the campsites that you are planning to stay at, just to ensure that they are still operational.

### Bothies

There are three National Trust-run 'bothies' along this stretch of the SWCP. Unlike genuine bothies found in, say, the Scottish Highlands, these are not free (though they are cheap), and they must be booked in advance. A booking, though, does get you the whole place to yourself. These bothies offer very basic lodgings – you will need to have your own bedding, for example – so they are really only an option for campers who are carrying all their gear.

The three official bothies on this trail are renovated stone huts with one or two sleeping platforms onto which you place your roll mat and sleeping bag. They have a cold-water sink, but no showers, and only an outdoor compost toilet. They also have electricity and some basic lighting. Two are very close to each other, just before you reach Lynmouth (see Maps 10 & 11), while a third is between Westward Ho! and Clovelly (see Map 41). There are one or two ramshackle huts along the path that could, at a push, also be used as emergency bothies, but the shelter in these is minimal.

To book any of the National Trust-run bothies, see [nationaltrust.org.uk](http://nationaltrust.org.uk). They tend to cost around £20-30 for the whole bothy, which will sleep two to four people.

### Hostels

The Exmoor and North Devon Coast Path is not well served by hostels – there are large swathes where hostels don't exist – so it isn't possible to stay one every night. Only two YHA hostels remain open: Minehead, and Elmscott, near Hartland Quay, and the Minehead one is too far from the path to be convenient. There are also two independent hostels at Minehead and Ilfracombe (or three if you count the more expensive boutique-like hostel at Woolacombe).

Most hostels have dorm rooms (sleeping up to seven people) and private rooms, some of which are en suite but mostly facilities are shared. They also have a whole range of facilities from drying rooms to internet access and/or wi-fi as well as fully equipped kitchens for guests to use. Some have a shop selling

you are hoping to visit a particular one, and also if you are planning lunch there as food serving hours can change.

That other great British culinary institution, the **fish & chip shop**, can be found in virtually every town on the trail. As well as the chippies, there are other **takeaways** (such as Chinese and Indian) in the larger towns en route.

### Buying camping supplies

There is a grocery shop of some description in most of the places along the route, though most are small (and often combined with the post office) and finding precisely what you went in for is unlikely. If self-catering, therefore, your menu for the evening will depend upon what you found in the store that day. Part 4 details what shops are on the path.

### Drinking water

On a hot day in some of the remoter parts after a steep climb or two you'll quickly dehydrate, which is at best highly unpleasant and at worst mightily dangerous. Always carry water with you and in hot weather drink three to four litres a day. Don't be tempted by the water in the streams; if the cow or sheep faeces in the water don't make you ill, the chemicals from the pesticides and fertilisers used on the farms almost certainly will. Using iodine or another purifying treatment will help to combat the former, though there's little you can do about the

#### ❑ TRADITIONAL FOOD IN SOMERSET AND DEVON

- **Somerset** As a major centre of farming and fishing, it's not surprising that the South West is a key supplier of food to the rest of Britain and can boast some pretty fine local specialities. In Somerset – literally, 'Land of the Summer People' – fruit is unsurprisingly bountiful with **apples**, the main ingredient for their legendary cider (see box on p24), particularly renowned. However, the **cheeses** of Somerset are perhaps its most famous export, with the name Cheddar used throughout the world, though only The Cheddar Gorge Cheese Company actually produces the cheese within the parish of Cheddar.

- **Devon** Say 'Devon' to most Brits and in addition to images of sparkling coastlines and rolling hills, the county's name will also conjure up the delights of **clotted cream** (a thick cream with a high fat content, made by gently heating and cooling full-cream cow's milk) which is best enjoyed as part of a traditional **cream tea** with a scone or two and some whortleberry jam. This is an Exmoor speciality, **whortleberry** being the local name for wild bilberry (though they go by several other names including blueberry, heidelberry, huckleberry, hurtleberry and wimberry) and locally they're called 'worts' or 'urts'. **Dairy products** in general are plentiful in this corner of the country, including delicious yoghurts and ice-cream.

In the sea, South Devon **crab** is reputed to be the tastiest in the world and smoked eels are a speciality in these parts too. Other **fish** caught in the Bristol Channel include thornback ray, bass, conger, dogfish, flounder, whiting, dab pout, cod and codling. There's also shellfish: lobsters, crabs, scallops, langoustines, clams and mussels, which are often caught by boats from the smaller coastal villages.

Even if you're on a tight budget the ubiquitous **fish & chips** can be satisfying if cooked with fresh fish. At the other end of the scale there are plenty of restaurants around the coast offering mouth-watering dishes concocted from locally caught fish.

The smartphone app Refill ( [refill.org.uk](http://refill.org.uk)) might also be handy. It shows on a digital map any premises happy to fill up people's water bottles for free.

## MONEY

There are several banks on the trail, most equipped with an **ATM** (cash machine/cashpoint). You'll also find ATMs in some shops and stores though these may charge around £1.75 to withdraw money. The only place where you need to be careful is from Westward Ho! to Bude where there are no ATMs on the path (the nearest place to get money being Hartland, 2½ miles inland). Make sure you take enough cash out at Westward Ho!. Another way of getting money in your hand is to use the **cashback system**: find a store or a pub that will accept a debit card and when you are paying for whatever you are buying (usually a minimum of £5) ask them to advance cash against the card you are using.

Although many local stores, pubs and B&Bs accept credit or debit cards, some don't and others have a minimum spend on a card so it is essential to carry cash with you.

### Using the Post Office for banking

Several banks have agreements with the Post Office (PO) allowing customers to make cash withdrawals free of charge using a debit card at branches throughout the country. Given that many towns and villages have post offices this is a very useful facility. However, check with the Post Office Helpline ( 0345 722 3344,  [postoffice.co.uk/branch-finder](http://postoffice.co.uk/branch-finder)) that your bank has an agreement with the post office and that the post offices en route are still open and offer a cash withdrawal service. If using the website put in the place name and you will be told if there is a PO there or nearby as well as the opening days/hours and services.

## OTHER SERVICES

There is **internet access** in the libraries along the trail, and in some tourist information centres, which also usually have free **wi-fi**. Most pubs, restaurants, cafés and B&Bs also have free wi-fi, and even some campsites.

In addition to a grocery store most small towns have a **laundrette**, **chemist/pharmacy**, **public toilets** and a **phone box**. Smaller villages may have a grocery store and public toilets, but are unlikely to have much else.

For hiking and camping gear, there are **outdoor equipment shops** in Minehead, Porlock, Combe Martin, Barnstaple and Bude.

## WALKING COMPANIES

It is, of course, possible to turn up with your boots and backpack at Minehead and just start walking, with little planned save for your accommodation (see box on p20). The following companies, however, are in the business of making your holiday as stress-free and enjoyable as possible.

anywhere including campsites (as long as you have rung the campsite by the night before to give your name).

Alternatively, some of the **taxi** firms listed in this guide can provide a similar service within a local area if you want a break from carrying your bags for a day or so. Also, don't rule out the possibility of your B&B/guesthouse owner taking your bags ahead for you; plenty of them are glad to do so. Depending on the distance they may make no charge at all, or charge £10-15; this may be less than a taxi so is worth enquiring about.

**European Health Insurance Card (EHIC)** entitled EU nationals (on production of the card) to necessary medical treatment under the National Health Service (NHS) while on a temporary visit here. Since Brexit this system is still valid for the time being but check the current situation ([nhs.uk/nhs-services](https://www.nhs.uk/nhs-services), then click on Visiting or moving to England) before travelling. In any case, not all treatment will be covered and it is not a substitute for proper medical cover on your travel insurance for unforeseen bills and for getting you home should that be necessary. Also consider getting cover for loss and theft of personal belongings, especially if you are camping or staying in hostels, as there will be times when you'll have to leave your luggage unattended.

- **Weights and measures** Milk in Britain is still sometimes sold in pints (1 pint = 568ml), as is beer in pubs, though most other **liquids** including petrol (gasoline) and diesel are sold in litres.

**Distances** on road and path signs are given in miles (1 mile = 1.6km) rather than kilometres, and yards (1yd = 0.9m) rather than metres. The population remains divided between those who still use inches (1 inch = 2.5cm), feet (1ft = 0.3m) and yards and those who are happy with metric measurements; you'll often be told that 'it's only a hundred yards or so' to somewhere, rather than a hundred metres or so.

Most **food** is sold in metric weights (g and kg) but the imperial weights of pounds (lb: 1lb = 453g) and ounces (oz: 1oz = 28g) are frequently displayed too.

The **weather** – a frequent topic of conversation – is also an issue: while most forecasts predict temperatures in Celsius (C), some people continue to think in terms of Fahrenheit (F; see the temperature chart on p15 for conversions).

- **Smoking** Smoking in enclosed public spaces is banned. The ban relates not only to pubs and restaurants, but also to B&Bs, hostels and hotels. These latter have the right to designate one or more bedrooms where the occupants can smoke, but the ban is in force in all enclosed areas open to the public – even if they are in a private home such as a B&B. If you light up in a no-smoking area, which includes almost any indoor public place, you could be fined £50, but it will be the owners of the premises who suffer most if they fail to stop you, with a potential fine of £2500.

- **Time** During the winter, the whole of Britain is on Greenwich Meantime (GMT). The clocks move one hour forward on the last Sunday in March, remaining on British Summer Time (BST) until the last Sunday in October.

- **Telephone** From outside Britain the international country access code for Britain is **44** followed by the area code minus the first 0, and then the number you require. Within Britain, to call a landline number with the same code as the landline phone you are calling from, the code can be omitted. If your mobile phone is registered overseas, consider buying a local SIM card to keep costs down. See also box p39.

- **Emergency services** For police, ambulance, fire or coastguard dial **999**, or the EU standard number **112**.

## THE BEST DAY AND WEEKEND WALKS

Trying to pick one particular section that is representative of the entire trail is impossible because each is very different. The wilds of Exmoor, the beaches of Woolacombe and Croyde, the estuaries of Bideford and Barnstaple, and the windswept cliff-top beauty of Hartland – each region enjoys its own character. It would be erroneous to think that visiting one section could give you a flavour of the entire region. That said, if you don't have the time to walk the entire route

### OTHER TRAILS

Whilst the South-West Coast Path follows the coastline of Exmoor, other walking trails meander through its interior and some, at points, cross over or join the coastal path, offering plenty of opportunities for short (or long) diversions off the trail. Such trips are beyond the scope of this book but the following selection, plus a glance at an Ordnance Survey map, will give you some idea of the other walks available.

- **The Coleridge Way** ([visit-exmoor.co.uk/coleridge-way](http://visit-exmoor.co.uk/coleridge-way)) Starting in Nether Stowey, where Coleridge lived from 1797, The Coleridge Way crosses 36 miles of the Quantock Hills, Brendon Hills and Exmoor, ending in Porlock (where the Man who notoriously interrupted the writing of the poet's *Kubla Khan* originated).

In 1956 the Quantock Hills was the first area of England to be designated an Area of Outstanding Natural Beauty (AONB). The trail is well-serviced by pubs and tea-rooms.

- **The Tarka Trail** ([tarkatrail.org.uk](http://tarkatrail.org.uk)) Following in the paw-steps of Henry Williamson's famous *Tarka the Otter*, this 180-mile path runs in a figure-of-eight shape and centres on Barnstaple. It joins the SWCP at Lynton and colludes with it as far south as Bideford.

The stretch between Braunton and Meeth is part of Sustrans' National Cycle Network, and there's a section where you even take a train! Whilst the chances of seeing an otter are slim there is an abundance of other wildlife to be seen.

- **Devon's Coast to Coast (Two Moors Way & Erme-Plym Trail)** ([explore devon.info](http://explore.devon.info) – select Walking tab, then Long walks) The 15-mile/24km Erme-Plym Trail begins in Wembury on the South Devon coast and travels as far north as Ivybridge where The Two Moors Way (100 miles/160km) begins. Climbing onto Dartmoor can be strenuous but the effort is worth it.

The trail then heads north, traversing the length of Dartmoor to Drewsteignton before passing through Morchard Bishop and Witheridge, eventually entering Exmoor from the south before culminating in Lynmouth. Splendid scenery and real solitude are just two of the joys of this trip.

- **The Samaritans Way** ([bristolramblers.org.uk](http://bristolramblers.org.uk) – select Other Walking Opportunities tab) Beginning at Clifton Suspension Bridge in Bristol, this 100-mile jaunt heads south through the Mendip Hills to Glastonbury before turning west and passing through the Quantock Hills and Exmoor to end in Lynton.

For those after a really long walk, The Samaritans Way can be joined to The Cotswold Way via The River Avon trail which runs from Bath to Bristol.

- **West Somerset Coast Path (WSCP; [ldwa.org.uk](http://ldwa.org.uk))** Significantly shorter than the SWCP, the WSCP travels approximately 25 miles from the tiny settlement of Steart, via the Quantock Hills AONB, passing both Watchet harbour and Dunster beach en route to Minehead. This means that if you wish to, you could make the SWCP even more of a challenge!

## Getting to and from the Coast Path

Given that it is one of the most popular holiday destinations in the UK, the South-West is surprisingly poorly served by public transport connections. Indeed, getting to the start of your walk can be quite laborious – and returning home at the end can be equally painful.

Those who wish to take a train will soon discover that neither Minehead nor Bude has a mainline rail connection. The best way to get to Minehead by train is to go to Taunton, Barnstaple, or Tiverton Parkway. Barnstaple, Exeter and Okehampton are best for Bude; see opposite for more details.

National Express coach services go to Minehead only in the summer months, serving the Butlins there rather than the centre of town and the fare is

### GETTING TO BRITAIN

- **By air** Exeter ([exeter-airport.co.uk](http://exeter-airport.co.uk)); Bristol ([bristolairport.co.uk](http://bristolairport.co.uk)), Southampton ([southamptonairport.com](http://southamptonairport.com)) and Bournemouth ([bournemouthairport.com](http://bournemouthairport.com)) have international flights though mostly from Europe only; for details on Newquay Airport see p47. However, none of these airports is well connected to Minehead (or Bude), so for this reason London's Heathrow ([heathrow.com](http://heathrow.com)) may be the most convenient.

See box on p47 for details of National Express coach services from Heathrow, Exeter and Bristol. There are also rail services between Bristol Temple Meads (take a bus from the airport) and Taunton. From Heathrow you can take the Heathrow Express ([heathrowexpress.com](http://heathrowexpress.com)) to Paddington and from there take a train to Taunton (see box opposite). From Taunton you can catch Buses of Somerset No 28 service (see box on p48) to Minehead at the start of the trail.

- **Eurostar** ([eurostar.com](http://eurostar.com)) operates a high-speed passenger service via the Channel Tunnel between Paris, Brussels and Lille and London. The Eurostar terminal in London is at St Pancras International station with connections to the London Underground and to all other main railway stations in London. Trains to Somerset and Devon leave from Paddington station.

For more information on rail services to Britain see **Railteam** ([railteam.eu](http://railteam.eu)).

- **From Europe by coach** Eurolines ([eurolines.com](http://eurolines.com)) have a wide network of long-distance bus services connecting over 500 destinations in 25 European countries to London (Victoria Coach Station). Visit the Eurolines website for details of services from your country. Check carefully: often, once expenses such as food for the journey are taken into consideration, it doesn't work out much cheaper than flying, particularly when compared to the prices of some of the budget airlines, although it is a more environmentally friendly option.

- **From Europe by car Ferries** operate on several routes between mainland Europe and Britain. Look at [ferry savers.com](http://ferry savers.com) or [directferries.co.uk](http://directferries.co.uk) for a full list of companies and services.

Eurotunnel ([eurotunnel.com](http://eurotunnel.com)) operates 'le shuttle' train service for vehicles via the Channel Tunnel between Calais and Folkestone.

quite expensive. A weekly service to Bude operates only on a Saturday mid-June to early September. See pp46-7 for options for coach travel.

Given the above, the temptation to drive (see p46) to the start of your walk is understandable. This may be the most convenient way to get here but it will also probably be the most expensive and you may not feel comfortable abandoning your car in a car park (see also p47 for details of long-stay parking) for a couple of weeks. Then, of course, there are the ecological downsides of driving to consider.

## NATIONAL TRANSPORT

### By train

Neither Minehead nor Bude is served by a regular rail service (though see box below). **Taunton**, however, *is* well connected by rail (Bristol is less than an hour away, Exeter half an hour and even London Paddington is within a 2-hour journey) and there are regular bus services (Buses of Somerset No 28) from there on to Minehead (1½hrs). This journey is, whilst slow, enjoyable: if you have already travelled by train from London, or indeed any other metropolis, you will feel life pleasantly decelerating around you as you approach the northern end of Exmoor.

#### RAIL SERVICES

Note: not all stops are listed.

- London Paddington to Penzance via Reading, Taunton, Exeter, Plymouth & Bodmin Parkway, Mon-Sat approx 12/day, Sun approx 8/day, some services go via Bristol, some call at Tiverton Parkway.
- Cardiff to Taunton via Bristol (some services continue to Tiverton Parkway, Exeter & Plymouth), Mon-Fri 1/hr, Sat & Sun no direct services.
- Edinburgh to Plymouth via Newcastle, York, Leeds, Birmingham, Bristol, Taunton, Tiverton Parkway & Exeter, Mon-Sat 6-day, Sun 4/day for the full route.
- Exeter to Barnstaple (The Tarka Line), Mon-Sun 1/hr.

**The West Somerset Railway** Arriving in Minehead by rail is undoubtedly the most attractive way of arriving (apart from walking from Porlock, of course!), the steam train chuffing its way through the rolling Somerset countryside before terminating its journey right in the centre of town, just a few steps from the seafront and only a couple of hundred metres from the start of the SWCP itself.

Unfortunately, the only train service that operates a service to/from Minehead is the West Somerset Railway (☎ 01643-704996, 🌐 west-somerset-railway.co.uk, fb), and whilst it may be one of the most picturesque services imaginable, it is also one of the most pointless, in that it doesn't go anywhere particularly useful. Running between Minehead and Bishops Lydeard, on the way to Taunton, the railway offers a choice of transportation by either steam or diesel, the entire journey taking around 1¼ hours to cover the 20 miles.

If you're determined that this is how you want to arrive, Bishops Lydeard is a half-hour bus ride from Taunton on Buses of Somerset's 28 service (see box p48). The timetable differs daily so it would be wise to check the website (or phone ahead) for up-to-date timetabling information.

### ❏ BUS OPERATOR CONTACT DETAILS

- **AW/R/BS** = minibus service operated jointly by **AtWest** (📧 [atwest.org.uk](mailto:atwest.org.uk)), **Ridlers** (📧 [ridlers.co.uk](mailto:ridlers.co.uk)) and Buses of Somerset (see below).
- **Buses of Somerset** (☎ 0345-646 0707, 📧 [firstbus.co.uk/somerset](mailto:firstbus.co.uk/somerset))
- **Filers Travel** (☎ 01271-863819, 📧 [filers.co.uk](mailto:filers.co.uk))
- **Go Cornwall Bus** (☎ 0808-196 2632, 📧 [gocornwallbus.co.uk](mailto:gocornwallbus.co.uk))
- **Ilf Comm Trspt = Ilfracombe Community Transport** (📧 [ilfcomminibuses](mailto:ilfcomminibuses))
- **Plymouth Citybus Service** (☎ 01752-662271, 📧 [plymouthbus.co.uk](mailto:plymouthbus.co.uk))
- **Stagecoach** (📧 [stagecoachbus.com](mailto:stagecoachbus.com))
- **Taw & Torridge Coaches Ltd** (☎ 01805-603400, 📧 [tawandtorridge.co.uk](mailto:tawandtorridge.co.uk))

## LOCAL TRANSPORT

### Bus services

All places along the trail (or at least those with inhabitants) boast at least some sort of bus service except for Hartland Quay, the penultimate stop on the path. (From here you'll need to walk 2½ miles inland to Hartland to catch a bus.)

Most buses servicing points on the trail run at least once a day (usually more) but often only from Monday to Saturday (although note that the 300 service runs Mon-Fri & Sun but not Sat). Services are reduced out of season, and are sometimes non-existent (or at least reduced) on Sundays even in peak season. Most services run to a Sunday timetable on public holidays. Do be sure to check timetables, and ask around locally, if you think you might need to rely on a particular service.

Another problem with public transport in the area is the time it takes to get anywhere. Things are further complicated by the fact that local buses have been organised by county, so while Minehead and Bude may have good connections within their respective counties (Somerset and Cornwall), they have pretty lousy connections with their neighbour Devon, which means that if you want to cross a county border you'll often have to change buses somewhere along the way.

Planning ahead is a must as services change and may have been cut. Timetables for the services should be available for free at bus stations and tourist information centres (the North Devon booklet covers most services) and can also be found online on either the operator's own website (see box above for contact details) or 📧 [travelinesw.com](mailto:travelinesw.com) (also an app: traveline sw).

# MINIMUM IMPACT & OUTDOOR SAFETY

2

## Minimum impact walking

By visiting this rural corner of England you are having a positive impact, not just on your own wellbeing but on local communities as well. Your presence brings money and jobs into the local economy and also encourages pride in, and awareness of, the region's environment and culture.

However, the environment should not just be considered in terms of its value as a tourist asset. Its long-term survival and enjoyment by future generations will only be possible if both visitors and local communities protect it now. The following points are made to help you reduce your impact on the environment, encourage conservation and promote sustainable tourism in the area.

### ECONOMIC IMPACT

#### Support local businesses

Rural businesses and communities in Britain have been hit hard in recent years by a seemingly endless series of crises. Most people are aware of the Countryside Code (see p54) – not dropping litter and closing the gate behind you are still as pertinent as ever – but in light of the economic pressures there is something else you can do: **buy local**.

Look and ask for local produce (see box p23) to buy and eat; not only does this cut down on the amount of pollution and congestion that the transportation of food creates (the so-called 'food miles'), but also ensures that you are supporting local farmers and producers; the very people who have moulded the countryside you have come to see and who are in the best position to protect it. If you can find local food which is also organic so much the better.

It's a fact of life that money spent at local level – perhaps in a market, or at the greengrocer, or in an independent pub – has a far greater impact for good on that community than the equivalent spent in a branch of a national chain store or restaurant. While no-one would advocate that walkers should boycott the larger supermarkets, which do, after all, provide local employment, it's worth remembering that businesses in rural communities rely heavily on visitors for



side is forbidden to Britain's people, in marked contrast to the general rights of access that prevail in other European countries.

### Right to roam

For many years groups such as Ramblers (see box p42) and the British Mountaineering Council ([thebmc.co.uk](http://thebmc.co.uk)) campaigned for new and wider access legislation. This finally bore fruit in the form of the Countryside and Rights of Way Act of November 2000, colloquially known as the CRoW Act, which granted access for 'recreation on foot' to mountain, moor, heath, down and registered common land in England and Wales. In essence it allows walkers the freedom to roam responsibly away from footpaths, without being accused of trespass, on about four million acres of open, uncultivated land.

On 28 August 2005 the South-West became the sixth region in England/Wales to be opened up under this act; however, restrictions may still be in place from time to time – check the situation on [gov.uk/right-of-way-open-access-land/use-your-right-to-roam](http://gov.uk/right-of-way-open-access-land/use-your-right-to-roam). Natural England (see p63) has mapped the new agreed areas of open access and they are also clearly marked on all the latest Ordnance Survey Explorer (1:25,000) maps. In the future it is hoped that the legislation can be extended to include other types of land such as cliff, foreshore, woodland, riverside and canal side.

## Outdoor safety

### AVOIDANCE OF HAZARDS

#### Swimming

If you are not an experienced swimmer or familiar with the sea, plan ahead and swim only at beaches where there is a lifeguard service, such as Woolacombe, Croyde and Saunton. On such beaches you should swim between the red and yellow flags as this is the patrolled area. Don't swim between black and white chequered flags as these areas are only for surfers. A red flag indicates that it is dangerous to enter the water. If you are not sure about anything ask one of the lifeguards; after all they are there to help you.

If you are going to swim at unsupervised beaches never do so alone and always take care. Some beaches are prone to strong rips. Never swim off headlands or near river mouths as there may be strong currents. Always be aware of changing weather conditions and tidal movement. The South-West has a huge tidal range and it can be very easy to get cut off by the tide.

If you see someone in difficulty do not attempt a rescue until you have contacted the coastguard (see opposite). Once you know help is on the way try to assist the person by throwing something to help them stay afloat. Many beaches have rescue equipment in red boxes should you find yourself needing it.

A safe alternative to swimming in the open sea is to swim in a **sea pool** – public seawater pools usually sited on a rocky surf coast, so that waves can

wash into the pool. There are two wonderful examples on this stretch of the SWCP: one in Westward Ho! and one in Bude.

### Walking alone

If you are walking alone you must appreciate and be prepared for the increased risk. Take note of the safety guidelines below.

### Safety on the Coast Path

Sadly every year people are injured walking along the trail, though usually it's nothing more than a badly twisted ankle. Parts of Exmoor can be pretty remote, however, and it certainly pays to take precautions when walking. Abiding by the following rules should minimise the risks:

- Avoid walking on your own if possible.
- Make sure that somebody knows your plans for every day you are on the trail. This could be the place you plan to stay in at the end of each day's walk or a friend or relative whom you have promised to call every night. That way, if you fail to turn up or call, they can raise the alarm.
- If the weather closes in suddenly and fog or mist descends and you become uncertain of the correct trail, do not be tempted to continue. Just wait where you are and you'll find that mist often clears, at least for long enough to allow you to get your bearings. If you are still uncertain and the weather doesn't look like improving, return the way you came to the nearest point of civilisation and try again another time when conditions have improved.
- Always fill your water bottle or pouch at every available opportunity (but don't empty it until you are certain you can fill it again) and ensure you have some food such as high-energy snacks.
- Always carry a torch, compass, map, whistle and wet-weather gear with you; a mobile phone can be useful though you cannot rely on getting good reception (see p39).
- Wear strong sturdy footwear with good grip, and consider wearing walking boots with ankle support.
- Be extra vigilant with children.

### Dealing with an accident

- Use basic first aid to treat the injury to the best of your ability.
- Try to attract the attention of anybody else who may be in the area. The **international distress (emergency) signal** is six blasts on a whistle, or six flashes with a torch.
- If possible leave someone with the casualty while others go to get help. If there are only two people, you have a dilemma. If you decide to get help, leave all spare clothing and food with the casualty.
- In an emergency dial ☎ 999 and ask for the coastguard. They are responsible for dealing with any emergency that occurs on the coast or at sea. Make sure you know exactly where you are before you call.
- Report the exact position of the casualty and their condition.

# THE ENVIRONMENT & NATURE

## Conservation

### CONSERVATION SCHEMES – WHAT’S AN AONB?

It is perhaps the chief joy of this walk that much of it is spent in either a national park or an Area of Outstanding Natural Beauty (AONB). But what exactly are these designations and what protection do they actually confer?

#### National Parks

The highest level of landscape protection is the designation of land as a **National Park** ([nationalparks.uk](http://nationalparks.uk)). There are 15 in Britain of which nine are in England (including, of course, Exmoor National Park on this trail). This designation recognises the national importance of an area in terms of landscape, biodiversity and as a recreational resource. It does not signify national ownership and these are not uninhabited wildernesses, making conservation a knife-edged balance between protecting the environment and the rights and livelihoods of those living in the park.

#### CONSERVATION AND CAMPAIGNING ORGANISATIONS

These voluntary organisations started the conservation movement in the mid-19th century and are still at the forefront of developments. Independent of government and reliant on public support, they can concentrate their resources either on acquiring land which can then be managed purely for conservation purposes, or on influencing political decision-makers by lobbying and campaigning.

Managers and owners of land include well-known bodies such as the **National Trust** (NT; [nationaltrust.org.uk](http://nationaltrust.org.uk)) that owns over 600 miles of coastline including three sites on the Exmoor coastline (Holnicote, Watersmeet, West Exmoor Coast) and other sites on the Devon coast such as Croyde, Woolacombe and Morteohoe, and Bideford Bay and Hartland; the **Royal Society for the Protection of Birds** (RSPB; [rspb.org.uk](http://rspb.org.uk)), and the **Council for the Protection of Rural England** (CPRE; [cpre.org.uk](http://cpre.org.uk)) and **Woodland Trust** ([woodlandtrust.org.uk](http://woodlandtrust.org.uk)).

There is also **The Wildlife Trusts** ([wildlifetrusts.org](http://wildlifetrusts.org)), the umbrella organisation for the 47 wildlife trusts in the UK that manage nature reserves and run marine conservation projects.



initiating any operation likely to damage the site and who cannot proceed without consent from **Natural England** ([www.gov.uk/government/organisations/natural-england](http://www.gov.uk/government/organisations/natural-england)), the single body responsible for identifying, establishing and managing National Parks, Areas of Outstanding Natural Beauty, National Nature Reserves, Sites of Special Scientific Interest, and Special Areas of Conservation.

**Special Area of Conservation (SAC)** is an international designation which came into being as a result of the 1992 Earth Summit in Rio de Janeiro, Brazil. This European-wide network of sites is designed to promote the conservation of habitats, wild animals and plants, both on land and at sea. At the time of writing 235 land sites in England had been designated as SACs.

## Flora and fauna

With a varied topography that encompasses a full range of landscapes from windblasted moor to wetland marsh, hog's back cliffs to wooded valleys, muddy estuaries to mobile sand dunes, you can begin to appreciate why the South-West can boast such a rich and varied countryside, with several unique species of flora and thriving populations of mammals and birds that, elsewhere in the UK, struggle to survive.

The following is not in any way a comprehensive guide, but merely a brief run-down of the more commonly seen flora and fauna on the trail, together with some of the rarer and more spectacular species.

### TREES

For a moorland region Exmoor boasts some surprisingly fine patches of woodland. The most interesting species is the **oak** (family name *Quercus*), which was originally planted as coppice or scrub and supports more kinds of insect than any other tree in Britain. In Exmoor the most prolific species of oak is sessile oak (*Quercus petraea*). Oak woodland is a diverse habitat and not exclusively made up of oak.

#### ❑ OAK LEAVES SHOWING GALLS

Oak trees support more kinds of insects than any other tree in Britain and some affect the oak in unusual ways. The eggs of gall-flies, for example, cause growths known as galls on the leaves. Each of these contains a single insect. Other kinds of gall-flies lay eggs in stalks or flowers, leading to flower galls, growths the size of currants.





Harebell  
*Campanula rotundifolia*



Rosebay Willowherb  
*Epilobium angustifolium*



Foxglove  
*Digitalis purpurea*



Early Purple Orchid  
*Orchis mascula*



Rowan (tree)  
*Sorbus aucuparia*



Dog Rose  
*Rosa canina*



Forget-me-not  
*Myosotis arvensis*



Red Campion  
*Silene dioica*



Scarlet Pimpernel  
*Anagallis arvensis*



Bluebell  
*Hyacinthoides non-scripta*



Germander Speedwell  
*Veronica chamaedrys*



Herb-Robert  
*Geranium robertianum*



Ramsons (Wild Garlic)  
*Allium ursinum*



Meadow Cranesbill  
*Geranium pratense*

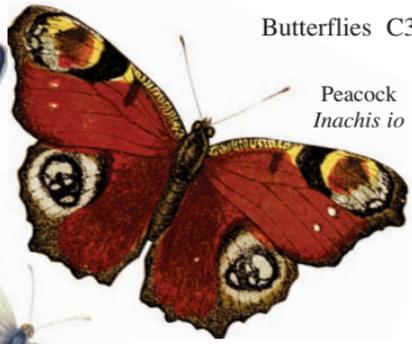


Common Dog Violet  
*Viola riviniana*

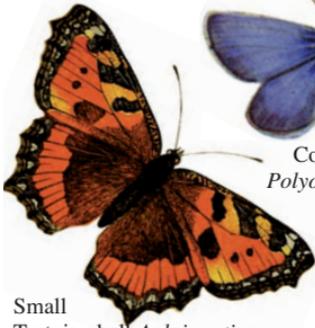


Common Centaury  
*Centaureum erythraea*

Peacock  
*Inachis io*



Common Blue  
*Polyommatus icarus*



Small  
Tortoiseshell *Aglais urticae*

Small Garden/Cabbage  
White  
*Pieris rapae*



Silver-washed  
Fritillary  
*Argynnis  
paphia*



Painted Lady  
*Cynthia cadui*

Brimstone  
*Gonepteryx  
rhamni*  
(female; male is  
bright yellow)



Large  
Garden/  
Cabbage White  
*Pieris brassicae*

Red Admiral *Vanessa atalanta*



Small  
Copper  
*Lycaena  
paphlaea*



Small  
Heath  
*Coenonympha  
pamphilus*



White Admiral  
*Limenitis camilla*



Meadow  
Brown  
*Maniola  
jurtina*



zigzag pattern on their back. Should you be lucky enough to encounter one, (they enjoy basking on clifftops and on the moors) enjoy it but leave it undisturbed. The **grass snake** (*Natrix natrix*) is the largest British species, growing up to four feet in length. Olive-grey in colour with short black bars down each side and orange or yellow patches just below the head, they are harmless, relying not on venom or biting for defence but instead give off a foul odour if disturbed. It is pretty scarce in the south-west but can be found in damp places on Exmoor.

The **slow-worm** (*Anguis fragilis*) must be one of the more unusual creatures in the British Isles – a reptile that is called a worm, looks like a snake but is actually a legless lizard! Silver-grey with a dark line down the centre of the back and along each side, it is common on Exmoor and in North Devon in general, where it feeds on slugs, worms and insects.

## BIRDS

### In and around the fishing villages

The wild laugh of the **herring gull** (*Larus argentatus*) is the wake-up call of the coast path. Perched on the rooftops of the stone villages, they are a reminder of the link between people and wildlife, the rocky coast and our stone and concrete towns and cities. Shoreline scavengers, they've adapted to the increasing waste thrown out by human society. Despite their bad reputation it's worth taking a closer look at these fascinating, ubiquitous birds. How do they keep their pale grey and white plumage so beautiful feeding on rubbish?

Nobel-prize-winning animal behaviourist Nikko Tinbergen showed how the young pecking at the red dot on their bright yellow bills triggers the adult to regurgitate food. In August the newly fledged brown young follow their parents begging for food. Over the next three years they'll go through a motley range of plumages, more grey and less brown each year till they reach adulthood. But please don't feed them and do watch your sandwiches and fish & chips – they are quite capable of grabbing food from your hand.

The village harbours are a good place for lunch or an evening drink after a hard day on the cliffs. Look out for the birds which are equally at home on a rocky shore or in villages, such as the beautiful little black-and-white **pieb wag-tail** (*Motacilla alba*) with its long, bobbing tail.

Also looking black from a distance as they strut the beach are **jackdaws** (*Corvus monedula*). Close up, however, they are beautiful with a grey nape giving them a hooded look and shining blue eyes. They are very sociable: you will often see them high up in the air in pairs or flocks playing tag or performing acrobatic tricks.

Small, dark brown and easy to miss, the **rock pipit** (*Anthus petrosus*) is one of our toughest birds, as it feeds whilst walking on the rocks between the land and the sea. They nest in crevices and caves along the rocky coastline.

### Seen on or from the sea cliffs

Walking on the coastal path leads you into a world of rock and sea, high cliffs with bracken-clad slopes, exposed green pasture, dramatic drops and headlands, sweeping sandy beaches and softer country around the estuaries. Stunning

arrows show that it is steep. Note that the arrow points towards the higher part of the trail. If, for example, you are walking from A (at 80m) to B (at 200m) and the trail between the two is short and steep it would be shown thus: A — — — >> — — — B. Reversed arrow heads indicate a downward gradient.

### GPS waypoints

The numbered GPS waypoints refer to the list on pp207-8.

### Other features

Features are marked on the map when pertinent to navigation. In order to avoid cluttering the maps and making them unusable not all features have been marked each time they occur.

## ACCOMMODATION

Apart from in large towns where some selection of places has been necessary, almost every place to stay that is within easy reach of the trail is marked. Details of each place are given in the accompanying text.

For **B&B-style accommodation** the number and type of rooms is given after each entry: **S** = single room (one single bed), **T** = twin room (two single beds), **D** = double room (one double bed, or two single beds pushed/joined together), **Tr** = triple room and **Qd** = quad. Note that many of the triple/quad rooms have a double bed and either one/two single beds, or bunk beds; thus in a group of three or four, two people would have to share the double bed, but it also means the room can be used as a double or twin. Many places describe these rooms as family rooms.

Rates quoted are **per person (pp)** based on two people sharing a room for a one-night stay; rates are usually discounted for longer stays. Where a single room (**sgl**) is available the rate for that is quoted if different from the rate per person. The rate for single occupancy (**sgl occ**) of a double/twin may be higher and the per person rate for **three/four sharing** a triple/quad may be lower. Unless specified, rates are for bed and breakfast. At some places, generally chain hotels, the only option is a **room rate**; this will be the same whether one or two people (or more if permissible) use the room; this rate generally doesn't include breakfast. See p21 for more information on rates.

The text also mentions whether the rooms are en suite or whether they have private or shared facilities and also if a **bath** (♫) is available in or for at least one room. Also noted is whether premises offer packed lunches (🍷) if requested in advance and if **dogs** (🐕) are welcome. Most places will not take more than one dog in a room and also accept them only subject to prior arrangement. Some make an additional charge (usually per night but occasionally per stay) while others may require a deposit which is refundable if the dog doesn't make a mess. See also p210.

It is safe to assume nowadays that if a place to stay and/or eat has a **website**, it will also have **wi-fi** that is free unless otherwise stated. It can be useful to check the **Facebook page (fb)** before arriving, especially for small or seasonal businesses, as these tend to be kept more up-to-date with changes to opening times than regular websites.

facilities; ☹; Ⓛ) a 15th-century cottage with a splendid garden and wonderful views

across to Porlock Weir. B&B costs £42.50-47.50pp (£65-95 sgl occ).

Bossington sits at the eastern extremity of the wide **Porlock Vale**, an unusually wide, flat valley in comparison with the narrow combes typical of Exmoor. Standing between it and the sea is a natural shingle ridge – a ridge that was breached in 1996 (see box below), causing the farmland to turn into a salt marsh that receives a fresh inundation of salt every high tide. It also led to a rerouting of the SWCP that once followed this ridge but which now takes a more inland course, around the back of the beach. This does mean that the sea will be out of sight for the next few miles – but also that it is much less of a detour to visit the charming village of **Porlock**.

## PORLOCK [see map p89]

Though 10 to 15 minutes from the path, Porlock remains a popular stopover on the SWCP. The plentiful accommodation, amenities, attractions and charming architecture are enough to tempt the tired walker off the trail.

Porlock was mentioned in the Domesday Book of 1086 (as 'Portloc') and several of the village's buildings are only slightly younger. The oldest, **The Chantry**, has parts dating back to the 12th century. The truncated tower on the neighbouring

### ☐ PORLOCK BEACH

[Map 6, p87]

The beach at Porlock Vale is a very dynamic environment. The **shingle bank** that protects the vale from flooding at high tide – and which looks for all the world like a man-made defensive barrier – was actually established about 8000 years ago at the end of the last Ice Age, the rising sea levels piling up the rocks and shingle that had fallen from the nearby cliffs.

Though man may not have built it he has certainly done his best to repair it down the centuries in order to protect the valuable farmland behind, with the last major rebuild occurring in 1990. Man is also responsible for building the WWII **pillboxes** (a type of defensive bunker, usually made from concrete) and the now-ruined **lime kiln** along the beach. Yet in spite of these efforts at preservation, a further breach to the shingle bank in 1996 forced the authorities to rethink their policy and as a result it was decided to allow nature to take its course – meaning that, in years to come, Porlock Vale may well become a lagoon, just as it was around 200 years ago.

The ever-changing landscape of Porlock Vale has exposed some interesting sites and artefacts that had previously lain hidden beneath the seabed. The **submerged forest** that you walk past on the way to Porlock Weir is actually around five or six thousand years old and was first observed only in 1890. In 1998 part of a skeleton of an **auroch**, a giant precursor to modern cattle that roamed these parts about 3500 years ago, was found in the exposed blue clay of an old riverbed. The bones are now on display in Porlock Visitor Centre (see p86). A piece of worked timber from AD900 has also been unearthed embedded in beach clay near the shingle ridge, as have numerous flints.

Perhaps unsurprisingly, the entire beach has been declared a **Site of Special Scientific Interest** (SSSI; see box p61) as it allows scientists to study how such a landscape will develop if left to its own devices, as well as the effect this will have on the flora and fauna of the area, with lapwings, herons, teal, shelduck and egret regular visitors to this rare salt marsh environment.

**Church of St Dubricius** (named after a 6th-century Welsh saint who, according to legend, crowned King Arthur and later married him to Guinevere) was built only a few decades later; while, inside the church, you'll find fragments of a cross that date back to pre-Norman times.

The main street is also scattered with more old thatched cottages than you can shake a sheaf of straw at, from The Old Rose and Crown Cottage (formerly a pub), opposite the church, to the 13th-century Ship Inn at the western end of the village.

For a more intimate look at one of Porlock's hoary homes, **Doverly Manor Museum** ([☞](http://doverlymanormuseum.org.uk) [doverlymanormuseum.org.uk](http://doverlymanormuseum.org.uk); **fb**; May-Sep Mon-Fri 10am-5pm, Sat 10.30am-4.30pm; free but donation wel-

come) is housed in a 15th-century manor house and has a physic garden based on designs from medieval times.

At the other end of the village, the Visitor Centre boasts a small **village museum** including many of the items discovered on the beach that pre-date even Porlock (see box p84).

See p16 for details of Samphire Festival, an independent music festival.

### Services

The **Visitor Centre** (TIC; ☎ 01643-863150, [☐](http://porlock.co.uk) [porlock.co.uk](http://porlock.co.uk); **fb**; Easter to Oct Mon-Sat 10am-3.30pm, Nov to Easter Mon-Sat 10am-1.30pm), with its small museum and souvenir shop, lies at the far western end of Porlock and is one of the

### ☐ THE POETS OF PORLOCK

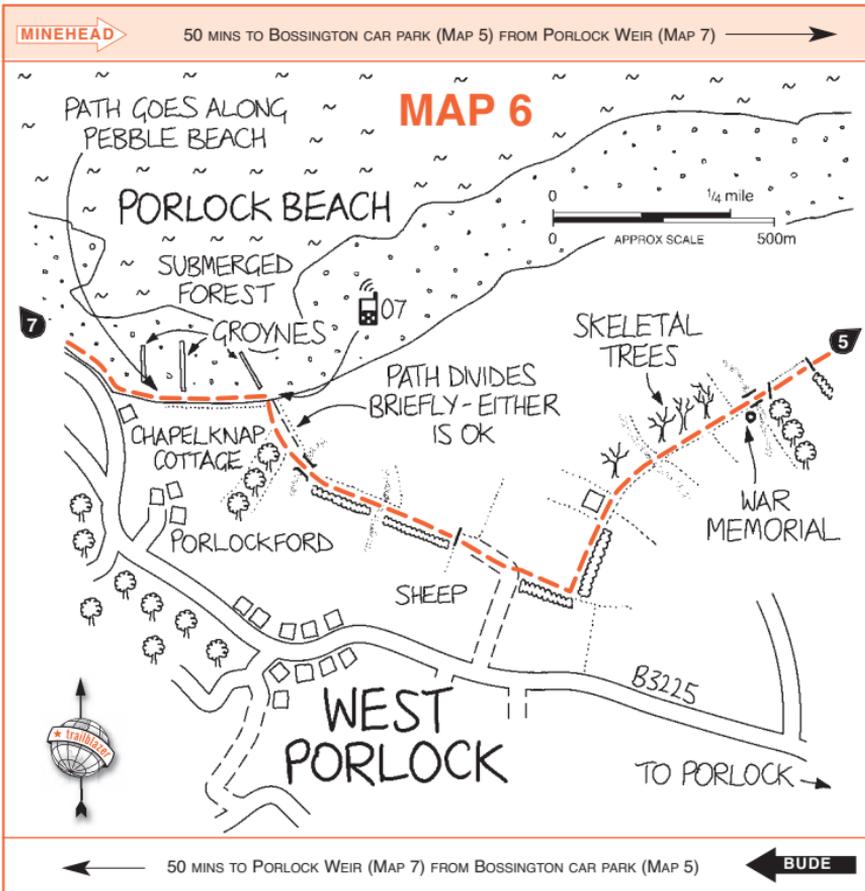
Porlock has long been a favourite place of poets, romantics and dreamers. Robert Southey's friends Samuel Taylor Coleridge and William Wordsworth (who both lived nearby at Nether Stowey and Alfoxden respectively) were frequent visitors and often wandered (as lonely as clouds, presumably) the hills and beaches surrounding the village. Indeed, the regularity of their perambulations and the fact that many of them were undertaken at night aroused suspicions in the locals and rumours began to circulate that they were actually French

spies. A government agent sent to investigate however, witheringly concluded that they were 'mere poets' and thus no threat to the Crown.

Today, of course, many hikers walk in the footsteps of the Romantic poets along the Coleridge Way (see p34) which ends in the village; a walk that celebrates both the area's associations with the Romantic poets and the wonderful countryside of this part of the world. Yet, ironically, Porlock is perhaps best known not for a poem that it inspired, but one that it prevented: Coleridge was famously interrupted during the composition of his epic *Kubla Khan* by 'a person on business from Porlock', with the result that he forgot the details of the dream on which his poem was to be based and thus never completed the work! The phrase 'a person from Porlock' has since become a synonym for an unwanted visitor; characters named Porlock crop up in works by Arthur Conan Doyle and Alan Bennett amongst others – usually as somebody who arrives unannounced and interrupts the business of others.

*Porlock! thy verdant vale so fair to sight,  
Thy lofty hills which fern and furze imbrown,  
The waters that roll musically down  
Thy woody glens, the traveller with delight  
Recalls to memory, and the channel grey  
Circling its surges in thy level bay.  
Porlock! I shall forget thee not,  
Here by the unwelcome summer rain confined;  
But often shall hereafter call to mind  
How here, a patient prisoner, 'twas my lot  
To wear the lonely, lingering close of day,  
Making my sonnet by the alehouse fire,  
Whilst Idleness and Solitude inspire  
Dull rhymes to pass the duller hours away.*

**Robert Southey (1774-1843)**



friendliest you'll find. They are happy to do accommodation booking.

The village is big enough for two small **supermarkets**: SPAR (Mon-Thur 7am-7pm, Fri & Sat to 9pm, Sun to 6pm) towards the western end of town is better stocked; One Stop Local Stores (daily 7am-10pm), which has an **ATM** (free), is at the eastern end of the village.

Opposite the SPAR is a shop, **Exmoor Rambler** (☎ 01643-862429, fb; Mon-Tue & Thur-Fri 9am-5.30pm, Wed & Sat 9am-6pm, Sun 10am-4pm) selling **outdoor gear**, and also containing the **post office** (same hours as shop).

Nearby on the High St, **Porlock Hardware** (☎ 01643-862427; summer

Mon-Sat 9am-5pm, winter Sat to 1pm) also has some camping gear. **Porlock Pharmacy** (Mon-Fri 8.30am-6pm, Sat 9am-1pm) is opposite One Stop.

### Transport

[See also pp48-50] **Bus-wise**, the No 10 service calls here en route between Minehead and Porlock Weir; there's also the seasonal Exmoor Coaster service between Minehead and Lynmouth.

For a **taxi** try 1st Call Exmoor Taxis (☎ 07826-212511).

### Where to stay

For **campers**, **Sparkhayes Farm Camping Site** (☎ 01643-862470 or 07721 045123, 📍





**Left:** Sublime walking on top of the forested cliffs near Foreland Point (Map 10; bottom photo © Yoyo McCrohan). **Above:** Culbone Church (see p94). **Bottom:** Hawker's Hut (see p198).





## Services

The **Visitor Centre** (☎ 01237-431781, 📧 clovelly.co.uk; daily Easter-Oct 9.30am-5.30pm, longer in school summer holidays, Nov-Easter 10am-4pm) is very much concerned with Clovelly and information about other parts of Devon is slight. It does, though, have a large **souvenir shop** and an equally large **café**, meaning you can grab some food if you're just passing through without having to climb down to (and all the way back up from) the village. In the village itself you'll find a small **shop** (daily 9.30am-5pm) selling pasties, ice cream and fudge, but little else.

## Transport

[See also pp48-50] Stagecoach's No 319 **bus** leaves from the visitor centre and connects Clovelly with Barnstaple and Hartland.

The **Land Rover service** shuttles paying passengers between the quay and the donkey stables (£1.50) or the Visitor Centre car park (£2.50).

## Where to stay

The iconic **Red Lion Hotel** (☎ 01237-431237, 📧 redlion-clovelly.co.uk; **fb**; 16D/2D or T, all en suite; ♣; 🚰; 🐾) is run by the Clovelly Estate, which is also in charge of the visitor centre. It's a lovely old place, and a bit of a landmark in the village, situated right by the harbour. However, B&B starts at a whopping £90pp (sgl occ full room rate). Some rooms can also sleep up to two children.

Bookending Clovelly at the top end of the village, is **New Inn Hotel** (☎ 01237-431303, 📧 thenewinnclovelly.co.uk, **fb**; 1S/6D/1Tr, all en suite; ♣; 🚰; 🐾). It is arguably the most elegant place to stay in Clovelly; the smart rooms have a sea view or, in one case, a balcony overlooking part of the street. B&B starts at £70pp, sgl/sgl occ from £140).

Alternatively, and specialising in short stays for coast-path walkers, **Hamlyn's Hostel** (☎ 01237 431303; 5T/6D/1Qd, 2 en suite, rest shared facilities; ♣; 🚰; 🐾) is across the cobbles from the New Inn and run by the same people. Despite the name,

it's not really a hostel, though some rooms do share bathrooms, so prices are cheaper. Rates are for room only, and start at £34pp with en suite, or £20pp with shared bathrooms (sgl occ from £49). Breakfast, taken in the New Inn, costs £8pp.

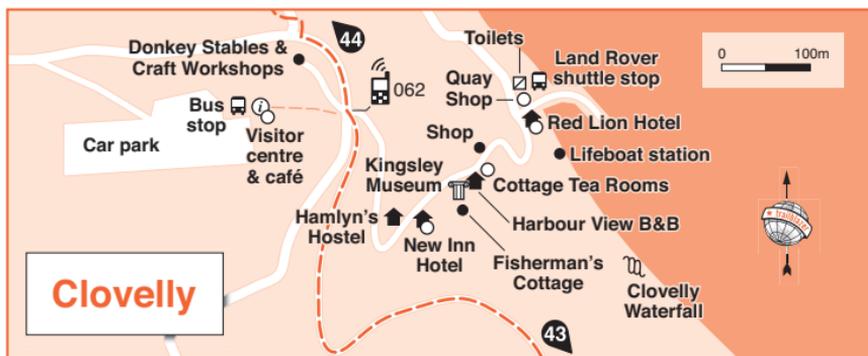
In the centre of the village is **Harbour View B&B** (☎ 01237 432215, 📧 clovellycottage.co.uk; 3D/1T shared facilities; ♣; 🚰; 🐾), a delightful old cottage situated beside the village tearooms. The four comfortable rooms (one on the ground floor, three upstairs) share two first-floor bathrooms. The breakfast is excellent, the owners are very welcoming and the front garden is filled with flowers. B&B rates are £32.50-35pp (sgl occ usually full room rate).

## Where to eat and drink

There are only a few choices for food in the village. The fabulous **Cottage Tearooms** are open during the day (☎ 01237-431494; **fb**; Easter-Oct daily 10.30am-5pm) and boast a lovely outside eating area with sea views. Cream teas cost £6.50. They also do excellent baguettes (from £6.50), and a generous Ploughman's (£8.25).

The two hotels also serve food: **Red Lion Hotel** (see Where to stay; daily 10am-noon & 6-9pm to eat in, takeaway also available noon-4pm & 5-8.30pm) unsurprisingly boasts some fine fresh seafood dishes in its **restaurant**. Pan-seared fillet of sea trout will set you back £16.25, while the Clovelly-landed lobster costs £45. Other dishes include tomato gazpacho (£11) and free-range duck breast with roasted chicory and cherries (£16.95). More traditional pub grub, including pizza, is available in the **bar** (mains £10-14). There's also pub grub at the **New Inn Hotel** (see above; daily noon-2.30pm & 6.30-8.30pm, winter hours variable), which serves the likes of beef lasagne, ham, egg and chips or cod and chips for under a tenner, alongside a selection of local real ales.

A simple pasty or ice-cream can be found by the harbour at **Quay Shop** (Easter-Oct daily 10am-5pm, weather dependent), housed inside one of the Red Lion's old arched cellars.



### Higher Clovelly

There are two more B&B options further up the hill, about 2km from the top of the main village. **The Old Smithy** (Map 43; ☎ 01237-431202, 📧 oldsmithybandbclovelly.co.uk; 📄; 1D/1Tr both en suite; 🍷; 🚽) has two rooms, one of which has its own attached lounge. B&B costs £39.50pp (sgl occ £70). **East Dyke Farmhouse** (Map 43; ☎ 01237-431216, 📧 bedbreakfastclovelly.co.uk; 📄; 1D/1Tr both en suite; 🍷; 🚽) is a lovely friendly place, a grand 19th-century building with exposed beams and

flagstone floors. B&B costs £45pp (£85 sgl occ). You are free to explore Clovelly Dykes, a 200-year-old Iron Age hill fort, lying just beyond their back garden. They even have bedding and bowls for dogs! To get here from the end of Hobby Drive, take the path signposted towards Wrinkleberry. Keep walking through the tiny hamlet, then turn left at the end of the road and The Old Smithy (200m) and East Dyke Farmhouse (850m) will both be on your right.

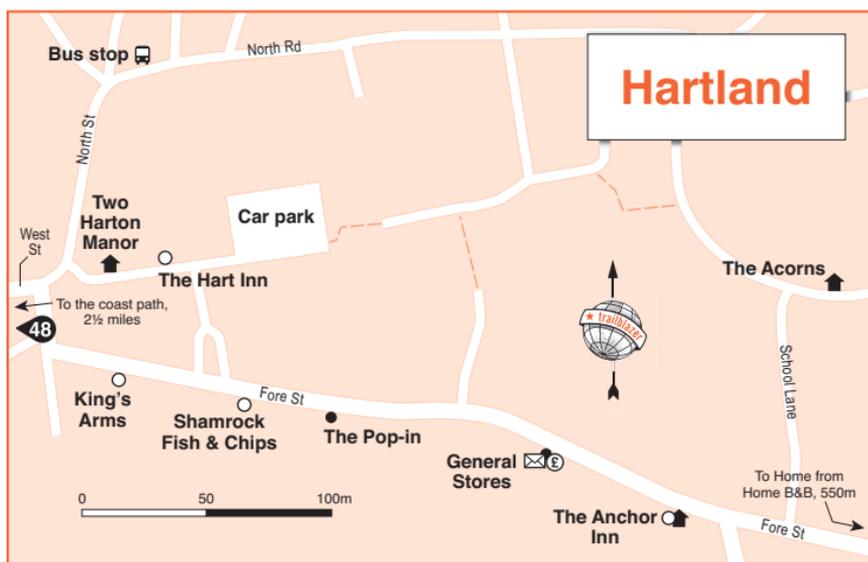
### CLOVELLY TO HARTLAND QUAY

[MAPS 43-48]

The final two stages of this walk are renowned for being amongst the wildest, most remote and most spectacular on the entire SWCP. The paucity of amenities and accommodation on the trail also mean that walkers really need to plan carefully for their walk on this stretch. True, when it comes to **accommodation** there are several B&Bs, a (YHA) hostel and a campsite, but these are sometimes a fair hike away and should definitely be booked in advance. Similarly, for **food** you need to plan well: the first stage has only a seasonal snack kiosk on the trail, though it does have a fabulous hotel with food and ale at the end, while the second stage has nothing actually on the path until Sandymouth Café which is only two miles before Bude. It does, though, offer the option of an excellent tearoom and a pub at Morwenstow, if you're willing to divert about a third of a mile (500 metres) off the trail (it's a flat path, thankfully).

One way round this, of course, is to ask your accommodation to make a packed lunch for you, or else stock up on pasties from the shop in Clovelly or takeouts from the Cottage Tearooms or the Visitor Centre café.

However, assuming you *have* planned properly, there is much to look forward to on both these stages. The reputation of the second stage for being the toughest and amongst the most awe-inspiring on the entire path is well known but there's plenty to appreciate on this first stage to Hartland Quay too.



classics. There's also a Sunday carvery.

Stone-baked pizzas (£9.50-12.50) are on the menu at the **King's Arms** (☎ 01237-440151; **fb**; food daily 5-8.30pm), also on Fore St, as well as pub staples like cod and chips and lasagne. They also serve Tribute ales, and have a garden with a play area for kids.

Nearby, behind St John's Chapel, on a lane called The Square, **The Hart Inn** (☎ 01237-441474; **fb**; food Tue-Sat 6-9pm, Thur-Sun noon-3pm; 🐕) is an old place with roots going back to the 14th century.

The menu includes curry of the day (£13.95) and pan-fried seabass (£16.95) as well as burgers and steak; sandwiches are available at lunch time. Sunday roasts start from £10.95. Nice garden, too.

For **takeaway**, head to **Shamrock Fish and Chips** (☎ 01237-488123; **fb**; Mon & Tue 5-7.30pm, Fri noon-2pm & 5-8pm, Sat 5-8pm, closed Sun, Wed & Thur), also on Fore St, where cod and chips cost £7. They can deliver to Stoke Barton Farm campsite.

## HARTLAND QUAY TO BUDE

[MAPS 48-55]

By the time you reach this stage you should be well on your way to becoming acclimatised to your new, itinerant way of life; your feet hardened, your back strong, and your legs like two solid tubes of reinforced steel emanating from the legs of your shorts.

You are now, in short, a walker.

Which is just as well, for this stage is said to be the most taxing in the entire book; indeed, by common consent it's actually the hardest on the entire South-West Coast Path! It's a **15½-mile (24.9km; 9hrs)** slog across soaring summit and plunging combe that includes, by our reckoning, ten *major* ascents and descents as you scramble across valley after valley, with no refreshments along the way until right near the end (though it's possible to divert off the path to

Morwenstow – see Map 51 – where there is both a wonderful tea room and a marvellous pub).

Thankfully, the rewards are manifold: the views along the way, especially the panorama at Higher Sharpnose Point, the vista south from Steeple Point and the aspect from Yeolmouth Cliff back to Devil's Hole, are little short of magnificent. If surveying the scenery is difficult due to inclement conditions you can find shelter in the huts of writers Robert Hawker, near Morwenstow, and Ronald Duncan, above the border with Cornwall. While if the weather is good, it seems churlish not to pay a visit to the endless stretch of sand before Bude, the perfect place to cool one's corns and paddle in the sea. All this, and we haven't even mentioned the waterfalls (with a particularly fine example at Speke's Mill Mouth), Iron Age forts, Roman sites, radio stations, and the sheer joy of being on one of the remotest and most beautiful stretches of coastline this country can offer. Plus of course, nothing can beat the feeling that, at the end of this day, you will have completed the walk described in this book – which is no small achievement. While for those who are walking the entire trail – and thus for whom this book was little more than an *hors d'oeuvre* – you too can celebrate the fact that you've finished your time in North Devon, and you won't be seeing this county again for another 300 miles!

### The route

Despite the fearsome reputation of this stage, the beginning of the walk is rather gentle as you leave Hartland Quay to head towards the triangular promontory of **St Catherine's Tor**. The path ignores the scramble up the Tor (which is believed to have had a Roman villa on its summit), preferring instead to follow **Wargery Water** upstream, a waterway that ends its journey in impressive fashion by plummeting over the cliffs to the north of the Tor. Those who miss this waterfall (which, after all, is not actually on the path) needn't be too concerned, for the next valley, **Speke's Mill Mouth**, has, if anything, an even more spectacular version, and one that is easily visible just a few metres from the path.

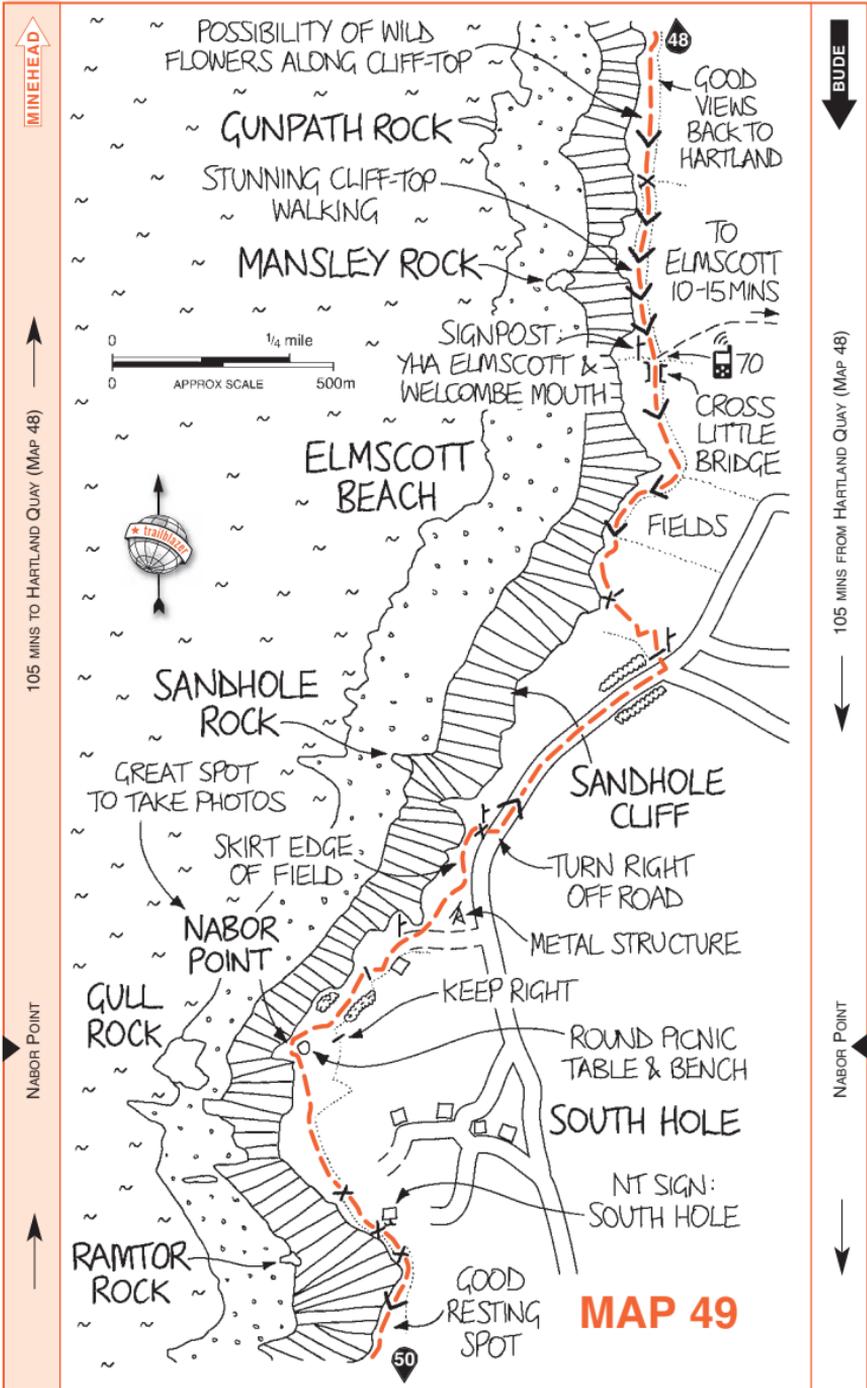
Climbing out of the combe – the first of many calf-popping ascents – takes you up **Swansford Hill** and past the turn-off to **Elmscott**.

### ELMSCOTT [OFF MAP 49, p194]

Elmscott is an easy, short walk from the path (10-15 mins) and the accommodation is rather pleasant. Privately-owned, but YHA-affiliated, **YHA Elmscott** (☎ 01237-441367 or 01237-441276, 📧 elmscott.org.uk, or yha.org.uk/hostel/elmscott-bunkhouse; 1T/3 x 4- & 3 x 6-bed dorms, shared facilities; Mar-Oct) was originally built as a school in Victorian times, but is now a cosy hostel (approx £22/25pp members/non-members) with a small **shop** (8-10am & 5-10pm), good kitchen facilities (which is just as well as meals aren't provided and there's

nowhere to eat around here) and a drying room. **Camping** is also available (£10pp), although they only have room for four tents; booking is therefore recommended.

**Elmscott Farm**, on which it is set, is also a **B&B** (☎ 01237-441276, 📧 elmscott.org.uk; 2D en suite/1T private bathroom; ♿; ♻) under the same ownership as the hostel. They charge £40pp (sgl occ £40) for bed and breakfast. They don't do evening meals but will direct you to the local pub.





canal, though set back slightly from the water, is **The Kitchen Front** (☎ 01288-350107, 📧 thekitchenfront.co.uk; **fb**; Mon-Thur 10am-5pm, Fri & Sat to 3.30pm, closed Sun, winter hours variable) a quirky wartime-themed tearoom and craft workshop where you can enjoy a 1940s-style afternoon tea with vintage china and cakes made from wartime recipes.

Overlooking the river, **Temple** (☎ 01288-354739, 📧 templecornwall.com; **fb**; lunch Wed-Sun 11.30am-2.30pm, evening daily 5.30-8.30pm, booking essential) is the hipsters choice of café, with old-school classroom table and chairs, a health-conscious menu (lunchtime small plates £4-9) and good tunes. There's a £28 set menu come evening.

If you just fancy an ice cream, it's hard to resist **Taste of Cornwall** (daily 10am-6pm) with at least 24 different flavours on offer.

**Restaurants & Takeaways** Café by day, bistro by night, **Olive Tree Coffee House and Bistro** (☎ 01288-359577, 📧 olivetreebude.co.uk; **fb**; daily 10am-4pm, summer Mon-Sat 10am-8pm) serves a good variety of gluten-free and vegetarian dishes. It's a lovely spot beside the canal, but prices aren't cheap.

More affordable, **Scrummies** (summer Mon-Sat 8am-9pm, Sun 9am-9pm, winter days/hours variable) is owned by local fisherman Cliff Bowden who catches, prepares and cooks 60-70% of the fish himself and offers a gigantic cod 'n' chips.

Just before The Strand arrives at the road bridge, American restaurant **Barney's Bude** (☎ 01288-350850, **fb**; daily noon-9pm; 🍷) offers a variety of burgers from £7.95 plus hot dogs, shakes and gelato ice cream to eat in or takeaway.

Nearby, **La Bocca Pizza Küchen** (☎ 01288-255855, 📧 laboccabude.co.uk; **fb**; Mon-Wed 4-9pm, Thur-Sun noon-9pm, takeaway deliveries 5-9pm) is a small pizza and pasta restaurant that also does takeaway too. The pizza here is excellent.

Also on this stretch are the two Chinese restaurants, **Tiandi** (☎ 01288-359686; **fb**; daily 5-10pm), which also does Thai cuisine, and **Silver River Chinese**

**Takeaway** (☎ 01288-352028; **fb**; Tue-Sun 5-10pm, closed mid Jan to mid Feb).

The best Indian restaurant in town is **Bude Tandoori** (☎ 01288-359994, 📧 bude-tandoori.co.uk; daily 5-11.30pm), which, unusually, has some outdoor seating too.

For classic British seaside fish 'n' chips look no further than **Sizzlers** (☎ 01288-356331; **fb**; daily noon-9pm), an eat-in or takeaway chippy.

In terms of location, **Life's a Beach** (☎ 01288-355222, 📧 lifesabeach.info; **fb**; summer Sun-Tue 10am-4pm, Wed-Sat 10am-8pm, winter hours variable) is the pick of the bunch, with fabulous beach views from its terrace. The lunchtime menu includes burgers (£8-9) and baguettes (£5.50-8.50). Evening is for fine dining, including good seafood (mains £16.50-22.50, 2/3 courses £25.50/29.50), and is indoors only.

**Pubs** Next to the canal, the ever-popular **Brendon Arms** (see Where to stay; food daily noon-2pm & 6-9pm, school summer hols noon-9pm) is a 150-year-old pub with plenty of garden seating out front. Next door, **Falcon Hotel** (see Where to stay) has a bar (food daily 10am-9pm; 🍷) and a restaurant (daily 6.30-9pm, Sun noon-2.30pm; booking preferred) but the menu (most mains £12.50-15) is fairly standard pub grub. The recently opened bar-restaurant **The Deck** (☎ 01288-353846, 📧 thedeckbude.co.uk; **fb**; Tue-Sat 4-8.30pm, daily in summer), at The Edgcombe (see Where to stay), can also be recommended.

At the bottom of The Strand, **Carriers Inn** (☎ 01288-352459; **fb**; food Mon-Sat noon-3pm & 6-9pm, Sun noon-5.30pm; 🍷 on a lead in the bar) is even older than the Brendon Arms, although less cheery. Just along the road **The Globe Hotel** (see Where to Stay; food noon-2.30pm & 6-9pm) has a no frills pub-like bar area with cheap pub food, real ales and friendly staff.

If you just fancy a drink, it's well worth hunting down **The Barrel at Bude** (☎ 01288-356113, 📧 thebarrelatbude.com; **fb**; Thur-Sat 4-9pm), a pint-sized smugglers bar serving Cornish craft ales, ciders and gin.

Map 37	54	N51 03.203 W4 12.201	Signpost high/low tide route
Map 38	55	N51 03.338 W4 13.543	Public toilets
Map 39	56	N51 02.451 W4 14.208	Westward Ho! (Leave Golf Links Rd)
Map 40	57	N51 01.139 W4 16.446	Green Cliff National Trust sign
Map 41	58	N50 59.605 W4 18.327	Gate at Peppercombe
Map 42	59	N50 59.266 W4 20.635	Buck's Mills
Map 42	60	N50 59.288 W4 21.426	Mary's Rest (huge beech tree)
Map 43	61	N50 59.171 W4 22.286	Join The Hobby Drive
Map 43	62	N50 59.895 W4 23.980	Gate into Clovelly
Map 44	63	N51 00.213 W4 24.235	Wilderness Summerhouse Cabin
Map 44	64	N51 00.621 W4 25.261	Mouthmill
Map 45	65	N51 00.759 W4 26.710	Memorial to Wellington Bomber
Map 45	66	N51 01.153 W4 28.168	Trig Point
Map 46	67	N51 01.235 W4 30.745	Radar station
Map 47	68	N51 00.154 W4 31.648	Blackpool Mill
Map 48	69	N50 59.631 W4 31.968	Hartland Quay
Map 49	70	N50 58.069 W4 31.795	Turn-off to Elmscott
Map 50	71	N50 55.988 W4 32.624	Welcombe Mouth
Map 51	72	N50 54.389 W4 33.720	Hawker's Hut
Map 52	73	N50 53.129 W4 33.531	Right turn by radio station
Map 53	74	N50 51.659 W4 33.224	Wooden footbridge at Sandy Mouth
Map 54	75	N50 50.121 W4 33.129	Lifeguard lookout

## MAP KEY

 Where to stay

 Where to eat and drink

 Campsite

 Post Office

 Bank/ATM

 Tourist Information

 Library/bookstore

 Internet

 Museum/gallery

 Church/cathedral

 Telephone

 Public toilet

 Building

 Other

 CP Car park

 Bus station/stop

 Rail line & station

 Park

 082 GPS waypoint

 South West Coast Path

 Other path

 4 x 4 track

 Tarmac road

 Steps

 Slope

 Steep slope

 Stile

 Gate

 Sand dunes

 Cliffs

 Cornish hedge

 Bridge

 Fence

 Wall

 Hedge

 Water

 Stream/river

 Trees/woodland

 Bog or marsh

 Sand

 Stones

 Lighthouse

 Lifeguard cover

 Rescue equipment

 Golf course

 54 Map continuation

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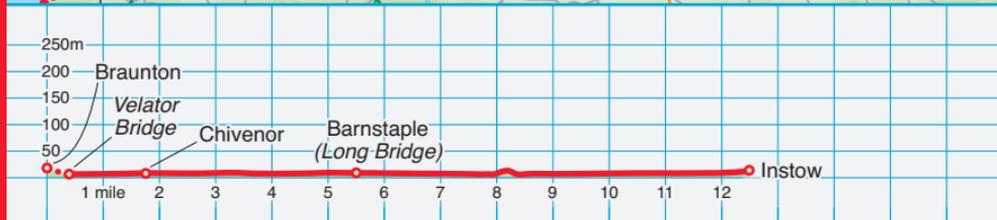
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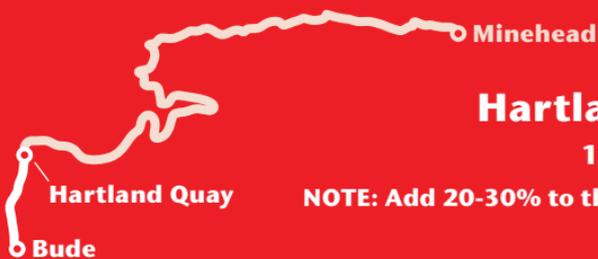
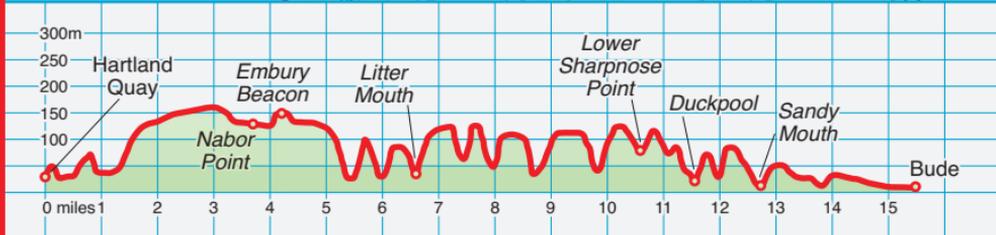
## Maps 29-34

### Braunton to Instow

12½ miles/20km – 5hrs  
(inc 10mins to Velator Bridge)

### Maps 34-39, Instow to Westward Ho!

11 miles/17.6km – 4hrs 50mins



## Maps 48-55

### Hartland Quay to Bude

15½ miles/24.9km – 9hrs

**NOTE: Add 20-30% to these times to allow for stops**



**EXMOOR & N DEVON  
COAST PATH**

**FINISH**  
See 'Cornwall  
Coast Path'

**MAP KEY**

- Map 1 – p77 Minehead
- Map 2 – p80 North Hill
- Map 3 – p81 Furzebury Brake
- Map 4 – p82 Western Brockholes
- Map 5 – p85 Bossington
- Map 6 – p87 West Porlock
- Map 7 – p91 Porlock Weir
- Map 8 – p93 Culbone Wood
- Map 9 – p95 Sugarloaf Hill
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- Map 55 – p205 Bude

# Exmoor & North Devon Coast Path

**MINEHEAD – BUDE**

