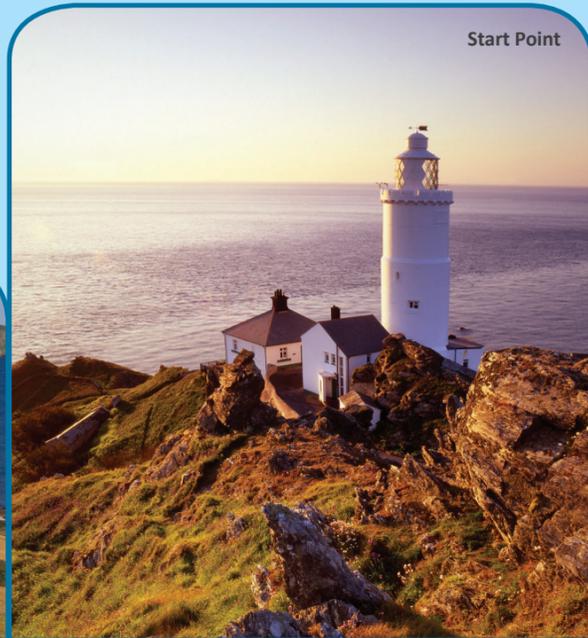


See, Hear and Taste some of England's best on the South West Coast Path



USEFUL TRANSPORT LINKS

- Airports**
 - Bristol Airport bristolairport.co.uk
 - Exeter Airport exeter-airport.co.uk
 - Gatwick Airport gatwickairport.com
 - Heathrow Airport heathrow.com
 - Newquay Airport newquaycornwallairport.com
- Train Links**
 - GWR gwr.com
 - Cross Country Train crosscountrytrains.co.uk
 - South West Trains southwesttrains.co.uk
 - Eurostar eurostar.com
- Coach Travel**
 - National Express nationalexpress.com
- General**
 - Traveline travelinesw.com
- Ferries**
 - ferries.co.uk



Photo credits anticlockwise: Andreas Byrne, Jennifer Rowlandson, Andrew Besley, Andreas Byrne, and Matthew Hartley. Cover photo Christian Schoter.

This itinerary is available as 3, 5 and 7 days.
To download the .pdf please visit
southwestcoastpath.org.uk

The Nautical Trail

South Devon:
Plymouth to Dartmouth

FIVE-DAY ITINERARY

Explore the beautiful South Devon coast for high cliffs, estuaries, rolling countryside and a region steeped in maritime history.

Day One

AM

Plymouth is dripping with maritime history, which can be discovered on the 3.7 mile (6km) Plymouth Waterfront walk between Sutton Harbour and Royal William Yard. This starts with a meander around the historic docks of the Barbican and a visit to the Mayflower Steps, where the Pilgrim Fathers set sail for the New World in 1620. The next stop is Plymouth Hoe, where there's a statue of naval commander and seafarer, Sir Francis Drake, who famously played bowls here before sailing to fight the Spanish Armada in 1588. All along the route sculptures and other street art are reminders of the role Plymouth has played in global exploration and trade. The final stop of this walk is the former naval storehouses at Royal William Yard, now home to smart restaurants and galleries. To return to the Barbican catch a ferry back from the Royal William Yard to the Mayflower Steps.



Blackpool Sands

PM

Reward yourself with lunch at one of the many eateries around the historic Barbican. Have a look around the area's shops and art galleries, or take a tour of the Plymouth Gin Distillery to see, smell and taste what goes into one of our most famous and delicious exports. Alongside the Mayflower steps is the National Maritime Aquarium, which is the largest in the UK. Here you can see creatures of the deep and learn more about the sea life of the Plymouth Sound. If you still have the energy, sample some of the city's bustling nightlife before retiring to the comfort of your hotel or bed and breakfast.

Day Two

AM

Leave the city behind and head along the coast to Noss Mayo (30 minutes by car, or 50 minutes on the No. 94 bus). You'll soon enter the South Devon Area of Outstanding Natural Beauty (AONB) – a protected area of coastline, estuaries and countryside covering 130 square miles (337 square kilometres). From the picture postcard village of colourful shoreside cottages, follow the 4.2 mile (6.7 km) Noss Mayo and Revelstoke Drive walk. This easy walk reveals an array of landscapes, from sheltered estuary and wooded riverbanks to rugged coastline and wide open sea views.

PM

Drive or take a taxi (it's too long by bus) for the 35 minute journey to the charming seaside village of Bigbury-on-Sea where you can enjoy lunch at one of the waterfront cafés. Head out to Burgh Island, which is home to an art deco hotel as well as the beach house retreat for novelist, Agatha Christie. You can walk across at low tide or get the sea tractor if it's high tide. Just over the creek is Bantham Beach, one of the south coast's best surf beaches where you can join a lesson with the surf school. Later, head to Salcombe where there's a fantastic choice of holiday accommodation and thriving culinary scene. [It's 20 minutes by car from Bantham or one hour and 10 minutes by bus: take the No. 162, changing at Kingsbridge for the No. 606.]

Membership

You are sure to fall in love with the South West Coast Path when you walk it, you may even be hooked while planning your adventure. If you'd like to support the South West Coast Path Association and protect and promote this beautiful trail, we have an Overseas Membership for just £29 that gives you masses more information about the Path including the Complete Guide to the South West Coast Path in your language. Please join us! **Find more information at southwestcoastpath.org.uk**

Day Three

AM

Leave Salcombe on foot (or catch the ferry from South Sands) and walk through woods and picturesque thatched villages at the start of the 6.7 mile (10.8 km) Salcombe and Soar Mill Cove walk. Upon reaching the coast at Soar Mill Cove it's a challenging hike up and down steep valleys and across gorse-covered cliffs towards Bolt Head. Follow the South West Coast Path straight through the jagged teeth of Sharp Tor, with precipitous views down to the Salcombe estuary. If you have any power left in your legs, take a stroll around the subtropical gardens of the National Trust property, Overbecks. Stop for coffee at South Sands before returning on foot to Salcombe.

PM

Salty Salcombe is a popular town for holidaymakers and sailors. It's also a destination for quality food and drink, where you can enjoy fresh fish and seafood plucked straight from the sea. Grab a Salcombe crab sandwich, followed by a Salcombe Dairy ice cream. In the afternoon, explore the creeks of the Salcombe estuary on a rib tour or hire a kayak to paddle yourself. In the evening head to the Salcombe Gin Bar where you can sip a locally distilled Devon Dry Gin and tonic while admiring the view over the estuary.

Day Four

AM

Leave Salcombe and drive for 40 minutes (or one hour on the No. 606 and No. 3 buses via Kingsbridge to Torcross, followed by a 15 minute taxi) to Start Point for the 2.1 mile (3.5 km) Start Point and Great Mattiscombe Sand walk. Follow the coast path along the exposed peninsula to the Start Point lighthouse, built in 1836 to warn ships of the treacherous submerged rocks off the headland. Continue west on the steep terrain to Great Mattiscombe. Take the steps down to the beach, before circling back on the inland trail to the Start Point car park. From here it's a 30 minute walk or 10 minute drive to Hallsands, where you can view the ruins of the former fishing village destroyed by the sea.

PM

Stop for lunch in Torcross (15 minutes away by car or taxi, or an hour walk) before heading to nearby Slapton Ley National Nature Reserve. Slapton Ley is a large freshwater lake, separated from the sea by a narrow shingle bar. Stroll around the lake (1.5 miles/2.5 km) to discover the unique habitats of reedbeds, marshes and woodland. From here, take the coast road (10 minutes by car or 15 minutes on the No. 3 bus) to Blackpool Sands. This is one of South Devon's most beautiful beaches with fine, golden sand and clean water making it the ideal place for a swim. If you prefer to keep your head above water, kayaks can be hired from the beach café. Then head into Dartmouth (15 minutes by car or 20 minutes on the No. 3 bus) for well-earned rest and relaxation.

Day Five

AM

Dartmouth has a long maritime history which is best explored on the Dartmouth Castle & Gallants Bower walk (3.4 miles/5.5 km). Dartmouth Castle stands guard at the mouth of the River Dart, which has been a major seafaring waterway for many centuries. It was from here that English forces were dispatched to fight in the Crusades. On the way to the castle, stop at the cobbled quay and fort at Bayard's Cove, where the Pilgrim Fathers' Mayflower docked for repairs en-route to Plymouth and the New World. Near the castle is Gallants Bower, a tall look-out tower, which provides great views across the estuary to Kingswear.

PM

Circle back to Dartmouth for seafood or fish and chips. After lunch, board a ferry from the town quay to the attractive riverside village of Dittisham. The pontoon here, like the quayside in Dartmouth, is a great place for crabbing. After a drink in the River Boat Inn, ring the bell to summon the ferry for the short hop across to Greenway. Now managed by the National Trust, this house and estate was formerly owned by the author, Agatha Christie, who described it as the 'the loveliest place in the world'. Continue along the easy riverside walk towards Kingswear and cross the short distance to Dartmouth on the Higher Ferry.

LOCAL KNOWLEDGE

Accommodation: With so many popular holiday spots in the area, you are spoilt for choice for places to stay. For ease and convenience, base yourself in Plymouth, Salcombe and/or Dartmouth where there are some lovely hotels, guest houses and campsites.

Food & drink: South Devon is a foodie's paradise, with locally farmed meats, freshly caught fish and seafood. While here you will also want to treat yourself to a Devonshire cream tea and the occasional farm-fresh ice cream. The area is home to many great breweries including South Hams Brewery and the Salcombe Brewing Company. And don't forget to sample the locally distilled Salcombe Gin.

Transport: It's best to have your own car to make the most of your visit to this area. There are regular buses linking the major destinations, but they are few and far between for smaller villages and trailheads. However, a combination of bus and taxi travel makes it possible. Local routes are served by Plymouth Citybus, Stagecoach Southwest and Tally Ho. For easy bus and train journey planning and timetable information visit www.travelinesw.com

For more information visit
www.visitdevon.co.uk



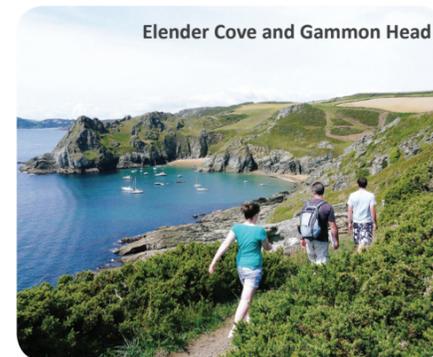
Dartmouth

TOUR OPERATORS



Contours Walking Holidays are the specialists in self-guided walking holidays (hiking tours) in Scotland, England, Wales and Ireland. They provide packages covering the whole of the South West Coast Path, with comfortable accommodation, maps, guidebooks, transportation of luggage and a choice of itineraries, every detail is taken care of, leaving you free to enjoy the sights and sounds of the Coast Path. Prices start from £245 for a short break.

Further details can be found at contours.co.uk or by calling +44 (0)1629821900. Please quote COASTPATH when contacting us.



Elender Cove and Gammon Head



Wembury Church



South Sands



Encounter Walking Holidays provide walking holidays and short breaks on every section of the Coast Path. We specialise in helping with the requests that others struggle with or don't want to take on - whether you are a small group looking for the best prices, walking with your dogs, have an unusual itinerary idea or are just arriving from overseas and are new to UK Walking Routes. We provide detailed quotes for walkers with no commitment to book so get in touch with your ideas and questions! Prices start from £75 per person per day.

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