



Devon's Areas of Outstanding Natural Beauty

This leaflet is part of a series of themed trails in Devon's Areas of Outstanding Natural Beauty (AONB); helping you get out there, enjoy, and learn more about the landscape around you.

Trail themes include

- Coast in Conflict,
- Man and the Landscape,
- Trade and Settlement and
- A Colourful Landscape.

Have a look at these websites for further leaflets in the series, and ideas for other ways of enjoying yourself out and about!

See www.southdevonaonb.org.uk,
www.northdevon-aonb.org.uk,
www.visitsouthdevon.co.uk and
www.discoverdevon.com

Area of Outstanding Natural Beauty is the Government's designation for Britain's finest landscapes; there are 40 in England and Wales. Together with Dartmoor and Exmoor National Parks, Devon's 5 AONBs cover 35% of the County. AONBs share a common commitment to secure sustainable living landscapes. Each AONB has been designated for special attention because of the quality of their flora, fauna, cultural and historical heritage, as well as beautiful scenery.

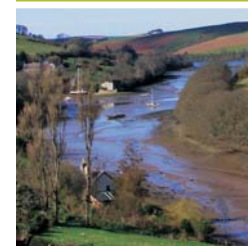
Their care has been entrusted to local authorities, organisations, community groups, individuals who live and work in them and those who value them.

Please recycle this leaflet by passing it onto a friend when you have finished with it. Don't let Devon go to waste.

East Portlemouth and East Prawle

Cycling Route

- **Start/Finish:** East Prawle Village Green
- **Distance:** 12 miles (20 km)
- **Circular walk:** Yes
- **Grade:** Moderate to Strenuous
- **Terrain:** Quiet country lanes; green lanes; bridleways. Going fairly good, but some muddy stretches in wet weather.
- **Obstacles and steep gradients:** 3 steep climbs.
- **Toilets:** Public toilets immediately above village green, East Prawle; and by Mill Bay
- **Parking:** Village Green, East Prawle. By donation
- **Other Facilities:** In East Prawle: public payphone above village green; small village shop below village green.
- **Accommodation:** Please contact Kingsbridge Tourist Information Centre 01548 853195 www.kingsbridgeinfo.co.uk or www.discoverdevon.com/site/where-to-stay
- **OS map:** Explorer OL20
- **Grid ref:** SX 782364
- **Follow the Countryside Code:** for more information www.countrysideaccess.gov.uk





Trade and Settlement

In the early Stone Age, Devon was sparsely populated. Much has changed since then. Successive waves of human settlement have swept across the landscape, bringing Celtic tribes and Roman invaders; Viking warriors, Saxon settlers, and the Norman conquerors. All have come and gone – or stayed to build homes and lives here.

Through this succession of influence, and beyond, the Devon we see today has taken shape. Villages, hamlets and farms have evolved. Towns have grown up, and centres of trade and power have developed, faded, and shifted.

This rural county has always had agriculture at its heart. But other industries have made their mark.

Men have long burrowed deep into the Devon earth to extract valuable tin, copper, silver, lead, and arsenic. Boat-building, lime-burning, cloth-making, and the woollen trade all helped bring affluence. And Devon's stream-sides are dotted with the old mills that once ground grain, or made paper and textiles. Lastly, we cannot forget the contribution made by Devon's 'free traders' – the smugglers of old.

Meanwhile, Devon's coast has always provided the county with a portal to the wide world. For centuries, galleons, schooners, clippers and cutters have plied their trades in and out of the county's ports. There is even persuasive evidence that tin was being traded with visiting Phoenician and Greek galleys in the Bronze Age.

Today's Devon - home to three quarters of a million people – has roots sunk deep into a long and fascinating history.



Directions

Numbers in brackets refer to Points of Interest.

1. As you face the phone box at the top of the village green (1), turn left to follow the lane out of the village. After 400m turn right to follow public bridleway along green lane.
2. At the t-junction at the end turn right. Follow public bridleway which leads up the valley.
3. At the road turn left (2). At the junction at Vinivers Cross turn left signed for West Prawle and East Portlemouth (3).



8. At the road turn left. After 150m turn right onto green lane signed 'Quarry Lane – Cousin's Cross ¾m'.
9. At the road turn right. At junction at Cousin's Cross go straight on signed for Stokenham and Kingsbridge (13).



10. After ½ mile turn right down green lane signed 'Public Bridleway South Allington 1m' (14).
11. At the road turn right. At the junction at the bottom turn left and follow road through South Allington.
12. After ¾ mile turn right signed 'Public Bridleway East Prawle 2m', then immediately right again up short steep pull. Bridleway follows contour.

4. After 1 mile, at Rickham Cross, turn left signed for Rickham.
5. After ½ mile, at small triangular green (4), turn sharp left. Follow track, bearing right. After 200m turn right to follow blue waymarker arrow down green lane (5).
6. At the bottom, turn right at Mill Bay (6). Follow the road around the estuary and creek for 3 miles (7,8,9,10,11).
7. Turn right at Devonshire Bridge. After 100m (12) turn left up green lane called Orchard Lane.



then climbs very steeply up field to right.

13. Follow blue waymarker arrows up to and along wide green lane and then field edges (15). At gate and junction go straight on along grassy green lane, following blue waymarker arrow.
14. Follow blue 'Public Bridleway' signs along farm tracks and green lanes.
15. By pond just before Woodcombe Farm turn left across field to follow bridleway diversion. At next junction to straight on signed 'East Prawle ¾m'.
16. At following junction go straight on signed 'Public Footpath & Bridleway'.
17. At next junction turn left signed 'East Prawle ½m'. Follow track to the road and turn left.
18. Turn left at next junction, then immediately right up past Pig's Nose Inn to East Prawle village green.

Points of Interest

1. East Prawle's name derives originally from an Old English word 'bepriwan', which meant to wink or peep. From that root grew 'Prawhyll', meaning a lookout hill. That is what Prawle Point has been for centuries, and there is still a Coastwatch station there today.
2. A Stone Age site where hand axes were made has been found in the fields here. The work of 'knapping' or chipping away at a flint to shape it into a sharp cutting tool has left a characteristic 'scatter' of fragments. A polished stone axe head has also been found nearby.



3. The road here by Newhouse Cottages kinks right and left following a Bronze Age boundary line. Much of the road between here and Rickham passes between Bronze Age field systems with their ancient boundaries - called 'reaves' in Devon. Many modern field boundaries here still follow the lines of those created up to 4000 years ago.
4. There has been a settlement at Rickham since at least the Dark Ages. Its modern name stems from 'Ricca's Ham'. Ricca was a Saxon inhabitant, and the 'Ham' his area of land here. The hamlet was a manor by the 13th century.
5. Several farmsteads in this valley disappeared between



the Elizabethan Age and the 19th century. The causes of this depopulation are not known for sure. Likely causes are agricultural depressions, fluctuations in climate, periodic outbreaks of the bubonic plague, and raids by the Barbary pirates of North Africa.



6. A watermill once stood to the east side of Mill Bay. Much later, US troops used the beach here to prepare, store and maintain landing craft in World War II. A concrete slipway was built across the beach, and thousands of troops departed from the estuary for the invasion of France on D-Day in 1944.
7. At the time of the Domesday Book in 1086, the manor of East Portlemouth was owned by Juhel. He was granted the estate by William the Conqueror, along with 102 other manors, all seized from dispossessed Saxon lords.
8. Unfortunately for East Portlemouth, in the 19th century it fell into the ownership of the Earl of Cleveland. A money-minded man, the Earl was disappointed at the poor agricultural output from his villagers, who looked to the sea rather than the land for their income. In 1879, he had almost every house demolished, and the inhabitants evicted. Many ended up in the workhouse, and this draconian act caused a national scandal when it came to light.
9. It is thought that the Old Rectory to the left here was probably given to the church by a wealthy local hoping to buy his way into heaven. By the 19th century it was the custom for land to be held to support the rector, who would receive the rents from these holdings. East Portlemouth had 33 acres of such 'glebe' land.
10. It is hard to imagine now, but in medieval times East Portlemouth was a bustling port and a centre of shipbuilding. It was the most important settlement at the mouth of the estuary at a time when Salcombe across the river did not even exist. The little inlet here at Horsepool Cove is thought to have been the most likely site of the shipyards where East Portlemouth's vessels were built.



11. A corn mill called Slade's Mill once stood here, to which a second waterwheel was added in 1817. It continued in use until the 1930s, when it was converted into a sawmill, also powered by water. The problem for the sawmill was that it used so much water that it could only run for 1 ½hrs at a time. Then, everybody had to down tools and wait for the millpond to fill up again.
12. The prominent tower of Chivelstone parish church, which can be seen up the valley, is visible from many parts of even this hilly parish. Now only a hamlet, Chivelstone must have been a much more important place in the past, when it was the seat and centre of a manor. The church is dedicated to the 4th century pope St Sylvester.
13. The double gateway on the right here offers views to the sea at Lannacombe through the cleft to the south, and at Start to the east. Down below runs the valley of South Allington.
14. At one time all roads in Devon were green lanes like this track. They were well used by people, carts, donkeys and livestock, and often became a morass. Clogged up with mud, the countryside almost ground to a halt in winters. This state of affairs led to the formation of the 'turnpikes', well- maintained toll roads which were the forerunners of today's regular road network.



15. The reward for the steep slog uphill is the wonderful view as you go along the field edges here. When the weather is cooperative, you can see across the entire breadth of South Devon to the right. Dartmoor rises beyond, and the white smudges of the china clay works are visible just to the south of the moor.

Refreshments

Pig's Nose Inn, East Prawle

01548 511209

www.pignoseinn.co.uk

Well known, friendly, characterful pub. Food served lunchtime and evenings. Dogs and children welcome.

Providence Inn, East Prawle

01548 511208

www.providenceatprawle.co.uk

Beer garden, log fire, and real ales. Food served 12-2pm and 6-9pm. Menu specialises in local produce. Dogs and children welcome.

Grunter's Café, East Prawle

01548 511486

Serves breakfasts, filled baps, homemade soups and quiches, hot and cold drinks, cream teas, and homemade cakes. Open 9-5, Easter-end October.

Venus Café, East Portlemouth

01548 843558

www.venuscompany.co.uk

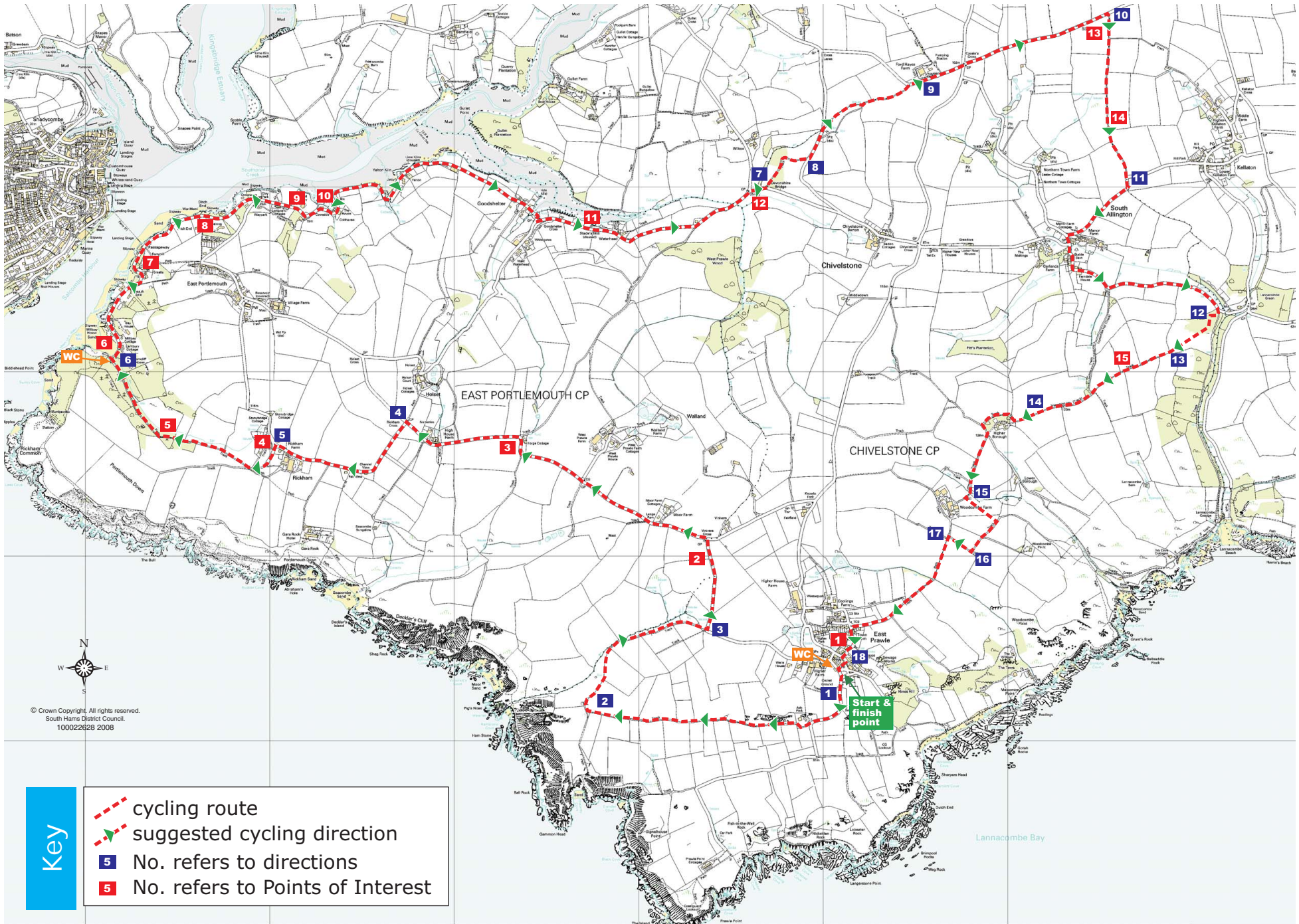
Beachfront café serving breakfasts, snacks, meals, and drinks. Menu includes organic burgers, crab soup, and paninis, along with organic tea and coffee. Venus Café is strongly committed to sourcing local and organic produce wherever possible, and is a Green Tourism Business Scheme Gold Award holder. Open 10 – 4, April – October inclusive.

South Allington House, South Allington

01548 511272

Serves cream teas in summer.





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 South Hams District Council.
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Key	cycling route
	suggested cycling direction
	No. refers to directions
	No. refers to Points of Interest

