



South West Coast Path

Teignmouth to Torquay

Newton Abbot TIC: 01626 215667

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Distance: 8 Miles

Difficulty: ●●●●○

OS Maps: Landranger 202 / OL44

This walk starts on the seafront in the popular resort of Teignmouth and after crossing the River Teign to Shaldon, continues over the cliffs through Maidencombe and Babbacombe to Torquay. Rugged in parts, the route includes some steep sections. It does however provide stunning views of Lyme and Tor bays as well as some interesting stopping points.

The **River Teign** is crossed either by means of a ferry or via the road bridge. The ferry operates from Teignmouth's "Back Beach" and is reputedly the oldest of its type in England. Running on demand, there is no timetable and the hours of operation are subject to season, weather and tides. Do not be tempted to cross the river yourself, it is deep and the currents are strong. Instead reach **Shaldon** by means of the **number 22 bus** or by walking via the road/footpath and river bridge. Immediately after crossing the bridge turn left and follow **Riverside** and the **Strand** (where the ferry lands) and on to the **Ness Headland**.

The coast path runs alongside the pitch and putt course continuing to climb to **Labrador Bay**, an **RSPB** reserve. With excellent views towards Babbacombe and Hopes Nose to the South, Exmouth and the Jurassic coast to the North, the path crosses meadows and woodland before descending to the village of **Maidencombe**. Here, there is a small beach, a cafe and an Inn. There is also a steep lane leading to the main road (A379) for the **number 22 bus** on to Torquay or back to Teignmouth.

The path is signed from Maidencombe car park along a lane and then through woodland to **Watcombe**, and on to **Petitor** with it's **OS Triangulation Point**. Here, cliff falls mean the original path has been diverted along the quiet Petitor Road, skirting **St Marychurch** and on to **Babbacombe Downs**.

The Downs offer extensive views across **Lyme Bay** with **Portland Bill** visible on a clear day whilst looking back towards Teignmouth. Below lie the beaches of **Oddicombe** and **Babbacombe**. These are reached by steep roads and linked by a footpath. Oddicombe is also served by a seasonal, historic **Funicular Railway**.

Onward past Babbacombe Theatre, you cross **Walls Hill Downs** and look down on **Ansteys Cove** and **Redgate beach**. The path continues through wooded cliff until you reach **Hopes Nose**. This is the northern extremity of **Tor Bay** and you look across to **Brixham** and **Berry Head** at the southern end. After passing a viewing point above **Thatchers Rock** and walking down **Marine Drive**, you join **Meadfoot Sea Road** then proceed alongside **Meadfoot Beach** before climbing a path to **Daddyhole Plain**. Here you can view the coastline from **Torquay** through **Preston**, **Paignton** and **Goodrington** to **Brixham**. A final descent past **Rock End** and the Imperial Hotel will bring you to **Torquay Harbourside**.

Getting Back

The number 22 bus links Torquay Harbour, Babbacombe and St Marychurch with Shaldon and Teignmouth. Walking along Torquay seafront towards Paignton you will find the rail station located behind the Grand Hotel. Trains run from here to Teignmouth.

Whilst every care has been taken in compiling this list, no responsibility can be taken for errors or omissions.