

## South West Coast Path

630 miles of stunning scenery

The South West Coast Path, a 630 mile national trail, passes Exmouth station. The coastline from Orcombe Point, Exmouth, through East Devon and Dorset, has been designated England's first natural World Heritage Site and is called the Jurassic Coast. Exmouth is a gateway town.

One of the walks in this leaflet follows a section of coast path from West Down Beacon back to the station at Exmouth. Other walks along East Devon's part of the Jurassic Coast can be reached from the following gateways:

**Budleigh Salterton** – the 157 bus runs hourly from the bus station next to Exmouth rail station, or catch the 357 bus from nearby Rolle St. (See the Onward Travel poster in the station foyer for directions to bus services).

**Sidmouth** – the 157 bus runs from Exmouth to Sidmouth (see above), or take bus 52 from Exeter Bus Station (which is walking distance from Exeter Central).

**Beer and Seaton** (and beyond) – catch the X53 from Exeter Bus Station, or take the 157 from Exmouth and change at Newton Poppleford onto the X53.

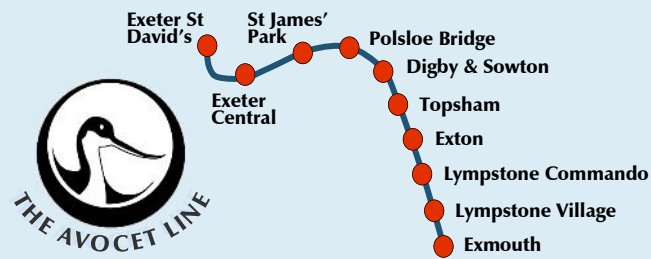
For more information visit:

[www.southwestcoastpath.com/](http://www.southwestcoastpath.com/)

[www.jurassiccoast.org/](http://www.jurassiccoast.org/)

and for bus timetables

[www.pollardsprint.co.uk/east-devon/index.html](http://www.pollardsprint.co.uk/east-devon/index.html)



### RAIL INFORMATION FOR THE AVOCET LINE

- Journey time – approximately 30 minutes.
- Regular half hourly services during the day – hourly in the evening.
- All trains stop at Exeter Central, Digby & Sowton, Topsham, Lympstone Village and Exmouth.
- Weekday and Saturday services from 6 am - midnight.
- St James' Park and Polsloe Bridge have an hourly service in each direction as does Exton, which is a request stop (Note that Lympstone Commando is not available for public use).
- Hourly service on Sundays from 9 am.

The fares are reasonably priced (for example the return fare from Exeter St David's to Exmouth in 2013 is £4 or £2.65 with a railcard). For other fares and ticket options, and for timetable information, visit [www.firstgreatwestern.co.uk](http://www.firstgreatwestern.co.uk). Timetable information is also available from staffed stations (Exeter St David's, Exeter Central and Exmouth) & station notice boards.

*The Avocet Line Rail Users Group (ALRUG) represents users of the Exmouth to Exeter Line (the Avocet Line), presses for action to improve rail services on the line, and is a forum for local rail users. Visit [www.avocetline.org.uk](http://www.avocetline.org.uk) or see the information on our station notice boards.*

*This leaflet is the first in a series being prepared by volunteer members of ALRUG. The routes described use either public rights of way or permissive paths and were checked in early 2013; ALRUG accepts no responsibility for any alterations since that time.*

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# Avocet Ambles

## Walks from Exmouth Line stations



No  
1

Polsloe Bridge - Exeter St David's

Exmouth Circular Walk

Lympstone Village Trail



# Walk 1: A View of the City

## Polsloe Bridge to Exeter St David's

Leaving Polsloe Bridge station, cross the main Pinhoe Road and go under the railway bridge. Our walk starts inauspiciously by taking the alleyway between the Queen's Head pub and the off licence next door to it. Go straight on between the houses and past allotments on the right, crossing two roads before passing under the Exeter to Waterloo railway line. After passing the old wall of St. Katherine's Priory on the right, cross Prince Charles Road and walk up St. Katherine's Road.

Cross Calthorpe Road to enter Mincinglake Valley Park, then immediately bear right down the slope to a small car park and left through a gate. Proceeding up the east side of the Mincinglake Valley we can still glimpse houses through the trees, but birdsong mingles with the sound of the stream below us and the City already feels far behind. Stay on the gravel path until it finishes at steps up to a muddy path leading to an open field (15 mins). At this point turn sharp right through a narrow gap in the fence and follow a well trodden path over a rough field, which can be quite wet after heavy rain. As you approach a huge bank of brambles, bear left. Views across the City are now starting to open up behind us.

Continue ahead keeping the bank of brambles on your right until the field boundary turns sharply left; at this point, follow a right fork to a stile partially hidden in the hedgerow. Now go straight ahead up a short incline and bear left behind a copse. Continue up the hill with the country park boundary fence to the right and pass through a wooden gate ahead (35 mins); some steps immediately beyond lead to Mile Lane (a Devon green lane). Turn left and after a few yards take steps up to the right into Drakes Meadow. Follow the right hand side of Drakes Meadow into a dip and bear diagonally left up through the next field to reach and cross another stile. The views over Exeter and down the Exe Estuary are becoming well worth the gentle but long climb we are making.

### At a Glance

A 5 mile walk in open country and Devon green lanes with some superb views.

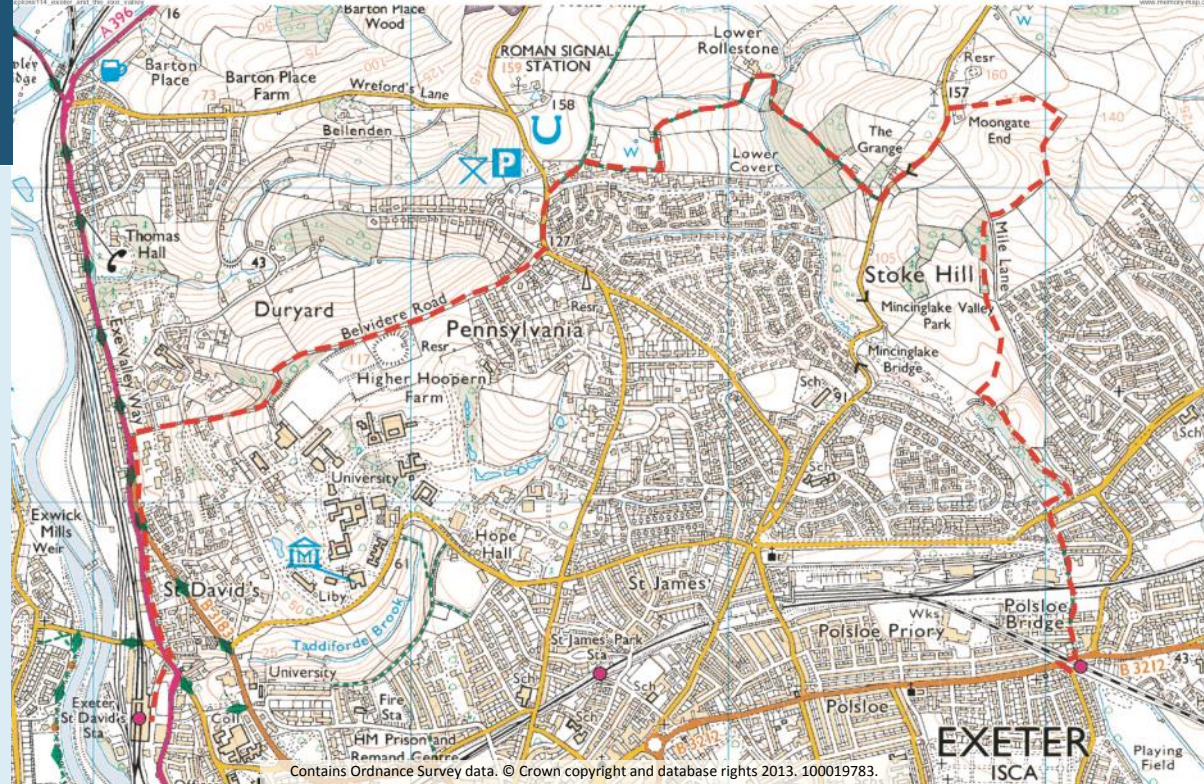
**Start**  
Polsloe Bridge

**Finish**  
Exeter St David's

**Duration**  
About 2½ hours

**Going**  
Some moderate climbing. Can be wet after heavy rain.

**Refreshment**  
Pubs and shops at start and finish



Having crossed the next field on its left hand side, we come to stiles ahead and to the left (50 mins). Turn left and proceed up the right hand side of the next field, bearing left round the top of the field towards buildings at Moon Gate. Just before reaching them there is a convenient seat on which to take a refreshment break while enjoying the superb views (which now include the whole estuary, much of the City, the M5, and planes at Exeter Airport).

At the top of the field, a kissing gate leads on to a gated farm track before shortly reaching a road, Stoke Hill. Turn left onto this road for five minutes, taking care as there are no pavements and drivers here seem to take no notice of the 30 mph limit. The road drops steeply, but soon after a one way section there is a bridleway up to the right. This Devon green lane passes through double gates at The Grange (1 hr 5 mins) and then descends steadily for fifteen minutes to Rollestone Farm.

On reaching a gate by a brook, turn left and walk past the farm. Follow a concrete road downhill, bearing right and uphill again to ruined buildings on the left. Turn left at the ruins, up past another derelict house and turn right on reaching the rear of houses on Stoke Valley Road. At a T junction by the entrance to Rollestone House turn left onto

a quiet tarmac lane, and soon after left again onto the busy Pennsylvania Road at Hilltop.

After two minutes on a good wide pavement, cross the second bollarded crossing to a junction on the right (1 hr 40 mins). Turn right here and right again into Argyll Road (ignoring Doriam Close), then immediately left onto Belvidere Road, which is a permissive path. To the right is Belvidere Meadows Local Nature Reserve, with footpaths into it at intervals.

Our route leads straight on down Belvidere Road, enjoying more views to the right. The road gives way to a muddy path after passing some bollards, then the path becomes a gently descending cobbled green lane skirting the University grounds. At a triangular junction (2 hr 5 mins) fork left and continue along the green lane, which later becomes rather steeper and muddier.

After some steep steps down, a tarmac footpath is crossed at the end of Clydesdale Road. Carry on down a well-made stepped path, past University buildings on the left, emerging onto a raised path above the main Cowley Bridge Road (2hrs 20mins). Turn left, and follow the main road until it forks. Take the right fork to reach the Jolly Porter and Great Western pubs (2 hrs 35 mins) opposite St David's station.

## Walk 2: Lymptstone Village Trail

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Turn left from Lymptstone Village station and down the hill to the centre of the village with its shop, café and the Swan Inn. Immediately past the pub, take the lane to the right which leads to the harbour.

You can now turn right at the rear of the Swan, climbing a steep driveway which curves to the left and reaches a kissing gate into Cliff Field. Walk around the edge of the field, with fine views of the estuary, to reach another kissing gate leading to a footbridge over the railway and Exe Estuary Trail. Beyond, follow the path down to the left to reach a railway arch to the river at Parsonage Stile.

Alternatively, to enjoy the views from the beach, pass in front of Lymptstone Sailing Club and, keeping close to the cliff, walk through the boatyard and around the headland, continuing to reach the arch referred to above. *(Do not attempt the walk via the beach for two hours either side of high tide.)*

Follow a path rising gently away from the river to reach a road; turn right and, after almost 100 yards, left to a path leading via a gate to Candy's Field **(15 mins)**. Keeping to the right of the field pass a play area to a short track and then a road with the school on your right and the Village Hall and church on your left; descend and turn left in front of the church.

After nursery buildings turn right onto a footpath beside a house called Meadowgate; ahead, a footbridge crosses Wotton Brook where you turn left to a kissing gate; beyond, go across a few yards of meadow to another kissing gate and left onto a track with the former Lymptstone Mill to the right. As the track dips towards a ford recross the brook by the adjacent footbridge into a lane to reach Longmeadow Road at a T junction **(30 mins)**.



*(A 20 minute detour at this point will take you to historic Gulliford Burial Ground. Opposite and slightly to the left is Strawberry Hill which after about half a mile forms a junction with Meeting Lane; the entrance to the Burial Ground is opposite. Return to the main walk by the same route.)*

Turn right and where the road bears sharply right pass two thatched cottages; beyond, a footpath appearing to lead to a house named 'Heathfield' branches to the right and then turns immediately left in front of this house. Ahead, the path crosses the brook yet again and continues to steps opposite a waterfall. Walk down the steps and turn left to reach the road after a few moments **(35 mins)**.

### At a Glance

A 2 mile walk through this charming riverside village

**Start and Finish:** Lymptstone Village Station

**Going:** Easy, on roads, footpaths and beach

**Facilities:** Pubs and shops in village centre. Public toilets in village car park

Turn right and right again after about 100 yards onto a bridleway called Clay Lane, part of the East Devon Way path. Beyond a couple of modern houses there is a kissing gate on the right; although our walk turns left, take a moment to go through the gate for views to the Haldon Hills. Back on our route, continue down to Sowden Lane and turn right; a gentle descent leads to a railway bridge where the Exe Estuary Trail emerges from the left.

*(A further opportunity for stunning river views can be had by taking a detour along the Trail, returning via a marked footpath which doubles back between the railway and river; this leads back to Sowden Lane, just yards from where you turned onto the Trail earlier. Allow 40 minutes for this detour.)*

After a few more yards the road turns abruptly right as it reaches the river **(45 mins)**.

For two hours either side of high tide stay on the road to return to the village centre and the station. However, if the tide is low you can regain the beach via a slipway and turn right to follow the foot of the cliff; a few yards after rounding a man-made barrier of protective boulders, look for a short flight of steps from the beach.

The steps lead to Quay Lane, a cobbled alley between cottages, emerging onto the main street through the village; turn left and pass the Globe to the Post Office where you can detour briefly left to view the clock tower on the beach and the harbour. Return to the Strand for the final few steps to the Swan and the station **(1 hour)**.



## Walk 3: Exmouth Circular Walk



From the main station exit, turn right and follow the walkway through the bus station, cross the station car park to reach the river estuary and turn right to follow this to the far end of the car park. Pass through a kissing gate and follow the estuary-side path, which is metalled at first. At a way mark (10 mins) turn right over a small mound to reach a foot crossing of the railway line – stop, look and listen and cross with care.

Walk ahead through the recreation ground towards the children's play area and exit through a gate on the left onto Carter Avenue. At Highland Cars showroom turn left for a few yards then follow cycle path signs for Phear Park, crossing the main road at a light-controlled crossing. Turn left then right into Lyndhurst Road. At the far end of Lyndhurst Road take another light-controlled crossing and turn right. Ignore entrances to Phear Park, skirting a roundabout and following busy Marpool Hill for some 200 yards until reaching a cycle track sign indicating Littleham 1½ miles (20 mins).

Turning left here we are now on the course of the former LSW railway line from Exmouth to Sidmouth Junction via Budleigh Salterton. Follow this leafy route, first alongside Phear Park and then through a long cutting until it emerges onto a road (35 mins).

We continue to follow the cycle path, which is now signposted to Budleigh Salterton, through Littleham Village. It first crosses Salterton Road on a light-controlled crossing, then after crossing another road at Littleham shops heads down Jarvis Close, then through Bidmead Close to John Hudson Way. We soon see evidence that we are again following the course of the old railway, passing under two overbridges (50 mins).

Follow the railway track bed through open countryside, then woods until reaching a signpost to Castle Lane shortly before a tall overbridge (1 hr 10 mins). Go up the slope and right onto Castle Lane. When the lane

### At a Glance

An 8½ mile walk using a former railway line and a coastal path

**Start and Finish:** Exmouth Station      **Duration:** 3¼ hours

**Going:** Mainly easy on roads and footpaths with one moderate climb

**Facilities:** Pubs and shops in Littleham, Exmouth town centre and sea front (and seasonally at Sandy Bay). Public toilets in Littleham and Exmouth sea front.

turns right go up a short incline to the left then right onto a footpath marked West Down Beacon. The footpath crosses the East Devon Golf Club course. Keep ahead in a straight line; the footpath to West Down Beacon is signed on the far side. Continue until reaching the South West Coast Path high above the Holiday Park with fine views across Lyme Bay (1 hr 30 mins).

Turn right onto the coast path which drops steeply at first, following it to the Devon Cliffs Holiday Park. Keep seaward of the caravans until reaching the third hedge just short of Straight Point Firing Range. Turn right along the hedge and beyond the firing range keep as close to the sea as is possible to reach the South Beach Café and Stores (2 hrs).

Crossing the café terrace, the coast path continues uphill, following the cliff top over the High Land of Orcombe

(where it may be muddy) until reaching Exmouth's geoneedle. From here the path is made up and soon reaches a zigzag slope down to the start of Exmouth's long esplanade and beach (2 hrs 30 mins). Follow the Esplanade past Exmouth's Lifeboat Station and a line of sand dunes, after which cafés and pubs begin to appear. Just beyond the Bath House pub (set back on the right hand side) (3 hrs) turn right onto a pedestrian walkway and follow to the end. Where it rejoins the road, veer right and walk up to the roundabout at the top of Chapel Hill. Turn left, going down past Exmouth Town Council Offices and almost immediately fork right into the Strand. Follow the pedestrian path across the centre of the paved area to the mini-roundabout at the bottom of Rolle Street, where the station is prominently signed, and can be seen as soon as you turn the corner: the underpass can be used to cross Marine Way. (3hrs 15 mins).

