

Exe Estuary Trail

The Exe Estuary Trail is a 26 mile cycle and walkway along both sides of the estuary. It is mostly flat with a hard surface, giving easy walking that does not need specialist footwear. It is also suitable for wheelchairs and pushchairs.

The trail is accessible from Topsham, Exton, Lymptone Village and Exmouth stations as described below, giving a choice of short walks between stations on the line.

Topsham

Turn right outside the station and right again at the mini roundabout. Where the main road bears left downhill, follow Elm Grove Road straight ahead, across the railway bridge, then turn left into Bowling Green Road. The off road trail starts at the bottom of the hill, turning left under the railway line. Distances: Exton 2 miles, Lymptone Village 3½ miles, Exmouth 5½ miles.

Exton

The entrance to the south bound trail is 50 yards from the station entrance. Distances: Lymptone Village 1½ miles, Exmouth 3½ miles. To go north, head past the Puffing Billy and follow the signs through the village. Distance: Topsham 2 miles.

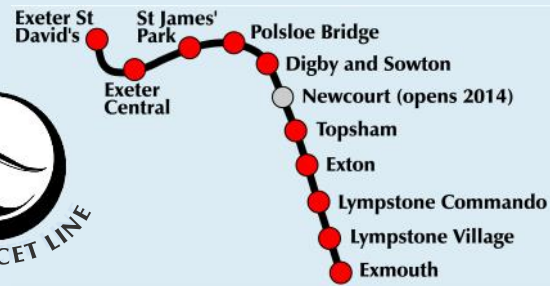
Lymptone Village

The trail passes the station entrance. To go north, turn right up the ramp and over the railway bridge. Distances: Exton 1½ miles, Topsham 3½ miles. To reach Exmouth, turn right at the bottom of the station approach and follow the road through the village to where it rejoins the estuary at Sowden End. The off road trail restarts under the railway bridge. Distance: 2 miles.

Exmouth

Turn left outside the station and follow the railway until the road bears off right. The off road trail starts here. Distances: Lymptone Village 2 miles, Exton 3½ miles, Topsham 5½ miles.

EXMOUTH



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, Lymptone Village and Exmouth.
- St James' Park and Polsloe Bridge have an hourly service in each direction as does Exton, which is a request stop (Note that Lymptone Commando is not available for public use).
- Weekday and Saturday services from 6 am - midnight.
- 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 2014 is £4.10 or £2.70 with a railcard). For other fares and ticket options, and for timetable information, visit 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 or see the information on our station notice boards.

This leaflet is the second 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 during 2013; ALRUG accepts no responsibility for any alterations since that time.

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Avocet Ambles

Walks from Exmouth Line stations



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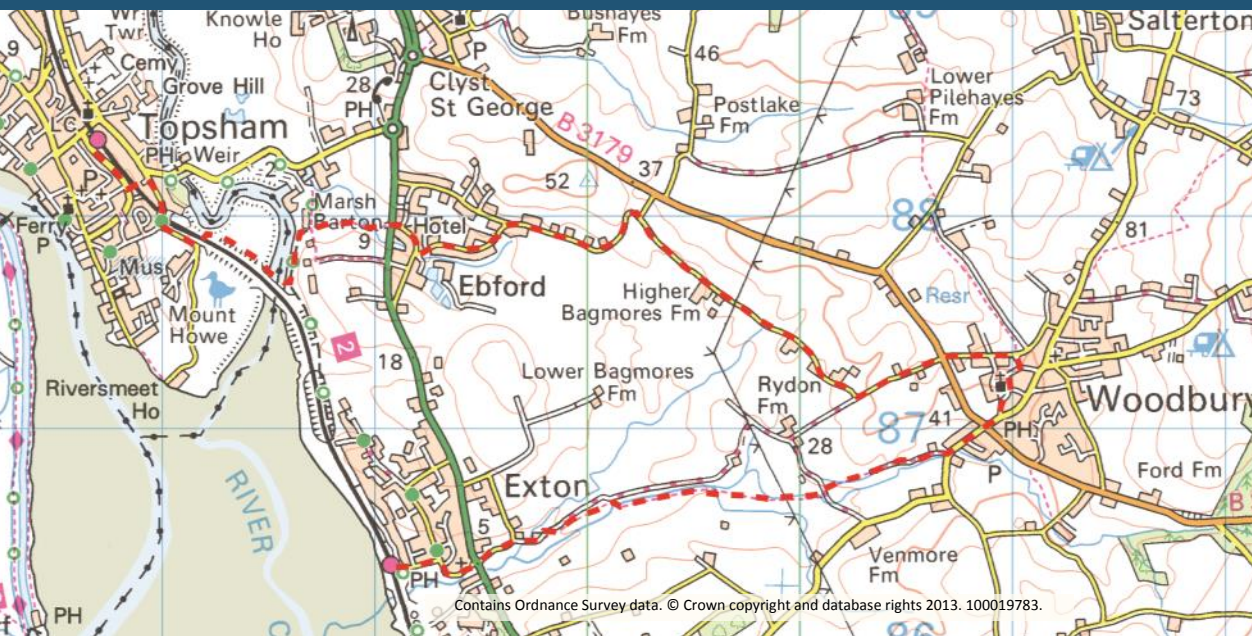
Exton - Woodbury - Topsham

Exeter Central - Exeter St David's

Exmouth Town Trail



Walk 1: Exton to Topsham via Woodbury



At a Glance

A 5½ mile walk in open country and Devon green lanes with some superb views.

Start
Exton Station

Finish
Topsham Station

Duration
About 2½ hours

Going
Easy going with gentle climbing.

Refreshment
Pubs and shops at Woodbury and Topsham

the line of the churchyard wall and following the lane to a 'T' junction opposite a sign for Elderflower Cottage. Turn left and continue for about 300 yards until you come to another crossing of the B3179 (**One hour, 5 minutes**).

Cross into Rydon Lane and descend gently - if you have a clear day you should get good views ahead of the Haldon Hills beyond the Exe. On reaching a junction: turn sharp right as if following the sign advertising 'Lochinvar' B & B. Stay with this lane for about 1½ miles; passing through gentle farming country and ignoring the right turn at Bagmores Cross (**1 hour, 25 minutes**).

On reaching Ebford turn left into Lower Lane and follow it through the village until reaching a T junction. (**1 hour, 45 minutes**). Turn right here and on reaching the main A376, cross it on the light controlled crossing to follow the footpath sign down a metalled road opposite. This leads past a derelict nursery to a footpath junction at a house called Little Orchard.

Keep straight ahead onto a branch of the Exe Estuary Trail (signposted Topsham) which runs alongside the River Clyst to a T-junction with the main Trail. Turn right to cross the Clyst on a bridge alongside the railway - this section of the Exe Trail opened in late 2013. A high wooden fence to the right minimises disturbance to birds on an RSPB reserve, but viewing points have been cut into the fence at five places.

The Trail turns left under a railway bridge to meet a quiet lane. Turn right and at the top of the hill bear right to cross the railway on a road bridge. Follow this road until it meets a busy main road, where you will find a public footpath to the left next to a pillar box in the wall.

This leads to a foot crossing of the railway line. If your train is heading towards Exeter cross the line with care then turn right into Holman Way and the station is 300 yards ahead; if travelling towards Exmouth turn right before crossing the line, on a footpath leading to Tappers Close and the station. (**2 hours, 15 minutes**)

From Exton station walk up Station Road, bearing right and then left beyond the Puffing Billy, until you reach the A376. Cross into Mill Lane opposite, following it around a left-hand bend to a junction: branch right into another lane marked with a "No Through Road" sign: pass a large house called Brookside and after a few yards go through a kissing gate into a field (**10 minutes**).

Go straight ahead through two fields keeping to the line indicated by the waymarks with the boundary hedge to your left. After crossing a footbridge, follow the brook on your left through four more fields (in the third field the brook sweeps away to the left - walk ahead towards farm buildings before reaching the brook again at the far side).

After the fourth field a small metal gate leads over another footbridge (**40 minutes**): cross a track, pass through another kissing gate into a field, following the waymarked footpath diagonally left to another kissing gate, then along a muddy lane beside a small stream. This joins our original brook shortly before reaching Woodbury Car Breakers on the outskirts of the village. On reaching the road turn left.

You are now entering Woodbury: cross the main road (B3179) to the centre of the attractive village; if possible, allow some time to look around before continuing the walk. (Public toilets are available approximately 300 yards past the Maltsters Arms in Flower Street.)

Turn left in front of Woodbury Antiques shop opposite the Maltsters Arms into Church Stile Lane, pass the White Hart and skirt around St. Swithun's Church, bearing left along



Walk 2: Exeter—Central to St David's

At a Glance: A short largely traffic-free stroll past some of the City's best sights

Start: Exeter Central Station

Finish: Exeter St David's Station

Distance: 2½ miles

Duration : 1¼ hours (longer if you linger)

Going: Easy, on roads and paths with gentle climbs

Facilities: Good throughout the walk

On leaving Exeter Central by the main entrance turn left and after a few yards left up a slope into Northernhay Gardens, with an imposing war memorial visible ahead. At the war memorial turn right through a narrow archway in the ancient city wall, into Rougemont Gardens. Turn left and follow this path around the Gardens to the Rougemont House entrance. Adjacent to a Norman gatehouse, built by William the Conqueror soon after 1066, there is a plaque commemorating the last woman to be hanged for witchcraft in England about 600 years later. (7 minutes).

Leave the park through the gate and turn right down Castle Street to High Street. Turn right into High Street and immediately after passing St. Stephen's Church on the left turn left into Catherine Street, possibly pausing at the bottom to examine the remains of St. Catherine's almshouses opposite.

Turn right and after a few yards emerge onto Cathedral Green. Head across Cathedral Green, passing the main entrance to the Cathedral on your left (15 minutes) and continue into a lane with an old sandstone wall on the right.

The lane skirts to the left of Exeter Cathedral School and drops down to busy South Street close to the White Hart Inn. Cross this road and head down Coombe Street which bears left to a pedestrian underpass. Through the underpass turn right and follow signs down to The Quay (30 minutes).

From the Quay a short detour is possible to the Exeter Canal basin, either using Butts' foot ferry (30p per person) or the nearby Cricklepit Bridge.

After exploring the Quay area go behind the Custom House and take the lower level path to the left at the bottom of the city wall. This becomes cobbled and gives

views of Cricklepit Mill before steps lead up to the busy Western Way. Some yards to the left a light controlled crossing leads to a group of half-timbered buildings in use as shops, plus the parish church of St. Mary Steps. Turn left past The House That Moved (to make way for the adjacent inner bypass) and at the top of this street cross New Bridge Street into Bartholomew Street West opposite (40 minutes). Where the road bears right keep ahead onto paved Bartholomew Terrace, which runs along the top of the city wall.

On reaching a green area take the Barbican Steps on the left leading down to West View Terrace and at the bottom go straight ahead into Exe Street, crossing the main road by the Mill on the Exe pub (50 minutes). Visible to your right is Miller's Crossing over the River Exe. Those in a hurry can reach St. David's Station by staying on the road for 10 minutes, but our walk continues across the first bridge (over the river), turning right before the second bridge (over the flood relief channel).

Ignore a concrete slope leading down to the flood relief channel, staying on the upper level for better views, including glimpses of the Exe to your right. The railway overbridge is negotiated by steps down to the flood relief channel and up again. Shortly afterwards bear right on a mown path running alongside the river. When the road is reached (1 hour, 10 minutes) turn right and cross the river to reach the railway level crossing and immediately after this go through the car park on the right to reach the entrance to Exeter St. David's station. (1 hour, 15 minutes)



Walk 3: Exmouth Town Walk

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From the station main exit, go through the underpass ahead of you, turning left up the steps as you emerge. Turn left at the top of the steps and right at the first lamp post down a short slope to a street of period terraced houses. At the end of New Street turn right into Exeter Road. The next turning on the right is Sheppards Row in which the Exmouth Museum is worth a visit if it is open.

Cross Exeter Road to Glenorchy Church – and the first of Exmouth's many blue plaques. There is another in the railigned area beside you, known as Mona Island. This was once a ferry quay – our walk so far has been on land reclaimed when the railway was built in the mid nineteenth century.

Proceed along Exeter Road until it turns right at traffic lights; go straight ahead through Exmouth's pedestrianised Magnolia Shopping Centre. After passing the post office turn left then right into South Street, passing the disused former post office (built 1937) to reach the Blackmore Theatre (15 minutes).

For the shorter walk, turn right here and on reaching busy Rolle St cross diagonally left to enter the grounds of Holy Trinity Church. After passing the church, turn left past the church entrance to a flight of steps. At the top turn left, and at the end of Beacon Place, right past the rear of the Royal Beacon Hotel. This will bring you out to the 65 minutes point of the longer walk.

Our main walk turns left between the Blackmore Theatre and the early Victorian Bicton Inn, to proceed

At A Glance

A 3¼ mile walk through the most interesting parts of Exmouth

Start & Finish

Exmouth Station

Duration

About 1¾ hours

Going

Easy on pavements and path with gentle climbing.

Facilities

Pubs, shops and toilets in town centre area and sea front



up interesting Bicton Street. At the top of Bicton Street continue up across a five way junction to the top of Boarden Barn, glancing behind for a glimpse of the distant River Exe. Turn right into Raddenstile Lane, following it around and past the Holy Ghost Catholic Church. At the end of the lane turn right to the traffic lights (30 minutes), cross and take the concrete footpath leading ahead on the opposite side.

After 350 yards take the path to the right. This is Lime Kiln Lane – see the blue plaque behind you as you emerge onto a road. Go straight across into Maer Road. At the end of the houses in Maer Road turn right to follow a tarmac path on the landward side of the Maer – an area of dunes and grassland between our path and the esplanade. Ignore two slopes up to the right to pass the Exmouth Lawn Tennis Club, Exmouth Cricket Club and Madeira Bowling Club. At the end of a yew hedge on the left go up a flight of steps to the right and follow the path up more steps through ornamental gardens. At the top turn left onto Trefusis Terrace and then cross at the next junction into Louisa Terrace, enjoying the views across the Estuary mouth to Dawlish Warren. At Dolforgan Court the first of seven blue plaques in the next 350 yards appears.

Just after this the shorter walk rejoins the main walk at the Royal Beacon Hotel (65 minutes).

At the bottom of Beacon Hill turn sharp left, crossing at the pedestrian crossing to walk alongside Manor Gardens and then an Edwardian terrace to reach the seafront. Cross to the seaward side of the esplanade and turn right. After the slipway the road turns right at the Beach pub (1 hour, 20 minutes), but continue straight on to reach a footbridge across the docks entrance. (If the bridge is raised a detour around the dock will be necessary)

Over the bridge turn left and follow the paved path around the headland, with views across and up the estuary. After passing Exe Sailing Club Dinghy Park the path turns inland and under an arch to older houses. Turn left and then second right into Camperdown Terrace. On reaching Shelly Beach turn left into a council car park and through a gate into a recreation field. Following the hedge to the right to the far side of the field, then follow the edge of the estuary, past a car park and the back of the bus station. On reaching the next car park turn right and you will see the station ahead. (1 hour, 45 minutes). The entrance is through the bus station.

