National Trails in England and Wales

South West Coast Path

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Produced by the South West Coast Path Team on behalf of the wider South West Coast Path National Trail partnership. The Path is a National Trail created and largely funded by Natural England and managed by highway authorities and the National Trust, March 2007.


National Trail —

NATIONAL TRAIL

South West Coast Path

The South West Coast Path is a remarkable footpath that follows this largely unspoilt coast for 630 miles. From Minehead on the edge of the Exmoor National Park all the way to the shores of Poole Harbour it is simply the best way to enjoy the wonderful coastal scenery, wildlife and heritage.

The ever-present sense of the sea - the South West Coast Path is a coastal path and there can be a cool breeze, especially in winter. It is an exhilarating Atlantic coast or relax beside a stunning river estuary. Something for everyone - the South West Coast Path National Trail.

For more information:

www.nationaltrail.co.uk/southwestcoastpath

Getting there

Maps and guidebooks

Ordnance Survey publishes Explorer maps at 1:25,000 and Landranger maps at 1:50,000 showing the route of the South West Coast Path:

http://www.ordnancesurvey.co.uk/oswebsite/mapshop/

Harvey Maps are producing maps of the entire Coast Path at 1:40,000. Two sheets are currently available covering Bude to Portreath and Portreath to Lizard.

http://www.harveymaps.co.uk

Digitised maps of the South West Coast Path coupled with aerial photography have been published in two volumes by Memory Map:

http://www.memory-map.co.uk

Aurum Press official Guidebooks with OS Maps at 1:25,000:

Minehead to Padstow ISBN 978 1 84513 269 9
Padstow to Falmouth ISBN 978 1 84513 270 5
Falmouth to Exmouth ISBN 978 1 84513 194 4
Exmouth to Poole ISBN 978 1 84513 271 2

A one volume guide to the entire South West Coast Path with inland footpaths is published by Cicerone Press:

Coast & Countryside Services, the National Trust and a variety of other organisations. Details can usually be obtained from local Tourist Information Centres.

Guides to villages

For information about public transport services around the Trail visit:

www.travelinesw.com

Where to stay & local information

Information Centres along the Trail will be pleased to help you find the right place to stay and have a wealth of local information to offer. Visit our website, www.nationaltrail.co.uk/southwestcoastpath to see all the information.

Hotels, hostels, B & Bs, farms or campsites - it’s up to you. Tourist south west coast path.

For more information:

www.nationaltrail.co.uk/southwestcoastpath

Taking care of the Coast Path

The South West Coast Path Association is a voluntary organisation which campaigns and provides Coast Path information. It has set up a fund for donations towards the care of the Coast Path.

T: +44 (0)1752 896237  F: +44 (0)1752 383526
E: info@swcp.org.uk  Mail: Bowker House, Lee Mill Bridge, Ivybridge, Devon, PL21 9EF

A word about safety

- Staying safe is your own responsibility
- Keep to the path and stay away from cliff edges
- Take special care of children and dogs
- Dress sensibly for the terrain and weather
- Stay within your fitness level
- In an emergency dial 999 or 112 and ask for the coastguard

www.nationaltrail.co.uk/southwestcoastpath
Enjoying some of Britain’s most spectacular coastal scenery is just the beginning...

Travel back through millions of years...
Look for evidence of ancient deserts or fossil forests, track the dinosaurs on the Jurassic Coast. Follow the path across granite, serpentine, primeval seabeds and coral reefs.

Be exhilarated...
by the dazzling view as you round the headland, the salty spray and boom of waves. Autumn clouds and mewing seagulls scudding across the sky.

Go really wild...
back in the endless pink of sea thrift, the rolling heather with splashes of yellow gorse. Hear the call of the peregrine, spot an elusive seal or pod of dolphins.

Soak up... the coastal myths and legends...
King Arthur or the mermaid of Zennor. Share in the inspiration this wonderful coastline has given to generations of artists and writers.

Take time to reflect...
in the cool breeze on the headland, beside tranquil estuaries with clinking boat masts. Sit and think with the sun on your back. Contemplate the lone tree sculpted by winter gales.

Follow the footsteps of those who were here before you...
Iron Age men and women retreating to clifftop castles, coastguards beating out the path to secluded coves, the miners who excavated tin and copper, the many thousands whose hands have polished a stone slate as they passed by.

...1000 kilometres - 1000 experiences.
Walk the edge between land & sea
Think of South West England and you think of its superb and varied coastline. The South West Coast Path National Trail is a remarkable footpath that follows this largely unspoilt coast for 630 miles. From Minehead on the edge of the Exmoor National Park, all the way to the shores of Poole Harbour it is simply the best way to enjoy the wonderful coastal scenery, wildlife and heritage.

Guided walks
Guided walks (both short and long) and other events and activities take place along the Coast Path throughout the year. These are led by Coast & Countryside Services, the National Trust and a wide variety of other organisations. Details can usually be obtained from local Tourist Information Centres.

Getting there
The two ends of the Trail at Minehead and Poole Harbour and many places along the route can be reached by train, bus, or in many cases even by boat. To avoid retracing your steps, use public transport in one direction and walk back along the Coast Path at your leisure. Or take a circular walk that combines part of the South West Coast Path with inland footpaths.

For more information: www.nationaltrail.co.uk/southwestcoastpath

Where to stay & local information
The South West Coast Path is in a popular holiday area and accommodation of every type can be found along the route. Hotels, guesthouses, B&Bs, farms or campsites - it's up to you. Tourist Information Centres along the Trail will be pleased to help you find the right place to stay and have a wealth of local information. Visit their website www.travelinesw.com for their addresses and telephone numbers.