

## For more information:

[www.nationaltrail.co.uk/southwestcoastpath](http://www.nationaltrail.co.uk/southwestcoastpath)

### 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 1:25000:

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

An annual guide with route, accommodation and other helpful information is published by the South West Coast Path Association:  
South West Coast Path Guide 2007 ISBN 978-0-907055-13-6

A one volume guide to the entire South West Coast Path with maps at 1:50,000 is published by Cicerone Press: The South West Coast Path by Paddy Dillon – ISBN 13 978185284 379 3

**The South West Coast Path Team** co-ordinates the management of the Path. Please contact them with any suggestions for improvements or if you encounter any problems using it.

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**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/F: +44 (0)1752 896237 E: [info@swcp.org.uk](mailto: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

# National Trails

in England and Wales



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*

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# South West Coast Path

NATIONAL TRAIL



South West  
England



# 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.



Stair Hole, Dorset



Outer Froward Point, South Devon

## 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.

## Explore...

the nooks and crannies of the stunning coastline. Choose from rugged cliffs or sheltered coves and valleys. Visit fishing harbours busy or quiet with the ebb and flow of the tide, or bustling ports and resorts, each one unique.



Gillan Creek, South Cornwall



Near Sennen, West Cornwall

## 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.



Kynance Cove, South Cornwall

## 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 stile as they passed by.

# ...1000 kilometres – 1000 experiences.

Langerstone Point, South Devon



## Be exhilarated...

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



## Go really wild...

bask 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.



## The ever-present sense of the sea

### 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.



Challaborough, South Devon

Take a short stroll or tackle the whole adventure - in easy stages or all in one go. You can join the Path at coastal towns, villages and car parks or even from the beach. It's easy to follow - just keep the sea on one side and look for the acorn waymarks. The sheer variety of the Coast Path means that there are plenty of gentle stretches as well as dramatic headlands and steep coastal valleys where the going can be strenuous and demanding. Change the pace as often as you like.

Take in a picturesque harbour, stride out along the exhilarating Atlantic coast or relax beside a stunning river estuary. Something for everyone - the South West Coast Path National Trail.



### 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, hostels, 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 to offer. Visit our website, [www.nationaltrail.co.uk/southwestcoastpath](http://www.nationaltrail.co.uk/southwestcoastpath) for their addresses and telephone numbers.

### 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.



At the Minehead end of the Coast Path

### 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 some 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 information about public transport services around the Trail visit [www.travelinesw.com](http://www.travelinesw.com) or phone +44 (0)871 200 22 33 (calls from landlines cost 10p per minute).