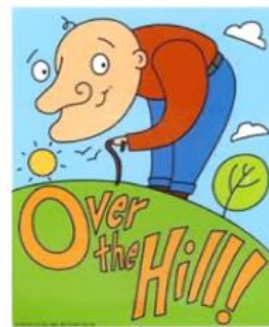




The West Downers Walking Club

"pedes nostros per paradisum"
... "through our feet - paradise"



We are a club for reasonably active blokes who enjoy a morning ramble for a few hours followed by a pint or two in an inviting hostelry.

We usually walk on the second and fourth Thursday of each month from March to November.

Meet at West Down Parish Hall at 09:00 unless notified otherwise.

If you would like to join us or need more information please contact:
Ian Rothwell on 07754 315919 or David Maidment on 01271 864349

WALKING PROGRAMME 2023

- 9 March **Hunter's Inn to Woody Bay** - Our old favourite for the start of the season. 5.5 miles along the old carriageway, returning along the coast path.
Lunch at The Hunter's Inn
- 23 March **A circuit to Hele Bay and Comyn** – This is a short coastal walk of 3.5 miles starting from the lifeboat station in Ilfracombe and proceeding via the south side of the harbour to take the coast path to Hele Bay. The return route is via Comyn and Chambercombe Manor.
Lunch at Wetherspoons
- 13 April **Morte Point** – This 4 mile walk starts from the Pay and Display car park in Morthoe and follows the road towards Woolacombe for a short distance before picking up the coast path round Morte Point and continuing along to Bull Point lighthouse. After a short further coastal stretch, we head inland up a gentle valley eventually picking up the tarmac road back to Morthoe.
Lunch at The Chichester Arms
- 27 April **Pinkworthy Pond to Moles Chamber** – 5.75 miles taking in Chains Barrow which is the highest point on Exmoor. The guide describes this as Exmoor pure and simple with views out to sea and to the sheltered lands below. It is definitely one for a sunny day.
Lunch at The Black Venus
- 11 May **Whistlepound, Twitchen and Hunnacott** – An easy circular route of 4.5 miles through a pleasant area of fields and woodland starting from the car park at Whistlepound Reservoir.
Lunch at The Fox and Goose
- 25 May **Lynmouth to Hillsford Bridge** – The walk starts from the free car park on the north side of the east Lyn River and follows the river to the National Trust café at Watersmeet. It then follows the Hoar Oak Water to Hillsford Bridge before joining the Two Moors Way and Tarka Trail for the return to Lynmouth.
Lunch at The Beggars Roost
- 8 June **Combe Martin and The Hangman Hills** – This is a variation on one of our well-trodden previous walks. Starting from the beach car park in Combe Martin we follow the coastal road for about 0.5 miles before heading inland and eventually crossing the high street and climbing steadily to the high ground to the east of the Hangman Hills. We then return via the Hangman Hills to the car park. The total distance is 5.5 miles and there are two or three steady ascents on the route.
Lunch at The Sawmills

- 22 June **Lee Bay, Borough Valley, Slade circular** – A varied 6 mile route taking in part of the Tarka Trail by the Slade reservoirs. There is a short steep section at the top of the Borough Valley but otherwise it is easy going.
Lunch at The Grampus
- 13 July **Lynton and Valley of The Rocks** – Starting from the road outside the candle factory in Lynton the route heads up behind the cemetery before dropping down to the valley floor and continuing to Lee Abbey. There is then a short circular section through Six Acre Wood and Caffuns Heanton Wood before rejoining the coast path and taking the spectacular the seaward route for our return to Lynton. About 4.7 miles.
Lunch at The Queens Lynton
- 27 July **Arlington, Loxhore circular** – A 7 mile circuit taking in some of the beautiful surroundings of Arlington Court before heading south to Lower Loxhore and returning via Laxhore and Deer Park Wood. If there are howls of protest that 7 miles is too far for our aging limbs the route could be shortened to about 5 miles.
Lunch at The Black Venus
- 10 August **West Down, Little Comfort and Spreacombe Woods** – Our old 4 mile circular jaunt around the West Down locality starting from the Parish hall.
Lunch at The Woodpecker
- 24 August **Trentishoe Down and Heddon's Mouth Cleeve** – Starting from the car park close to Hunters Inn we head along the road before picking up a path to take us to Ladies Mile and the over the west side of Trentishoe Down to join up with the South West Coast Path and Tarka Trail. We return to Hunters Inn via Trentishoe Church. At 6.75 miles with some steep ascents and descents this is one of our more challenging routes.
Lunch at The Hunters Inn
- 14 Sept. **Croyde Bay, Saunton Down circular** – We start from the National Trust car park on the road to Baggy Point and walk across Croyde beach to join the South west Coast Path towards the Saunton Sands Hotel from where we head steeply uphill and over the top of Saunton Down for our return to Croyde. About 4 miles.
Lunch at The Thatch
- 28 Sept. **Chittlehampton, Pitt Wood and Umberleigh** – A 6 mile ramble in a very rural and unspoilt area of North Devon across easy going fields and pretty woods.
Lunch at The Bell
- 12 October **Barna Barrow** – 5.2 miles starting from the Barna Barrow car park (EX356NE) and heading out to Foreland Point before following the east going coast path to Dogsworthy Coombe before returning via higher ground to Barna Barrow.
Lunch at The Blue Ball Countisbury
- 26 October **Exmoor Loop at Parracombe** - Starting from The Fox and Goose Inn in Parracombe this is a moderate circular walk with a total ascent of 270m and includes a high moorland stretch with wide ranging views.
Lunch at The Fox and Goose
- 9 Nov. **Baggy Point circular** – Starting from the car park opposite the Thatch the route takes us across the beach at Croyde and onto the footpath around Baggy Point. An easy route of just over 4 miles.
Lunch at The Thatch
- 23 Nov. **Woolacombe, Putsborough and Return** – This is an easy 4 mile stroll along Woolacombe Beach followed by a return over the dunes to Woolacombe.
Lunch at The Red Barn