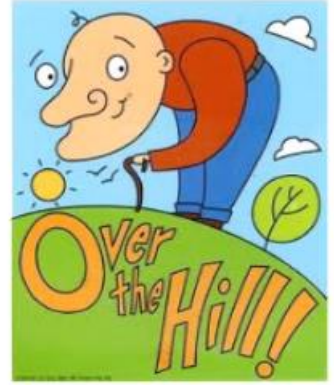




The West Downers Walking Club

"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 2024

- 14 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 or vice versa as the mood takes us..
Lunch at The Hunter's Inn
- 28 March **Wistlandpound, 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 Wistlandpound Reservoir.
Lunch at The Fox and Goose
- 11 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
- 25 April **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 The Hele Bay
- 9 May **Pinkworthy Pond to Moles Chamber** – 5.75 miles taking in Chains Barrow. 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

- 23 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 Rising Sun
- 6 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 coast 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
- 20 June **Barna Barrow – Foreland Point Circular** – If we include the coastal section round Foreland Point this will be one of our more adventurous walks but those with a dislike of heights and precipitous drops can avoid this section. The walk features some of the most stunning scenery to be found on this part of the South West coast Path and hopefully this year the fog will be absent so we might get chance to see it.
Lunch at The Blue Ball Inn
- 11 July **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
- 25 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 seaward route for our return to Lynton. About 4.7 miles.
Lunch at The Hunters Inn
- 8 August **Croyde Bay, Saunton Down circular** – We start from the National Trust car park on the road to Baggly 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
- 22 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
- 12 Sept **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 then over the westside 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
- 26 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

- 10 October **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 Loxhore 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
- 24 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
- 7 Nov. **Braunton Burrows** – Starting from the parking area at Velator Quay, this is a longish walk (5.8 miles) but over easy ground. The route passes through Braunton Burrows, circuits Braunton Marshes and passes the Great Field.
Lunch at The Williams Arms
- 21 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