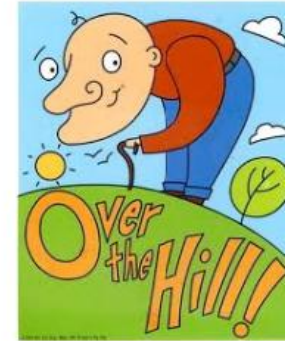




## The West Downers Walking Club

"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 07840904304

## WALKING PROGRAMME 2025

- 13 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***
- 27 March **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***
- 10 April **Winsford Hill** – The walk starts from the village carpark in Winsford and takes us on a 5.5 mile route via Withycombe Farm, round The Punchbowl and on to Edbrooke Hill Gate before heading north back to Winsford which has the reputation of being one of the most beautiful villages in England.  
***Lunch at the Royal Oak Inn Winsford***

- 24 April **Hoarook Water and the East Lyn** – This 4 mile walk starts from the carpark at Hillisford Bridge and descends to the National Trust Café at Watersmeet from whence we follow the East Lyn River to Rockford before following the road back to Hillisford Bridge  
***Lunch at The Fox and Goose***
- 8 May **Lee and Morteheo** – Starting from the beach carpark in Lee we head up the Borough Valley, then through Six Acre Wood to Damage Barton and on to Morteheo before heading north to pick up the coast path above Rockham Bay for the return to Lee.  
***Lunch at The Grampus***
- 22 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***
- 12 June **Simonsbath and the River Barle** – This route starts from the carpark in Simonsbath and follows the River Barle before heading up to higher ground for the return to Simonsbath. About 6 miles.  
***Lunch at The Exmoor Forest Inn***
- 26 June **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***
- 10 July **North Molton** – A 3 mile easy to follow walk starting from the square in North Molton. Much of the outward route follows the River Mole to Bicknor Bridge before returning via Holdridge.  
***Lunch at The Miner's Arms in North Molton***
- 24 July **Brownsham and Clovelly** – 6.25 miles starting from the National Trust carpark in Brownsham we follow a coastal route to Clovelly and return on an inland bridleway. The outward stretch is rather harder walking than the return so we could break with tradition and have lunch in Clovelly before a more leisurely walk back to Brownsham.  
***Lunch at The Red Lion in Clovelly***
- 14 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***

- 28 August **Barna Barrow** – 5.2 miles starting from the Barna Barrow car park (EX35 6NE) and heading out to Foreland Point before following the east going coast path to Dog'sworthy Coombe and returning via higher ground to Barna Barrow.  
***Lunch at The Blue Ball Countisbury***
- 11 Sept. **Molland** – Starting from the car parking outside the London Inn this 4 mile walk includes both farmland and moorland scenery and offers wide ranging views over North Devon.  
***Lunch at The London Inn***
- 25 Sept. **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***
- 9 October **Brendon and Malmsmead** – Starting from the Stag Hunters Hotel the walk is eastwards towards Malmsmead and back along each side of the East Lyn River. The length of the walk is 4.5 miles and the views are excellent.  
***Lunch at The Stag Hunters***
- 23 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***
- 13 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***
- 27 Nov. **Woolacombe, Putsborough and Return** – This is an easy 4 mile stroll along Woolacombe Beach followed by a return over the dunes to Wollacombe.  
***Lunch at The Red Barn***