

LYNTON TOURIST INFORMATION CENTRE

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WALKING ON EXMOOR

Anyone visiting Exmoor cannot help but be captivated by its grandeur, the stunning scenery and truly breathtaking views. The Victorians were enthralled by it and came here in great numbers. This was no mean feat considering just how inaccessible it was until the coming of the railways. In more recent years, as the roads, have improved, more and more travellers have made the journey. They and their predecessors, being drawn by the common aim to walk over this beautiful countryside. No other area of Britain can offer such variety of walking in such a compact area. Coastal footpaths high above the sea. Wooded valleys, with fast flowing streams. Open heather covered moorland, some well over 1000 feet. Woodland and village walks are all there to be enjoyed. With over 600 miles of footpaths and thousands of acres of accessible moorland, you will not be crowded!

Listed here are some walks to whet the appetite; there are many others – or you can just walk and see where it takes you!

Times given are for there and back.

North Walk - Valley of Rocks – Lynton **Time: Approx. 1-3 hours**

A walk through a glacial valley with some incredible rock formations inhabited by a herd of wild goats and Exmoor ponies, returning via the road. Turn left opposite the Church into North Walk and follow the coastal path into the Valley, then turn left onto the road back to Lynton.

An extension to the walk is via Southcliffe, a cliff side path some 400 feet above the sea with views across to Wales. From the Valley of Rocks, continue along the road and take the path up the hill opposite Lee Abbey.

Lynton – Woody Bay – Hunters Inn – Heddons Mouth **Time: Approx: 6 Hours**

A beautifully varied walk going via the Valley of Rocks, through Lee Abbey estate where a path through the woods followed by a winding road cut into the side of the cliff, brings you to Woody Bay. Leaving the road you take a cliff side footpath, passing a Roman Fort, eventually bringing you to Hunters Inn (a Public House). Heddons Mouth is your next stop reached through the Heddon Valley with a stream to keep you company. Eventually it, and you, will reach the sea. There are a number of different ways to bring you back to Lynton.

Lynmouth – Watersmeet **Time: Approx. 2 hours**

This is probably our most popular walk. It is never quite the same as the river is always changing, sometimes quiet and tranquil and sometimes in a great hurry to get to the sea, making the waterfalls misty with spray. At the right time of the year, you may see the salmon leaping to get back to their spawning grounds. The walk starts at Lyndale Bridge, turn right from the Bridge into the Tors Road and follow the path. When you reach Watersmeet, you can reward yourself with a cream tea, telling yourself that you will walk it off on your return!. Note: there are many variations that can be made to the above walk, going from Lynton via Summerhouse Hill or returning via Countisbury – to mention just two.

Badgworthy Water (The Doone Valley) **Time: 2-4 Hours**

Badgworthy Water – or The Doone Valley as it has become known – is a beautiful area made famous by R.D. Blackmore's book, "Lorna Doone" which was set in the area. A number of places mentioned in the book can be visited including Oare Church where Lorna was shot on her wedding day. As you walk, you have to keep telling yourself that the book was a work of fiction. A guide book is a must for this walk as there are many variations with different possible start points.

Barle Valley **Time: Approx 4 hours**

A truly wonderful walk with lots of variation. Start from Simonsbath (reachable by bus from Lynmouth during the summer months on certain days of the week). You begin by walking through the highest Beech woods in England (1300 feet) from then across open farmland with views in all directions. You eventually cross White Water and get your first sight of Cow Castle, an Iron Age fort then on to Landacre Bridge. Turning brings you to the Barle river which you follow, going over Cow Castle if you are fit and round it if not. A mile or so on you reach the site of the ruins of Wheel Eliza iron mine: another mile or so brings you back to Simonsbath. A guide book for this walk is necessary.

We hope this little guide has whetted your appetite. Books, maps and guides to these, and other walks in the Exmoor area, are available from the Tourist Information Centre in Lynton or on-line on Exmoor-Outdoors.co.uk