



Lulworth Cove

A strenuous walk taking in some of Dorset's most dramatic coastal scenery – and a gunnery range!

Essential Facts

- Route distance: 12.0 km (7.5 miles)
- Approximate time: 4 hours
- Optional shorter route 7.5 km (4.7 miles)
- Approx. total ascent: 410 metres
- Start point Grid Ref: SY 822 800
- GPS Ref: SY 82249 80038
- Recommended O.S. Map: Explorer OL15
- Toughness Rating Dorset 4

Please see the notes on Toughness Ratings at the end of this report

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CHALLENGE ?**

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A Team Effort**

Full Info from the Great Walks web site

THE ROUTE

Cautions: Part of this walk is on the Lulworth Army Ranges and public access is limited. The walks are open for all except six weekends a year, during public holidays and throughout August. For further information phone 01929 404819. It is essential that walkers stay on the official paths, clearly defined by yellow posts. Some of the paths on this walk are steep.

From the Heritage Centre in Lulworth Cove, **S**, go through the Car Park and follow the clear white brick path towards Durdle Door. This climbs steeply, levels out as a grassy track along the top and then descends steps. Continue along this path to visit Durdle Door, then retrace your steps to a handgate, now on your left. Climb to Durdle Door Car Park, walk across it and on the far side pick up a track on the left going through the edge of the campsite. Follow the path until it meets the access road. Turn left and continue to Newlands Farm. Turn left signed Ringstead. Ignore the next left and follow the track as it swings to the left to reach a road. Turn left and walk with care to a crossing track at Daggars Gate, **A**.

Turn right towards West Down Farm. Pass the farm and continue to a telegraph pole. Turn right and follow the field edge down to a stile. Go through trees and at a clearing turn left along a track through houses. Shortly descend a flight of steps on the right to a road and turn left. At the Castle Inn turn right along School Lane.

After only 30 metres turn right through a gate and veer right uphill across the field to a stile in the opposite hedge. Turn left along an enclosed path. At the end turn right and climb to a stile. Cross and continue to climb. At the top of the hill turn left to the gate leading to the Lulworth Range Walks at **B**.

Take the optional shorter route if the Lulworth Range Walks are closed. Do not take the left turn at the top of the hill, but simply carry on ahead, returning to the eastern end of Lulworth Cove. Take the cliff-top footpath to the right, returning to the start point car park.

Pass the radar station and at a cattle grid take the left fork marked Bindon Hill Walk. Follow the track across the top of Bindon Hill with extensive views to Worbarrow Bay and Kimmeridge. When the track ends turn right to follow the coast path steeply down steps to Mupe Bay. Follow the path round to the right, and follow the cliff edge passing a World War II pill box to reach the Fossil Forest at **C**.

Turn right, inland, along a path signed Little Bindon. After 100 metres leave the Range Walks through a gate on the left and follow a narrow path to reach steps on the left. Go down to Lulworth Cove and turn right along the shingle beach to the slipway and Beach Café at **D**.

Climb steps to the left of a stream and continue uphill to a commemoration stone. Turn right to follow the coastline past Stair Hole, then follow the path right to cross a track and continue ahead to return to the Heritage Centre and car park, **S**.



Lulworth Cove



Stair Hole



Mupe Bay
Near Lulworth

Refreshment

The Castle Inn
Public House
West Lulworth
Tel: 01929 400311
Meals and ales
Landscaped garden

Finleys Café & Bistro
Licensed Cafe
Lulworth Cove
Tel: 01929 400711
Light meals and
snacks
Ice Cream Parlour

Lulworth Cove Hotel
Hotel
Lulworth Cove
Tel: 01929 400333
Meals and bar snacks



**The Castle Inn
West Lulworth**

LOCAL INFO

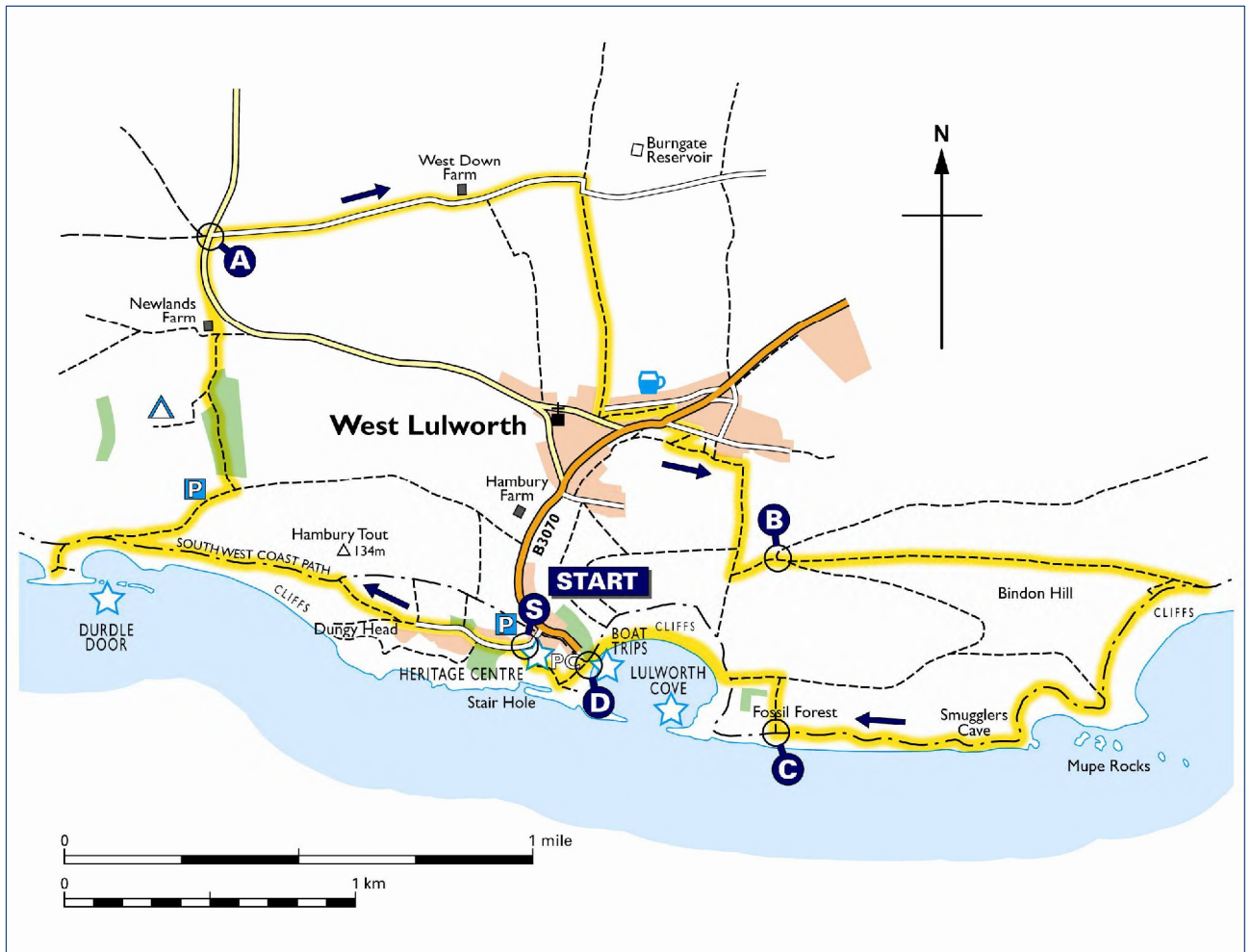
The Lulworth Cove Heritage Centre houses a museum about the coast and the history of the village. The shell shaped cove was formed 10,000 years ago when a huge river of glacial meltwater cut a gap in the cliffs and allowed sea water to flood in eroding the limestone beyond. The cove is continuing to evolve as more erosion takes place. Stair Hole is a blow hole where the sea has exploited a weakness in the rock. Durdle Door is one of the Dorset coast's most famous features with a massive rock arch formed by the constant battering of the sea. The Fossil Forest has the remains of fossilised algae that formed around tree trunks as the forest flooded 135 million years ago.

West Lulworth is a pretty village a short distance inland from the Cove, with a number of thatched cottages. There is a shop, Post Office and inn. The Castle Inn dates from the 16th century and has some original woodwork.

Lulworth Army Ranges comprise an extensive area of land from Kimmeridge Bay to Lulworth which was commandeered by the War Department in 1943 for training purposes. This included the village of Tyneham which has never been returned to the villagers and now has an exhibition in the schoolroom. This area is now an important training establishment and forms part of the Armoured Fighting Vehicles Gunner School.

LULWORTH COVE G.P.S. WAYPOINTS

WAYPOINT NAME	MAP REF	CO-ORDINATES	ELEVATION: Metres
LUL S	S	SY 82249 80038	10
LUL A	A	SY 81100 81377	99
LUL B	B	SY 82897 80242	144
LUL C	C	SY 83024 79880	34
LUL D	D	SY 82423 79928	11



Great Walks
IN BRITAIN

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MAP LEGEND					
	Great Walks route		Church with tower		Spot height - metres
	Motorway		Church with spire		Information centre
	Main road		Other place of worship		Parking
	Secondary road		Cathedral / Abbey		Public convenience
	Minor road		Building		Public house
	Other road or track		Built up area		Picnic site
	Footpath		Woodland		Camp site
	Bridleway		Sand		Major tourist feature
	National trail		Water feature		Other tourist feature
	Railway				

Safety First

Safety should always be your first priority in planning and undertaking a walk, whether on your own or leading a group. Please read these Safety First and Walking Our Routes notes.

Lead a group of other walkers only if you have leadership and navigational experience adequate for the 'worst case' conditions which may be encountered on the particular walk, bearing in mind the terrain, possible weather and navigational demands.

Weigh up the capabilities of your party, in terms of fitness and walking speed. Adjust your time expectations accordingly.

Ensure all your party are adequately clothed for the weather and conditions. Footwear is particularly important. Clothing must protect against cold, wet or strong sun according to the time of year.

Emergencies are quite rare, but it is essential to think ahead about what to do if someone in your party sustains an injury. Will you have a First Aid kit? Is there a qualified First Aider in the party? How could help be summoned in a serious eventuality?

Refreshment, particularly water, can be vital. Dehydration in hot summer conditions can be rapid, and frequent intake of fluids is essential.

On tougher walks it is a good idea to tell someone where you are planning to go – and when you expect to be back. Remember - mobile phones often lose reception in mountainous or isolated areas.

All our walks use legitimate routes: Public Rights of Way, Public Footpaths, Bridleways, Permissive Paths, Access Land, Byways and Roads.

Road walking calls for particular care. When there is no defined footpath or verge wide enough for safe walking it is usually best to walk on the right – facing oncoming traffic. An exception may be a tight bend, where walkers would be more visible on the left.

Occasionally you may find a public footpath blocked or unuseable. It is perfectly in order to take the shortest available diversion without damaging crops, perhaps around a field margin.

It is courteous to close gates after passing through, sometimes even if the gate was open when you arrived – particularly if it is obvious livestock may escape.

Mutual respect for farm animals is to be encouraged! Don't frighten or annoy them, but equally don't put your party members in danger or discomfort. You certainly wouldn't be the first walkers to go round the outside of a field of frisky bullocks.

Dogs should always be kept on a lead anywhere near farm animals, and under close supervision elsewhere in the countryside.

Walking Our Routes

Our walks are designed to be negotiated using the route directions in conjunction with the map section provided. We suggest walkers also take the Ordnance Survey Explorer or Outdoor Leisure map recommended for each walk.

On mountain, moorland and open heathland walks it is **ESSENTIAL** to have navigational expertise and tools, including the recommended Ordnance Survey map(s).

Take care to observe any cautions in the route description; exposed paths, areas liable to flooding etc.

Consider conditions before setting off. Will heavy rain have made a water meadow impassable? Will frost or snow make a path slippery?

When navigating the route look for clues to confirm you are in the right place. Are map features where you would expect on the ground? Are features mentioned in the text where expected? If you suspect you may have taken a wrong turn, take action sooner rather than later. It is better to re-trace to a known point rather than carry on regardless with the possibility of becoming increasingly confused.

All our routes are carefully checked before publication, but features can change on the ground – sometimes surprisingly quickly. Footpaths may be re-routed, buildings can appear or change significantly and these days pub names seem to change frequently.

The approximate time given for each walk is based on an average walking speed of 2.5 miles per hour (4 km/hour), plus an allowance for ascent, descent and any difficult terrain.

Total ascent is the approximate total ascent over the whole walk.

GPS users can enter in the waypoints provided in each of our walk reports. It is important to read our guide **Introducing GPS for Walkers**, available as a PDF file from the Great Walks in Britain web site.

Remember that GPS is a great navigational tool, but only one of those available to the navigator. Never dispense with conventional map and compass – and the training and skills to use them, especially on mountain, moorland or open heathland walks.

TOUGHNESS RATINGS

All our **Dorset** routes can be undertaken by reasonably fit walkers able to utilise our map segments, together with the route guidance notes. Always consider recent and forecast weather.

Each walk has been allocated a **Toughness Rating**:

1. Easier walks with modest ascent and generally on well defined paths. There may be stiles or narrow gateways to negotiate.
2. Routes which are more demanding. They may include more ascent and possibly paths which are looser or more difficult underfoot.
3. More strenuous walks with some steep sections, higher paths or places which may be wet and boggy.
4. The most demanding walks in this edition. There may be prolonged steep ascents. Conditions may be challenging underfoot.

Toughness Ratings are allocated in the context of the terrain in the edition area. For example a walk rated as demanding in Cambridgeshire may be equivalent to an easier or moderate route in the Brecon Beacons.