



Lyme Regis - Coast and Countryside

An often strenuous hilly walk on the Dorset - Devon border, with cliffs, fields, woods, river, beach and superb views!

Essential Facts

- Route distance: 14.0 km (8.8 miles)
- Approximate time: 4 hours
- Optional shorter route: 10.0 km (6.3 miles)
- Approx. total ascent: 350 metres
- Start point Grid Ref: SY 337 919
- GPS Ref: SY 33719 91997
- Recommended O.S. Map: Explorer 116
- Toughness Rating: Dorset 3

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

Up For A
CHALLENGE ?

Take a Great Walk and HELP
your favourite charity with

A Donation
An Individual Walk
A Team Effort

Full Info from the Great Walks web site

THE ROUTE

The route starts at the Holmbush Car park, on the hill above the western end of Lyme Regis, off the A3052.

Walk to the far right-hand corner of the car park, **S**, and follow the signed Coast Path westward. Go through a kissing gate, turn left and then bear right, to walk across Ware Cliffs, along a narrow path and enter the Undercliffs Nature Reserve. Continue to an information board at **A**.

Turn right, cross a footbridge and climb steep steps to Chimney Rock. At the top cross a field and turn right along a track leading to a road. Turn left, cross the A3052 and continue along Gore Lane . Pass Hill Farm and cross a stile on the left. Cross two more stiles, then keep a hedge on the right to reach a narrow path that descends to a road, **B**.

Turn left, pass a house and cross a stile on the right. Walk down the left-hand side of a field, cross the disused railway and follow a hedge to a gate. You now have good views of Cannington Viaduct. Turn right downhill to a gate. Turn right along a road and at a junction turn left and immediately right over a stile. Go diagonally left to cross a fence and go through a gate on the right. Climb straight ahead to a gate and cross a road to a bridleway . Shortly after Uplyme House fork right. At a road turn right and climb to a junction. Cross to a footpath and climb steeply to a stile. Turn right and immediately left to follow an enclosed path to a stile. Go diagonally right across a field, then drop down to a track, **C**.

The short walk turns right to follow the track to Uplyme Church. Follow the road opposite the church and turn left beside a double garage to follow the River Lym. Cross a road and continue along Mill Lane to a footbridge just past the thatched watermill at **E**.

For the full walk turn left from **C**, and follow the track to a road. Go through a gate on the right and cross a field. Walk downhill to a farmyard, turn right and walk in front of a thatched cottage to a road. Turn left and at a junction turn right over a stile. Climb the left-hand side of a field and turn right to walk through pine trees. When they end walk to the end of a field and turn left. Cross a stile and follow a narrow path downhill through trees to a road. Turn right and then left beside a barn to walk down a field to a footbridge at **D**.

Turn right, cross a field and go through the gate ahead into woods. Follow the track for about 750 metres to a sign for Lyme Regis. Turn left and right between buildings. At a junction turn right and walk the length of two fields. Follow a track to a t-junction and turn left to a footbridge. **E**

Now turn right and walk across a field to a gate. Now follow the riverside path. Cross a road and continue along Windsor Terrace. Cross a road into Jericho and at the end turn left into Mill Green. At a crossroads turn left along Coombe Street then fork left into Monmouth Street to reach the church. Walk through the churchyard and keep ahead to the sea wall. Turn right to walk along the sea defences and the beach to reach to Cobb. Turn right to climb back to the car park, **S**.



Lyme Regis Beach



Thatched Watermill



The Cobb At Lyme Regis

Refreshment

Cobb Arms
Public House
Marine Parade
Lyme Regis
Tel: 01297 443242
Meals and bar snacks
available

Holmbush Cafe
Simple Café & Take-Away
Holmbush Car Park
Lyme Regis
Tea, Coffee and snacks

The Harbour Inn
Public House
Marine Parade
Lyme Regis
Tel: 01297 442299
Meals and snacks,
seafood a speciality
Outside seating



The Harbour Inn

LOCAL INFO

Lyme Regis is set on a cliff above the sea. The maze of steep narrow streets together with the wide range of shops, galleries, pubs and cafes gives Lyme a timeless charm.

The Cobb is a characterful harbour, first constructed in the 13th century from massive oak beams and boulders. Several times over the years the Cobb has been damaged by storms. The Cobb we see today was constructed in 1820 from Portland Stone. The Cobb features in novels by Jane Austen, one time local resident and John Fowles who lived in the town from 1968 until his death in 2005.

The film of John Fowles' novel 'The French Lieutenant's Woman' was made in several locations around the town.

Lyme Regis and a six mile stretch of coastline either side of the town are world famous for fossils. The massive natural erosion is constantly exposing new crops of fossils.

The Undercliff nature reserve to the west of the town is one of the wildest stretches of the coast. Along this stretch of coast the famous Bindon landslip occurred on Christmas Eve 1839 when the front of the cliff moved towards the sea leaving a 20 acre gap that is now filled with trees.

LYME REGIS COAST & COUNTRYSIDE G.P.S. WAYPOINTS

WAYPOINT NAME	MAP REF	CO-ORDINATES	ELEVATION: Metres
LYM S	S	SY 33719 91997	61
LYM A	A	SY 32747 91502	103
LYM B	B	SY 32179 92801	70
LYM C	C	SY 32423 94277	122
LYM D	D	SY 33787 94985	83
LYM E	E	SY 33339 93276	46



MAP LEGEND					
	Great Walks route		Church with tower		Spot height - metres
	M6 Motorway		Church with spire		Information centre
	A23 Main road		Other place of worship		Parking
	B2116 Secondary road		Cathedral / Abbey		Public convenience
	Minor road		Building		Public house
	Other road		Built up area		Picnic site
	Track		Woodland		Camp site
	Footpath		Sand, shingle or mud		Major tourist feature
	Bridleway		Water feature		Other tourist feature
	National trail				
	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 Dorset may be equivalent to a moderate route in Devon & Dartmoor..