



Braunton Burrows

An easier walk along the banks of the River Taw to the most remote part of Saunton Beach. Return via a boardwalk through sand dunes

Essential Facts	
▪ Route distance:	13.0 km (8.2 miles)
▪ Approximate time:	3 hours 30 mins
▪ Optional extension:	2.3 km
▪ Approx. total ascent:	50 metres
▪ Start point Grid Ref:	SS 484354
▪ GPS Ref:	SS 48475 35460
▪ Recommended O.S. Map:	Explorer 139
▪ Toughness Rating	Somerset 1

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

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CHALLENGE ?**
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 A Donation
 An Individual Walk
 A Team Effort

Full Info from the Great Walks web site

THE ROUTE

Caution: This walk utilises defined paths close by the tidal sands of the River Taw. It is important to stay on the paths and tracks. Do not stray onto the mud or sands of the Taw estuary, into which tides enter with great speed.

There are parking bays at the side of the road by the information board at our starting point, **S**. This is just south of Braunton village, on the western bank of the River Caen.

Crossing the small stream to gain the riverbank, turn right and follow the marked path all the way along the river, turning with it when it reaches the estuary and continuing to follow it to the White House (about 4 km). At the White House, go down onto the beach and follow this right around the point to the lighthouse just after **A**.

Walk about 1 km along the sand towards Saunton until you see the old wooden groynes stretching across the beach. Immediately before them is a path to the right, at **B**, up onto the boardwalk just a few metres above in the dunes. Follow the boardwalk across the dunes to the old American military road at **C**, where you turn left.

You can make a choice at **D**. From here you can stick with the military road, or you can follow the footpath onto the grassland to your left and walk parallel with the road to a car park at **E**, some 2.5 km beyond. At the car park gates turn left and follow the road about 0.5 km.

At **F** you turn right. This lane winds gently around the picturesque Braunton Marshes back to the starting point about 2.5 km away at **S**.

For the extension into Braunton village, turn left down the track at **G**. Then follow the track across the Great Field, one of the finest examples of strip farming, still cultivated in the same way as it was almost a millennium ago. Reaching the end of this track, walk through the quiet housing estate beyond and turn right, down through Braunton village. Turn right, through the main car park, opposite the anchor. Then follow the cycle path signs past the police station and up to the roundabout at Velator, where you turn right. From here it is a short walk back to the starting point by the river, **S**.

Though not a strenuous walk, having barely 50 metres of ascent, you may well feel justified in taking refreshment at one of the tea rooms or inns at Braunton.



**The Lighthouse
at Crow Point**



Rustic Bridge



The WW2 American Road

Refreshment

The Agricultural Inn
Public House
25 East Street, Braunton
Tel: 01271 818001
Meals and bar snacks

The Williams Arms
Public House and Restaurant
Wrafton, Braunton
Tel: 01271 812360
Award-winning restaurant,
always popular

The George Hotel
Public House
Exeter Road, Braunton
Tel: 01271 812029
Pub food

The Tarka Inn
Public House and Restaurant
Heanton
Tel: 01271 816547
Meals and bar snacks

The London Inn
Public House
17 Caen Street, Braunton
Tel: 01271 812603
Bar snacks

LOCAL INFO

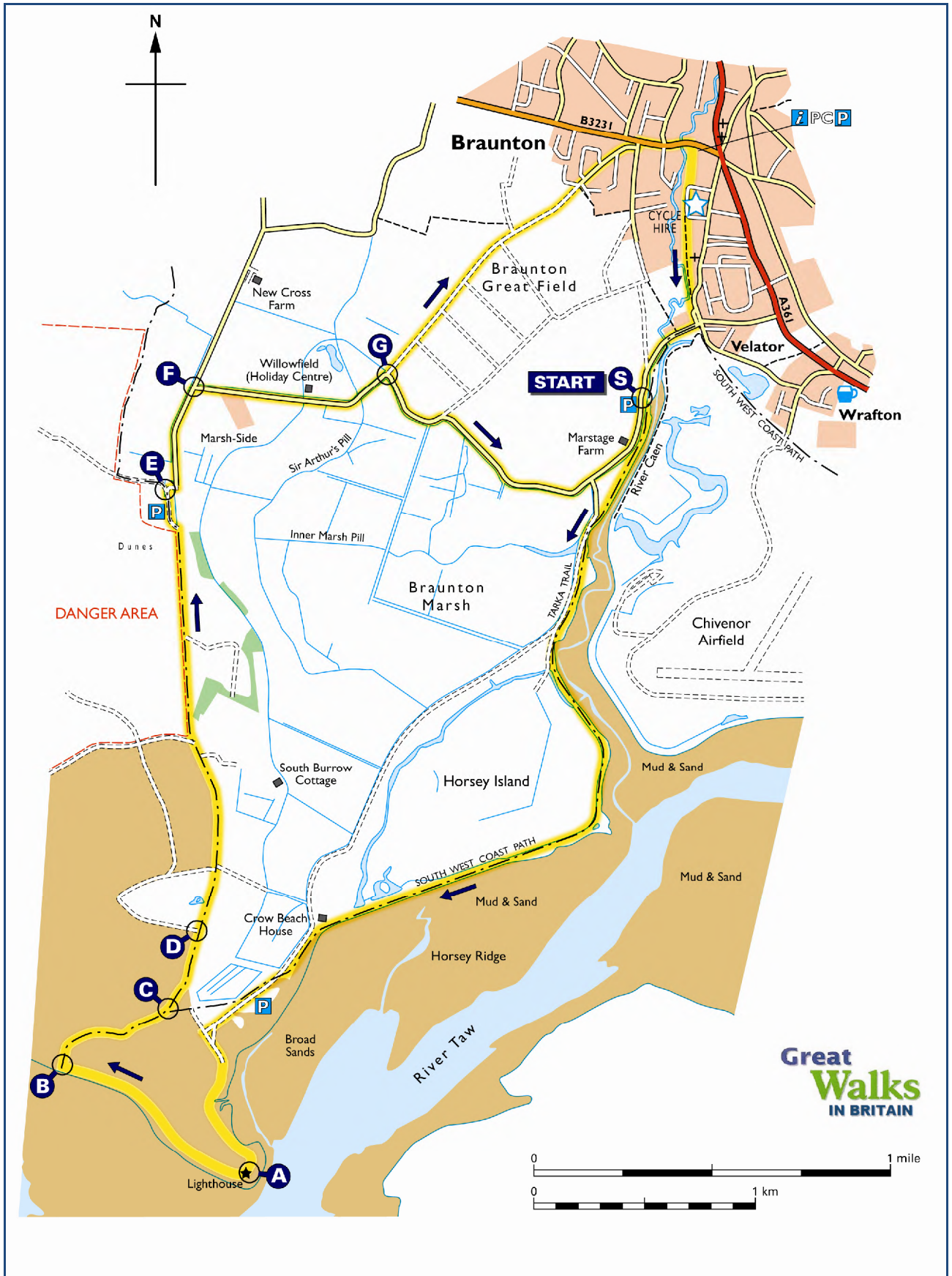
Britain's first UNESCO Biosphere Reserve, Braunton Burrows are renowned for rare flora and boast some 500 species, including a number of different orchids, as well as the aromatic wild thyme and water mint. Most years these are at their best in May/June, but there are always interesting species to be seen

A detour off the old American road at **D** on the map will take you to the remains of structures used by the US Army for D-Day training; while the walk extension from **G** around the Great Field will take you through one of the country's best examples of mediaeval strip farming, unchanged since the Domesday Book.

The River Caen joins the River Taw as you turn towards the White House, and both are joined by the River Torridge at Crow Point. The cranes across the river when you turn towards Saunton are at Appledore Shipyard, and the town seawards from here is Westward Ho!, made famous by Charles Kingsley in his book of the same name.

BRAUNTON BURROWS G.P.S. WAYPOINTS

WAYPOINT NAME	MAP REF		CO-ORDINATES		ELEVATION: Metres
BUR S	S	SS	48475	35460	6
BUR A	A	SS	46762	32129	0
BUR B	B	SS	45905	32500	13
BUR C	C	SS	46461	32588	0
BUR D	D	SS	46458	33080	12
BUR E	E	SS	46352	35084	8
BUR F	F	SS	46421	35527	11
BUR G	G	SS	47300	35588	12



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

Most of our **Somerset & North Devon** routes can be undertaken by reasonably fit walkers able to utilise the map segments and our recommended Ordnance Survey maps, together with the route guidance notes.

The toughest walks should be undertaken or led only by experienced mountain walkers with navigational expertise. 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. There may be prolonged steep ascents, and perhaps several ascents over the whole walk. Conditions may be challenging underfoot.
4. The toughest walks, requiring considerable fitness and navigational experience. There may be prolonged steep ascents. The ability to navigate by compass may be essential.

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 Somerset & North Devon.