



Lynmouth, Countisbury & Foreland Point

A strenuous but rewarding walk around a wild, romantic headland which thinks it's a mountain – returning to the charming seaside village for tea!

Essential Facts

- Route distance: 14.9 km (9.3 miles)
- Approximate time: 4 hours 30 mins
- Optional shorter route: 9.6 km (6.0 miles)
- Approx. total ascent: 490 metres
- Start point Grid Ref: SS 723 495
- GPS Ref: SS 72326 49548
- Recommended O.S. Map: Explorer OL9
- Toughness Rating: Somerset 4

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

This walk starts from the seaside village of Lynmouth. There are several car parks, and some street parking, but competition can be stiff at the height of the tourist season!

With almost 500 metres of ascent over the whole route a lot of stamina is called for. However, navigation is straightforward and there is a shorter option.

From the main harbourside street cross the white footbridge over the River Lyn and at its eastern end, **S**, pick up the signed coast path. Initially the path is quite flat, between the sea and a park area. But soon you begin the big ascent of the day as the coast path rises above the shoreline, with the road a little above you to the right. Continue the ascent, ignoring a path to the left, leading down hill.

Reaching the top of the steps cut into the hillside at **A**, take the path signed to the left and follow it around towards the headland. Bear left again at the next junction at **B**, (where the top of the church at Countisbury may be just visible over the hill) and take the path around the side of Butter Hill and down to **C**, beyond Great Red.

Here there is a choice of routes. The path to the left is only for the stout-hearted, and is not to be recommended in bad weather. A notice by the path warns of the perils of following it, and there are places along the way where a slip on the scree could be disastrous. It is a good adventure if you are so inclined; but it is of course at your own risk!

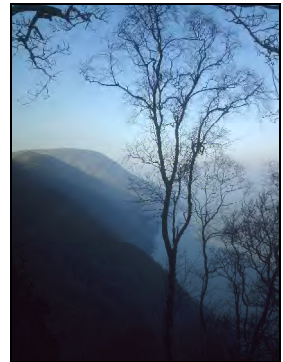
The middle path, up over the top of the headland, is a lovely walk with great views up and down the coastline; but there is no path at the far end, and you have to retrace your steps, or follow a sheep track around the side of the hill, back to **C**.

The right-hand path, marked 'Coastpath, To the Lighthouse' is the route chosen for this walk. When you reach the road a little way below at **D**, turning left will indeed take you down to the lighthouse, but there is a short haul back to **D** to continue the route. Assuming you decide not to visit the lighthouse, take the road to the right at **D**, and follow it up to the track at **E**.

For the shorter route, follow the road signed 'County Road', bearing left when it forks a while later, and rejoin the main route at **I**.

For the main route, turn off the road onto the track to the left marked 'Porlock 10' and follow this through the gate and up onto the coastpath. The path travels about 3 km up through woodland and out onto heathland. At **F**, take the path to the right, doubling back up the hillside, and follow the signs to the track at **G**. Here, turn right and go through the gate to pick up the footpath through the fields beyond. Walking broadly parallel to the right-hand boundary through these fields, you will find the route signed all the way to the fingerpost at the corner of the field by Kipscombe Farm at **H**.

Turn right onto the farm track, and left again almost immediately afterwards onto the footpath as signed. Again, if you keep roughly parallel to the right-hand boundary you will find the path well marked. At the road at **I**, take the left-hand track up onto the moorland and follow it around Barna Barrow to **J**. Now bear right, along the stone wall and follow the path up beside the trig point and the aerial, before dropping gently back to the coastpath at **B** and retracing your steps ever downwards back to the River Lyn at **S**.



**Birch Trees Above
The Bristol Channel**



The High Coast Path



Gorse on Counisbury Common

Refreshment

Fish on the Harbour
Fish Restaurant
Harbourside, Lynmouth
Traditional fish restaurant
and take away

The Bridge Inn
Public house
Lynbridge, Lynton
Tel: 01598 753425
Meals and bar snacks

The Blue Ball Inn
Public House
Countisbury
Tel: 01598 741263
Restaurant and bar
snacks

Rock House Hotel
Restaurant
Manor Green,
Lynmouth
Tel: 01598 753508
A la carte menu in a
harbour-side restaurant

There are numerous other inns
and tea shops in Lynmouth



The Blue Bell Inn

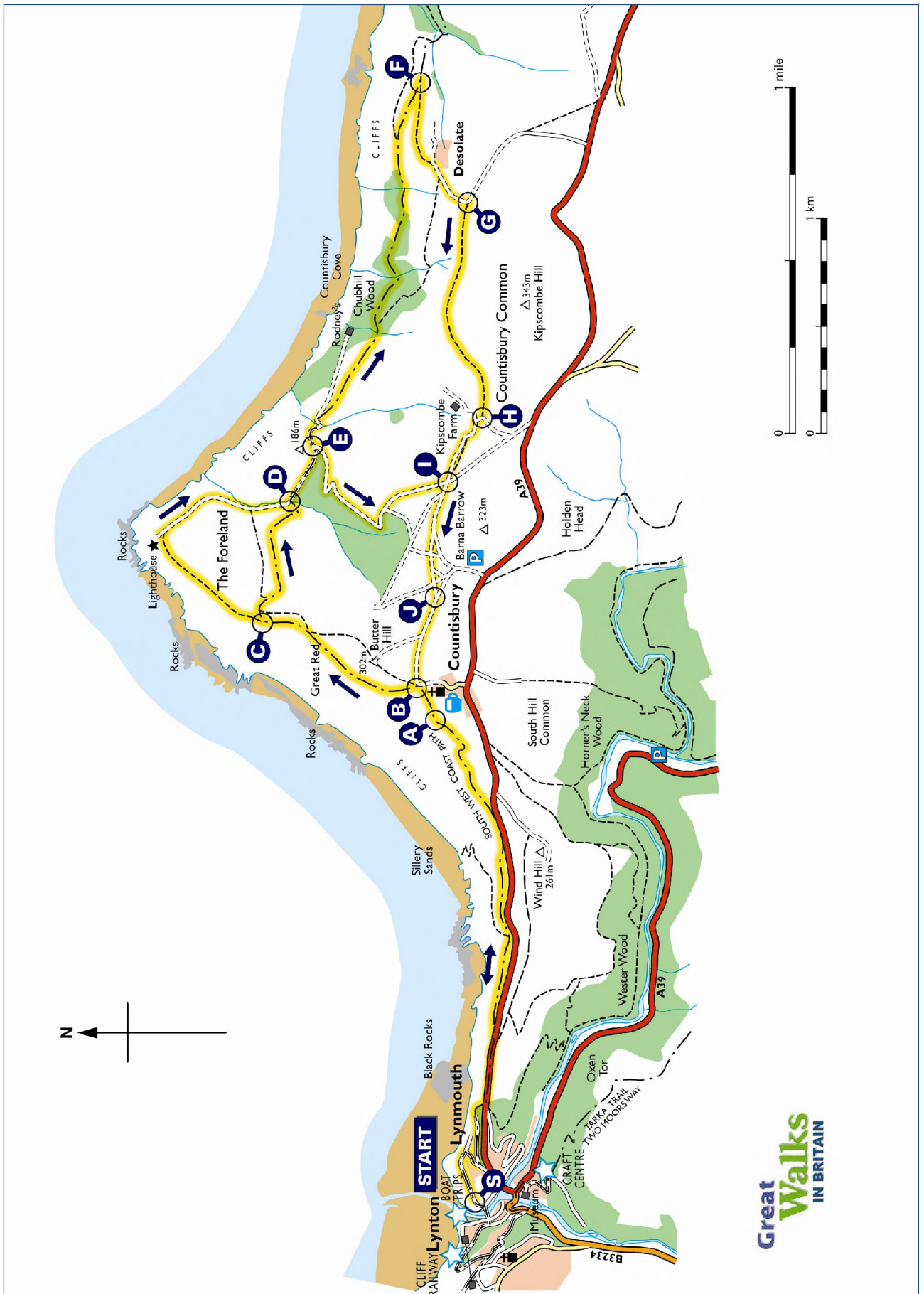
LOCAL INFO

Lynmouth is really an archetypal Devon seaside village. With a harbour which well and truly dries out at low tide it is home to just a few hardy fishing boats and one or two pleasure cruisers. The tiny resort was really developed in Victorian times, and you can still use the water-powered cliff railway which can whisk you from sea level at Lynmouth up to Lynton high above. There is an abundance of tea shops, ice cream emporia and cosy smugglers' inns to tempt you after your hard day's walk.

Countisbury is thought to mean "camp on the high place" in the old Saxon English. While the twentieth century defensive positions are very apparent at the beginning of the walk, the ramparts of the old Iron Age fort at Wind Hill above are only noticeable if you are looking for them; but once you are (helped by a little wooden sign along the way), you will realise that the fort must have been a massive structure in its day. The main rampart, once as tall as 30 feet in places, stretched a quarter of a mile from just above the sea to the plunging cleeve on the south side of the hillfort, and travellers passing westwards from Lynmouth would have had to pass through its central gateway. This is thought to be the site of the defeat of Hubba the Dane by Odda's Saxon army in 878 AD.

**LYNMOUTH, COUNTISBURY
& FORELAND POINT
G.P.S. WAYPOINTS**

WAYPOINT NAME	MAP REF		CO-ORDINATES		ELEVATION: Metres
CBY S	S	SS	72326	49548	5
CBY A	A	SS	74449	49659	260
CBY B	B	SS	74749	49884	271
CBY C	C	SS	75059	50614	212
CBY D	D	SS	75586	50465	117
CBY E	E	SS	75852	50366	159
CBY F	F	SS	77533	49864	223
CBY G	G	SS	76999	49701	292
CBY H	H	SS	76034	49559	282
CBY I	I	SS	75736	49700	290
CBY J	J	SS	75252	49715	298



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.