

# South Devon Coast Path

**Tour Style:** Guided Trails

**Destination:** England

**Trip code:** HDLDW

**Trip Walking Grade:** 4



## HOLIDAY OVERVIEW

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Enjoy 68 exhilarating miles of the South West Coast Path, taking you from the famous naval port of Plymouth - from which the Pilgrim Fathers departed - to the bustling marina and fishing harbour of Brixham in Torbay. This route crosses several estuaries and climbs several cliffs (none severe), with pasture, arable, woodland and moorland scenery on our left and an equally varied English Channel seascape close by to the right.

## WHAT'S INCLUDED

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- Group transfer to Totnes Railway Station on departure day
- Full board en-suite accommodation
- Experienced HF Holidays Walking Leader
- All transport to and from the walks; ferries during the walks
- Luggage transfer between accommodation

## HOLIDAYS HIGHLIGHTS

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- Walk from the naval port of Plymouth to the bustling harbour of Brixham

- Dramatic and rocky stretches of coast with tiny coves
- Walk by Slapton Sands and Torcross famous for the rehearsals for the D-Day landings in 1944
- The beautiful yachting estuary town of Salcombe and picturesque Dartmouth

## TRIP SUITABILITY

This Guided Walking /Hiking Trail is graded 4 which involves walks/hikes in hilly or upland areas on well-defined paths, or along rugged coastal footpaths. These may be rough and steep in sections and will require a good level of fitness. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. A sustained effort is required to complete this trail and provision cannot be made for anyone who opts out. Please be sure you can manage the mileage and ascent detailed in the daily itineraries. The walking day is normally 6 to 7 hours. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace. It makes sense to spend time getting fit before your holiday. We suggest that you do a number of longer walks, including some on hilly terrain. Cycling, jogging and swimming are also excellent for increasing stamina.



## ITINERARY

### Day 1: Arrival Day

Check in at The Invicta Hotel is available from 1500 hours and you will meet your trail leader prior to your evening meal for a welcome meeting.

### Day 2: Plymouth To Stoke Point

We walk along the coast overlooking Plymouth Sound, to the small village of Wembury with its soaring cliffs (home to nesting sea birds) and on to Warren Point. We have a short ferry crossing of the Yealm estuary, before we climb gently to Revelstoke Drive to finish our day at Stoke Point.

11 miles (19km) with 1,475 feet (450m) of ascent and 1350 feet (370m) of descent

### **Day 3: Stoke Point To Bigbury**

Today we continue from Stoke Point on a more isolated and hilly stretch of coast path to Meadowsfoot Beach. Crossing the mouth of the River Erme, we continue around and over Beacon, Hoist and Toby's Points. This section includes some of the steepest and most dramatic sections of walking. We reach Challaborough Holiday Park and beach, and the path soon ambles into Bigbury. Here the tidal Burgh Island is home to the famous art deco hotel visited by Edward and Mrs. Simpson, Churchill and The Beatles.

10½ miles (17.5km) with 2,300 feet (700m) of ascent and 2,425 feet (780m) of descent

### **Day 4: Bantham To Salcombe**

From Bantham village we walk beside the River Avon and on to Hope Cove, a charming harbour settlement with historic cottages. We will encounter recent cliff falls and reconstructed or diverted sections of the Coast Path, before climbing the dramatic heights of Bolt Tail and Bolt Head. The walk ends along wooded paths above The Bar and into the millionaires' yachting estuary town of Salcombe.

12.3 miles (21.4km) with 1,475 feet (450m) of ascent and 1,505 feet (470m) of descent

### **Day 5: East Portlemouth To Torcross**

We start by taking the ferry from Salcombe's Jubilee Pier to East Portlemouth. Once off the ferry we follow the coast path south by quiet road through Mill Bay, then east to Prawle Point and Start Point, before heading north to Beesands. Most of the walk fringes fertile raised beaches backed by wild ancient cliffs of some of the oldest rocks in Devon. After some of the most dramatic and rocky stretches close to wave-lashed rocks and tiny coves, parts of the route here are very uneven.

13½ miles (20km) with 1,790 feet (540m) of ascent and descent.

### **Day 6: Torcross To Dartmouth**

Today we begin in Torcross at the southern end of Slapton Sands, most famous for the rehearsals for the D-Day landings in 1944, when many lives were sadly lost. We follow this beautiful Shingle ridge section of the Coast Path north along Slapton Ley Nature Reserve, a freshwater lake separated from the sea by the Ley. We are now sheltered from prevailing winds and will likely find the sea's mood much quieter. We walk close to the sea and the main road much of the way, continuing past Strete and Stoke Fleming to enter our last and arguably most dramatic estuary of the River Dart. Passing Dartmouth Castle en route, we arrive in the town of Dartmouth, which is steeped in naval history.

10½ miles (16.5 km) with 1,300 feet (400m) of ascent and descent

### **Day 7: Kingswear To Brixham**

Today we start with a ferry from Dartmouth to Kingswear, then follow the Coast Path out of Dart Estuary to Scabbacombe Head and Berry Head. The final day has some superb cliff scenery with dramatic undulating landscape. We have our celebratory ending on the South West Coast Path at Brixham Harbour. Brixham is a busy fishing town and home to one of the biggest fishing fleets in England. 11½ miles (18km) with 2,490 feet (760m) of ascent and descent.

### **Day 8: Departure Day**

If you are joining our transfer, we will return you to Totnes for 10.15am

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## ACCOMMODATION

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### Invicta Hotel, Plymouth - South Devon Coast Path

Contemporary, light and airy interiors meet Victorian elegance in the Invicta Hotel which is located on Plymouth Hoe. All hotel rooms feature: tea & coffee making facilities, remote control Flat Screen TV, complimentary WiFi, and complimentary toiletries. Check-in is available from 3pm

### Stoke Lodge Hotel, Dartmouth - South Devon Coast Path

This family run hotel sits in the South Hams Area of Outstanding Natural Beauty and is on the coast path. Stoke Lodge Hotel provides use of their Swimming Pool and Games Room. All hotel rooms feature: ensuite bathroom, tea & coffee making facilities, and remote control Flat Screen TV

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## USEFUL HOLIDAY INFORMATION

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### Holiday Information

**This South Devon section of the South West Coast Path** is 68 exhilarating miles, taking you from the famous naval port of Plymouth, to the bustling marina and fishing harbour of Brixham in Torbay. We cross several estuaries on the way and climb several cliffs, passing pasture, arable, woodland and moorland scenery on our left and an equally varied English Channel seascape close by to our right; with sand, shingle, rock-shelf and clear blue coves.

Although largely remote from habitation, the route passes several popular family or yachting resorts: Bigbury, Thurlestone, Salcombe and Dartmouth being the main ones. With a rich history both human and natural, and much of the coast in the care of The National Trust, your walking is bound to be rewarding.

Distinctive features of this coast are the raised beaches and shelves. They are up to 300 metres wide and usually some 10-20 metres above present-day sea level and often cultivated. The South Hams plateau which this coast fringes is itself an extensive raised beach, beyond which glimpses of distant Dartmoor can be seen at several places on the route and through which many steep green valleys with high hedgerbanks carry winding streams.

Almost the entire route lies within the South Hams Area of Outstanding National Beauty. None of the walks will deny you time to take in the wonderful varied scenery and wildlife, and taste locally sourced refreshments such as Devon cream teas, crab sandwiches and cider.

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

### Food & Transport

#### Dietary Requirements

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

#### Luggage Transfers

When you change from one Hotel to another we will arrange for your luggage to be transferred for you. This is

included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully with a maximum of 20 kilos. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful. Please make sure your bags are clearly labelled with your name and "HF Holidays".

## Joining Instructions

**Holiday Start:** Your holiday starts in Plymouth and your hotel is a short taxi journey from the railway station. As this holiday starts and finishes at two different points, travelling by train may be the most convenient method of travel. Travelling by car is more difficult. Possible option of parking at Totnes Station (approx £30 weekly parking) and taking the train to Plymouth and taxi to first hotel. You would then be dropped off at Totnes at the end of the holiday on the transfer.

For train times and route planning visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or call 03457 484950.

**Holiday Finish:** Your holiday finishes at Stoke Lodge Hotel, Stoke Fleming. A group transfer to Totnes Railway Station for 10.15 is included in the price of your holiday. This 30 minute transfer will leave after breakfast around 9.30 on your final morning.

## What To Bring

### Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Waterproof walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litres)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

### Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent and a midge hood is highly recommended for Scotland
- Sun hat
- Sunglasses
- Sun cream
- Camera

## Useful Information

### Suggested Reading and Maps

Your leader will carry all the necessary maps and guides. For your own interest you may consider looking at the following:

[www.southwestcoastpath.org.uk](http://www.southwestcoastpath.org.uk)

OS National Trail Guide Falmouth to Essex

Explorer OL 20 Map of South Devon which covers the whole route

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

## In The Event Of A Problem

If you become separated from the party, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

## Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

## PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

## NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £20 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

## BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### **MANAGE MY BOOKINGS**

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

### **YOUR FINAL BALANCE**

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

### **TRAVEL INSURANCE**

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

### **PEACE OF MIND**

#### **ATOL:**

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

#### **MEMBER OF ABTOT:**

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

### **TRIP NOTE VALIDITY**

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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