

GOOD TO KNOW

START/FINISH

Minehead, Somerset to South Haven Point, Dorset, England

SEASON

Avoid the busy June to August season—accommodations will be hard to find. The best times of the year are spring (April or May) and September.

ACCOMMODATIONS

Plentiful, but should be booked in advance. There are several YHA youth hostels along the route. Wild camping is not officially allowed, and many areas are too busy for comfortable stealth camping. However, low-profile bivouacking is possible in some of the wilder areas.

HIGHLIGHTS

1. Lynton and Lynmouth
2. Heddon Valley
3. The dunes of Braunton Burrows
4. Clovelly's harbor and cobbled street
5. Tintagel Castle
6. The beach of Mawgan Porth
7. St. Ives
8. The headlands of Land's End and Lizard Point
9. The Jurassic Coast: Lyme Regis, Chesil Beach, Portland Bill, and Durdle Door



HELPFUL HINTS

WHAT TO BRING

In addition to your usual hiking gear, don't forget to bring a towel for the

beach, flip-flops (also useful for river crossings), and sunglasses.

FOOTWEAR

The trail is often rough and rugged underfoot. Ensure your footwear has adequate grip. Breathable mesh shoes might get clogged with sand.

PUBLIC TRANSPORTATION

Take the train to Taunton and then bus service 28 to Minehead. At the end of the trail, take the ferry across the channel to Sandbanks. Bournemouth, nearby, has rail links with Southampton.

NAVIGATION

The trail is fully signposted, but download the route in an offline navigation app on your phone and consider carrying paper maps as a backup.

SAFETY

Consult tide timetables before venturing onto exposed beaches beneath cliffs. Take great care crossing rivers.

SUPPLIES

With frequent towns, villages, cafés, and pubs, opportunities for resupply can be found regularly.

WATER

Top off your water bottles at your accommodations. There are also many refill stations along the walk.

BONUS TRACK

THE COPPER TRAIL

Bodmin Moor is a windswept and rugged area of high ground in Cornwall, known for supernatural phenomena such as the legendary Beast of Bodmin Moor—a gigantic cat or leopard said to stalk the area. This circuit of the moor, at 92.3 km (57.4 mi) in length, pays special attention to the abandoned copper mines whose stark ruins punctuate the landscape. The route starts and finishes at the village of Minions.

BACKGROUND

MARY ANNING AND THE FOSSILS OF LYME REGIS

Mary Anning, born in Lyme Regis in 1799, was an English fossil collector and paleontologist who began finding relics of prehistoric creatures on her walks beneath the cliffs of the Jurassic Coast. Her first major discovery was the skeleton of an ichthyosaur, which she found in 1811—the first complete skeleton of this animal known to science. Later in life she opened a fossil shop, but she struggled financially and never received the recognition for her pioneering work that she deserved. She died in 1847.



FLORA & FAUNA

DRAGONFLIES AND DAMSELFLIES

Old Cornish tin mines provide valuable refuges for a wide range of wildlife, especially *Odonata*—dragonflies and damselflies. The old quarries in abandoned mines tend to flood, creating a wetland habitat that is perfect for these beautiful predatory insects. It is thought that around a third of Britain's dragonflies and damselflies can be found near the old mines in this region. A notable species is the golden-ringed dragonfly, *Cordulegaster boltonii*, the U.K.'s longest.

