

AUTUMN

Seaside scenery

WALKING BREAK



Route 1

The best of North Devon seaside scenery - traditional fishing village, burrows and riverside trails. Discover a historic village with rich nautical history, winding narrow streets, before walking through beautiful coastal burrows and gorgeous riverside scenery.

Walk details

Time: Drive to meet up with your guide, John at entrance to Appledore village car park at 9.50am for a 10am start (Churchfields car park, The Quay, Appledore EX39 1RL). If you can find a space to park your car along the quay then do so, to avoid parking charges. Allow yourself about 35-40 minutes drive from the hotel. Toilets available at car park.

Walking distance: Approximately 7-8 miles.

Terrain: A variety of footpath trails, beach (if low tide!), burrows, tarmac lanes.

Pace: Many points of interest so there will be frequent pauses along the way.

Finish: Take advantage of some traditional seaside refreshments in the form of fish and chips or an ice cream at Appledore.

Steeped in nautical history, the picturesque fishing village of Appledore offers much for visitors to enjoy - with its winding narrow streets, cute pastel houses and an arty feel to it.

From Appledore, we'll be walking towards the famous Victorian seaside town of Westward Ho! - via the lifeboat station, Northam Burrows and the Royal North Devon Golf course. This will be a wonderful stretch of walking with great views across the mouth of the Taw/Torridge estuary to Braunton Burrows, with the Saunton Sands Hotel in the distance.

After reaching Westward Ho!, we'll be completing the circular walk back to Appledore by way of an interesting footpath that follows the bank of the river Torridge, passing Appledore Shipyard, with views across the river to Instow and Tapely Park.

SAUNTON SANDS

HOTEL & SOURCE SPA

AUTUMN

Wild Exmoor

WALKING BREAK

Route 2

Explore the wild beauty of Exmoor. A beautiful day walk that will help to showcase what is best about walking on Exmoor - with a real mix of moors and coastal scenery - walking along the less trodden tracks and trails, discovering some hidden gems.

Walk details

Time: Drive from the hotel to meet up with walking guide John and the rest of the group at Blackmore Gate car park at 9.45am. The drive will take about 35 minutes from the hotel. (Blackmore Gate, EX31 4NN. No parking fee required. Toilets on site). We will then drive up together to the walk start point 10 minutes up the road.

Walking distance: Approximately 7-8 miles.

Terrain: The walk mostly covers well-maintained footpaths, wooded trails and country roads.

Pace: A walking pace to suit the group, with frequent pauses to take in a view or chat about a point of interest.

Finish: Put your feet up and enjoy a well earned drink at the Old Station Inn, Blackmore Gate.

Setting off across the Woolhanger Estate, you will be walking below one of the highest ridges on Exmoor - The Chains - which is peppered with standing stones, cairns and barrows. All very scenic. The walk will then take in what must have been along some very ancient Exmoor routeways.

Woolhanger Manor has an interesting history - originally an entry in the Domesday Book - the farmhouse would have been extremely remote. The Manor came into the hands of the Lock-Roe's during the nineteenth century as they acquired vast tracts of land as well as extending the substantial farmhouse and creating a vast Music Room. Woolhanger Manor and Music Room perfectly captures the Victorian spirit of adventure, with the combination of innovation, ingenuity and folly that characterises this unique time in British history.

Heading coastwards, you will be met with a beautiful coastal vista as the day's walk meanders down from Caffyns Farm to the pretty wooded trail below. This is part of the heavily wooded coastline that typifies this part of the North Devon coast - running from Valley of Rocks through to the Heddon Valley.

SAUNTON SANDS

HOTEL & SOURCE SPA

KIT LIST

Autumn Walking

Local walking guide *John Ward* shares his kit list and expert advice.



Summary of recommended kit list:

- Day rucksack
- Hiking boots
- Layered, comfortable clothing
- Fleece for cooler days
- Lightweight waterproof jacket and bottoms
- Hat and gloves for cooler days, peaked cap for warmer days
- Sunglasses
- Food & drink

BASELAYERS

For comfort, it is a good idea to pack with a layering system in mind. Of course, the weather and conditions will dictate how many layers you pack for your trip. Lightweight, sweat-wicking t-shirts and long sleeve tops will give you the most comfort during a good day's walking.

WATERPROOF OUTER LAYERS

If it rains you will need a waterproof jacket and trousers to stay dry. Try to pack winter quality waterproofs if there is the potential for cold and wet conditions on the coast path or moors.

TROUSERS/SHORTS

As always, the weather will dictate what you pack - so do check the forecast before arriving. You do need to make sure your legwear is comfortable when walking. Seams or hems will rub your skin - one good reason for not wearing a pair of tight jeans if you are out walking for the day. Jeans are also very uncomfortable if they get wet through. So do look for a good quality pair of walking trousers and/or shorts, which hopefully will be made of breathable fabric.

SOCKS

Socks are usually rated according to the seasons, so you can choose lighter weight socks for summer walking and thicker socks for walking in winter. To help avoid the risk of blisters, it is recommended you wear your socks and walking boots combination several before the start of your walking trip.

FOOTWEAR

It is always good to seek advice from experts at a specialist outdoors store - about choosing the right footwear for your walking trip. As always, choose boots and shoes to suit the terrain and conditions you are likely to experience. Make sure you have worn the boots before heading off on your walking holiday to help ward off rubbing, hot spots and blisters.

ACCESSORIES

Hats, gloves and buffs should all be considered depending on where you will be walking. For example, if it is likely to be sunny, take a peak or brimmed hat. If it might be cold, add in a beanie.

DAY PACK

This is the pack you will carry with you when walking each day - and will include all the daytime bits and pieces you may require. If there is a chance of rain you could add a waterproof cover to your rucksack.

WALKING POLES

Many people find that walking poles really help with balance over uneven terrain, give support to your knees during descents, and help propel yourself up steep slopes.

WATER BOTTLE

Staying hydrated is a must during your walking day. Headaches, dizziness, and a bad mood are often symptoms of dehydration. You should pack a refillable water bottle or a hydration bladder for your day pack... and drink little and often.

SAUNTON SANDS

HOTEL & SOURCE SPA