

South West Coast Path – Suggested 30 day itinerary

This is a very challenging itinerary and you should expect to be walking for over 10 hours on most days. Walking the Coast Path is tougher than most paths, so your walking speeds will probably be slower than you are used to. Over the 630 miles you will be climbing and descending over 115,000 feet, and whilst there are over 30,000 steps to help you it's still tough.

So before you commit to this itinerary you should try a few sections beforehand to get a feel for the terrain, and you should also allow for rest days.

Day	From - to	Dist. miles	Dist. (km)	Last stop details.
1	Minehead to Lynmouth / Lynton	21.4	34.4	Lynton is a small town standing on top of the cliffs above the picturesque harbour village of Lynmouth, to which it is connected by the Lynton and Lynmouth Cliff Railway. They have a good range of accommodation and places to eat.
2	Lynmouth to Ilfracombe	18.6	29.9	Ilfracombe is small resort and so has plenty of accommodation and places to eat.
3	Ilfracombe to Barnstaple	28.9	46.5	Barnstaple is North Devon's largest market town and so has a good range of facilities + a train station.
4	Barnstaple to Westward Ho!	18.4	29.6	Westward Ho! is a small resort town with a good selection of places to stay & eat
5	Westward Ho! to Hartland Quay	21.4	34.4	Hartland Quay has a hotel and pub. A wider range of accommodation, a shop and another pub can be found in the village of Hartland (1 mile inland).
6	Hartland Quay to Bude	15.2	24.5	The resort town of Bude has a wide range of places to eat and stay. From here you can get buses; back along the coast to Barnstaple, to the mainline station in Exeter (2hrs, 40min)
7	Bude to Tintagel	21.3	34.3	Tintagel is a popular tourist destination and so has a good range of places to stay and eat.
8	Tintagel to Padstow (ferry)	20.9	33.6	he small fishing port of Padstow is now also bustling tourist destination, and so has a wide range of places to stay and eat.
9	Padstow to Newquay	23.8	38.3	Newquay is a large resort, and world-famous for its surf beaches. It has wide range of places to stay and eat, and a train station, and so is a good spot to start or finish a trip.
10	Newquay to Portreath (ferry)	24.9	40.1	The village of Portreath has only a small choice of places to stay and eat
11	Portreath to St Ives	17.8	28.6	The town of St Ives is a popular tourist destination and have a wide range of accommodation and places to eat + a train station

12	St Ives to Cape Cornwall	17.6	28.3	A good selection of accommodation and places to eat can be found in St Just - 3/4 mile inland of Cape Cornwall.
13	Cape Cornwall to Mousehole	19.3	31.1	Penzance is the largest town in west Cornwall, and the terminus of the mainline train to London. It has a wide range of accommodation, places to eat and good bus connections to towns and villages along the coast in both directions.
14	Mousehole to Mullion	24.7	39.8	There is some accommodation near the cove with a wider choice in the village of Mullion 3/4-mile inland.
15	Mullion to Porthoustock	20.9	33.6	The village of Porthoustock has limited places to stay and eat.
16	Porthoustock to Falmouth	19.1	30.7	The town of Falmouth has a good range of places to stay and eat. It also has train station, so makes a good place to start or finish a trip.
17	Falmouth to Gorran Haven	22.4	36.0	The village of Gorran Haven has only a small selection of places to stay or eat.
18	Gorran Haven to Fowey (ferry)/ Polruan	19.5	31.4	There is a good selection of places to stay in the small town of Fowey and across the estuary in the village of Polruan.
19	Polruan to Portwrinkle	19.8	31.9	The village of Portwrinkle only has a small choice of places to stay / eat.
20	Portwrinkle to Plymouth Barbican (ferry)	15.9	25.6	Plymouth is the only city on the Coast Path and has wide range of facilities, and a mainline train station.
21	Plymouth Barbican to Bigbury-on-Sea (ferry)	26.2	42.2	This day can be shortened by catching the ferry from the Barbican to Mountbatten, which saves 5 miles of walking. The timing of today's walk is dependent on catching the Yealm ferry and tide times as River Erme can only be forded either side of low tide. Bigbury-on-Sea has only a small range of places to stay, though if you are early enough to catch the ferry across the Avon, additional accommodation etc can be found in the villages of Thurlestone and Hope Cove a few miles further on.
22	Bigbury-on-Sea to Torcross (ferry)	25.7	41.4	the village of Torcross has only a few places to stay / eat.
23	Torcross to Brixham (ferry)	21.2	34.1	The fishing town and resort of Brixham has plenty of choices of places to stay and eat. Very frequent buses (30 min) go from here to the train station at Paignton.
24	Brixham to Shaldon / Teignmouth	19.6	31.5	The village of Shaldon and the resort town of Teignmouth (a 5 min ferry ride across the estuary) have a wide range of places to stay & eat. Teignmouth has a mainline train station.
25	Teignmouth to Sidmouth (ferry)	20.5	33.0	The resort town of Sidmouth has a good selection of places to stay & eat.

26	Sidmouth to Lyme Regis	17.3	27.8	The town of Lyme Regis has a wide range of places to stay & eat.
27	Lyme Regis to Abbotsbury	19.4	31.2	The pretty village of Abbotsbury has a small selection of places to stay and a couple of pubs.
28	Abbotsbury to Weymouth, including Isle of Portland loop	23.9	38.5	Weymouth is a seaside resort town and so has a wide range of accommodation and places to eat, plus a train station.
29	Weymouth to Kimmeridge	21.6	34.8	Kimmeridge has only a few places to stay and these are located in the village about a mile from the coast. As this day's walk crosses the Lulworth firing ranges, check that it is open (most weekends and holidays).
30	Kimmeridge to South Haven Point	21.1	34.0	From the end of the path at South Haven Point, frequent buses go across the ferry into the large resort of Bournemouth which has a wide range of accommodation, plus a train station.