

## South West Coast Path – Suggested 46 day itinerary

This itinerary has been developed as a more challenging alternative to the 'standard' itinerary shown on the website and in the Complete Guide to the South West Coast Path.

If you are planning to use them, bus times & train times should be checked on either [www.travelinesw.com](http://www.travelinesw.com) or using the public transport search option on [Google maps](https://www.google.com/maps).

Day	From - to	Dist. miles	Dist. (km)	Grading / terrain	Last stop details. Note: Some bus services only run in the summer months. Times in brackets are the shortest journey times by bus.
1	Minehead to Porlock Weir	8.9	14.3	Moderate	The villages of Porlock Weir and the nearby Porlock have a range of accommodation and shops, and bus links to Minehead (25min), and Lynmouth / Lynton (50min).
2	Porlock Weir to Lynton	12.5	20.1	Moderate to strenuous	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. Buses link it to Minehead (1hr, 30min), Porlock (1hr), Combe Martin (1/2hr) and Barnstaple train station (1hr 6min).
3	Lynton to Combe Martin	13.3	21.4	Varied - Initially easy but strenuous towards the end	Combe Martin is a small town on the Exmoor, with a good selection of places to stay and eat. There are bus connections to Lynmouth (30min), Ilfracombe (22min), Woolacombe (56min) and Barnstaple train station (1hr 12min)
4	Combe Martin to Woolacombe	13.9	22.4	Moderate to strenuous	Woolacombe is a small seaside resort, and so has a range of accommodation and places to eat. Buses go from here to Barnstaple train station (50min)
5	Woolacombe to Braunton	15	24.1	Moderate to strenuous	The village of Braunton has plenty of places to eat, but limited places to stay. Buses go from here to Ilfracombe (30 min), Woolacombe (20min) & Barnstaple train station (35min)
6	Braunton to Appledore	19	30.6	Easy - a level route mostly on cycle route around the Tav & Torridge estuary.	The small town of Appledore has a range of accommodation and places to eat. Buses go from here to Barnstaple (1hr to train station), and changing at Bideford onwards to Clovelly (1hr 2 min).
7	Appledore to Clovelly	15.9	25.6	Easy to strenuous	The small village of Clovelly has only very limited range of accommodation and places to stay. Buses go from here back to Barnstaple (1hr 5 min) and onwards to Hartland (20 min).

8	<b>Clovelly to Hartland Quay</b>	10.3	16.6	<b>Moderate to strenuous</b>	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 / 1,6km inland). Buses run from Hartland back to Barnstaple train station (1hr, 23min) and less frequently onto Bude (30 min direct or 54 min via Morwenstow).
9	<b>Hartland Quay to Bude</b>	15.2	24.5	<b>Severe - numerous steep valleys to cross</b>	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), and onward along the coast to Boscastle, Tintagel and beyond.
10	<b>Bude to Boscastle</b>	16.5	26.6	<b>Strenuous to moderate</b>	The small village of Boscastle has a limited range of places to stay or eat. Buses run along this section of coast in both directions, and the nearest mainline train station is Bodmin Parkway (1hr 20 min).
11	<b>Boscastle to Port Isaac</b>	13.8	22.2	<b>Moderate to severe</b>	Port Isaac is a small fishing village made famous by being the set of Doc Martin. It has a limited range of places to stay and eat. From here buses go back to Tintagel (47min), Boscastle (1hr) and Bude (1hr 30min), and to Rock (38 min & then option of ferry across to Padstow). The nearest mainline station is Bodmin Parkway (2hrs, 10 mins).
12	<b>Port Isaac to Padstow (ferry)</b>	11.7	18.8	<b>Strenuous</b>	The small fishing port of Padstow is now also bustling tourist destination, and so has a wide range of places to stay and eat. Buses go from Padstow to Porthcothan (35min) Newquay (branch line, 1hr 15 journey) and Bodmin Parkway (main line, 1 hr 5 min journey) train stations.
13	<b>Padstow to Porthcothan</b>	13.5	21.7	<b>Easy</b>	The village of Porthcothan has limited accommodation and places to eat. Buses go to the train station in Newquay (45 min)
14	<b>Porthcothan to Newquay</b>	10.3	16.6	<b>Moderate</b>	Newquay is a large resort, and world-famous for its surf beaches. It has wide range of places to stay and eat, good bus connections along the coast in both directions and a branch line train station, and so is a good spot to start or finish a trip.
15	<b>Newquay to Perranporth (ferry)</b>	12.6	20.3	<b>Moderate to strenuous</b>	Perranporth is a small seaside resort town, popular with surfers and tourists because of its spectacular beach, and Atlantic swell. It has a good range of accommodation and places to eat, and buses connections along the coast in both directions to Newquay & Portreath with the nearest mainline station being Truro (45 mins).

16	<b>Perranporth to Portreath</b>	<b>12.4</b>	<b>20.0</b>	<b>Moderate to strenuous</b>	The village of Portreath has only limited accommodation and places to eat. Buses go to Perranporth (36min) and the nearest train station is Redruth (45mins by bus)
17	<b>Portreath to St Ives</b>	<b>17.8</b>	<b>28.6</b>	<b>Moderate</b>	The town of St Ives is a popular tourist destination and have a wide range of accommodation and places to eat. It has a train station, and good bus links around the Land's End peninsula through to Penzance (train station) so makes a good starting point for a trip.
18	<b>St Ives to Pendeen Watch</b>	<b>13.7</b>	<b>22.0</b>	<b>Severe - not too much ascent and descent, but a rugged, rocky path that makes for slow going.</b>	The nearest accommodation to Pendeen Watch is in the small villages of Pendeen & Morvah about 1/2 mile inland from the Coast Path. Regular buses connect these villages with St Ives (45 min journey), St Just (10 min), Porthcurno (1 hr) and Penzance (40 min).
19	<b>Pendeen Watch to Porthcurno</b>	<b>15.4</b>	<b>24.8</b>	<b>Moderate to strenuous</b>	Porthcurno is a small village, with only a few places to stay and a pub. From here regular buses go to Penzance (50 min journey).
20	<b>Porthcurno to Penzance</b>	<b>11.5</b>	<b>18.5</b>	<b>Varied - Strenuous to start, but easy towards the end</b>	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.
21	<b>Penzance to Porthleven</b>	<b>13.9</b>	<b>22.4</b>	<b>Initially easy, then moderate, then strenuous</b>	Porthleven is a small town set around a harbour. It has a good selection of places to stay and eat, and bus connections to Penzance (45 min), Lizard (1hr, 20 min via Helston) and Falmouth (1hr, 20min).
22	<b>Porthleven to Lizard Point</b>	<b>14</b>	<b>22.5</b>	<b>Moderate</b>	Lizard village, is about 1/2 mile inland of the Coast Path. Being small it only has a small choice of places to stay, the largest of which is the Youth Hostel at the Point. Buses from here go to Helston from where you can get connections to Penzance (2hrs) and Falmouth (2 hrs).
23	<b>Lizard Point to Coverack</b>	<b>10.4</b>	<b>16.7</b>	<b>Generally moderate with strenuous sections</b>	The village of Coverack has only a small selection of places to stay and eat, and infrequent buses.
24	<b>Coverack to Helford (ferry)</b>	<b>12.6</b>	<b>20.3</b>	<b>Moderate</b>	The villages of Helford and Helford Passage (on the other side of the ferry crossing) have a limited range of places to stay and eat. Bus connections to Falmouth (45 min ) & Truro (2 hrs to mainline train station) are better from Helford Passage (add at least an hour from Helford).

25	<b>Helford to Falmouth (ferry)</b>	<b>10.3</b>	<b>16.6</b>	<b>Moderate</b>	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.
26	<b>Falmouth to Portloe</b>	<b>13.6</b>	<b>21.9</b>	<b>Easy to strenuous</b>	The village of Portloe has only has a small choice of places to stay or eat. Regular buses go to the station at Truro (1hr 20 min)
27	<b>Portloe to Mevagissey</b>	<b>12.2</b>	<b>19.6</b>	<b>Varied - Strenuous to easy</b>	The village of Mevagissey a good selection of places to stay and eat. Regular buses go to the train station at St Austell (25 min).
28	<b>Mevagissey to Par</b>	<b>10.7</b>	<b>17.2</b>	<b>Strenuous to easy</b>	The village of Par has a range of places to stay and eat, and a branch line train station.
29	<b>Par to Polperro (ferry)</b>	<b>13.9</b>	<b>22.4</b>	<b>Moderate to strenuous</b>	The pretty fishing village of Polperro is a popular tourist destination and so has a good range of places to stay and eat. The nearest train station is Looe (15min)
30	<b>Polperro to Portwrinkle</b>	<b>12.7</b>	<b>20.4</b>	<b>Moderate to strenuous</b>	The village of Portwrinkle has only a small choice of places to stay or eat. Regular buses go from here to Plymouth mainline train station (1hr 15min)
31	<b>Portwrinkle to Plymouth Stonehouse (ferry)</b>	<b>13.2</b>	<b>21.2</b>	<b>Moderate to easy</b>	Plymouth is the only city on the Coast Path and has wide range of facilities, and a mainline train station.
32	<b>Plymouth Stonehouse to Wembury Point (ferry)</b>	<b>15</b>	<b>24.1</b>	<b>Easy to moderate - fairly level walking most of the way</b>	This day can be shortened by catching the ferry from the Barbican to Mountbatten, which saves 5 miles of walking. Wembury village (about 1/2 mile inland) has small range of places to stay. If you get an early enough start to catch the afternoon ferry across the Yealm to can instead stay in the villages of Newton Ferrers or Noss Mayo (also a limited places to stay and eat). Regular buses go into Plymouth from Wembury (45 min journey), with a far more limited service to / from Newton Ferrers and Noss Mayo.
33	<b>Wembury Point to Bigbury-on-Sea (ferry + tidal river crossing)</b>	<b>13.8</b>	<b>22.2</b>	<b>Easy to strenuous</b>	The timing of today's walk is dependent on 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. A few buses each week go from Bigbury-on-Sea to Kingsbridge (change for buses to Totnes train station) and Plymouth.
34	<b>Bigbury-on-Sea to Salcombe</b>	<b>13</b>	<b>20.9</b>	<b>Moderate to strenuous</b>	The sailing town of Salcombe has a good range of places to stay and eat. The nearest train station is Totnes reached by regular buses (1hr, 10min) via Kingsbridge.

35	<b>Salcombe to Stoke Fleming (ferry)</b>	18.6	29.9	<b>Strenuous to moderate</b>	the village of Stoke Fleming has few places to stay and a pub. The nearest train station is Paignton (1hr, 15 min via Dartmouth & Kingswear).
36	<b>Stoke Fleming to Brixham (ferry)</b>	15.2	24.5	<b>Moderate initially then strenuous between Kingswear and Brixham</b>	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.
37	<b>Brixham to Teignmouth (ferry)</b>	19.6	31.5	<b>Easy to moderate through Torbay, strenuous Maidencombe to Teignmouth.</b>	The resort town of Teignmouth has a wide range of places to stay and eat, and a mainline train station.
38	<b>Teignmouth to Budleigh Salterton (ferry)</b>	13.4	21.6	<b>Moderate to strenuous</b>	The small town of Budleigh Salterton has a moderate range of places to stay and eat, with frequent buses to Exmouth train station (25mins)
39	<b>Budleigh Salterton to Beer</b>	15.9	25.6	<b>Moderate to severe</b>	The small fishing village of Beer has a limited selection of places to stay and eat. A wider choice is available in the small resort town of Seaton - a mile further on. Seaton has better bus connections with buses along the coast in both directions and the nearest train stations are Axminster (25 min) & Exeter (1hr, 22min).
40	<b>Beer to Seatown</b>	15.6	25.1	<b>Moderate</b>	The small village of Seatown has very limited places to stay or eat, with a slightly wider choice available in Chideock (1/2 mile inland), which is on the main coastal bus route with nearest train stations being Axminster (42min) and Weymouth (1hr, 11min).
41	<b>Seatown to Abbotsbury</b>	12.4	20.0	<b>Moderate</b>	The pretty village of Abbotsbury has a small selection of places to stay and a couple of pubs. It is on the main coastal bus route with the nearest railway station being Weymouth (32 min)
42	<b>Abbotsbury to Ferrybridge (Weymouth)</b>	10.9	17.5	<b>Easy</b>	Weymouth is a seaside resort town and so has a wide range of accommodation and places to eat, plus a train station. You may want to use it as your base for 2 nights, and return after you've done the loop of the Isle of Portland. Buses from Weymouth go out to Portland Bill (53 min), and onwards to Lulworth Cove (49min).
43	<b>Isle of Portland Circuit</b>	13	20.9	<b>Moderate</b>	On the 'island' there is a good selection of places to stay and eat, with frequent buses into Weymouth.

44	<b>Ferrybridge (Weymouth) to Lulworth Cove</b>	14.4	23.2	<b>Easy to strenuous</b>	Lulworth Cove and the nearby village of West Lulworth have only a limited range of accommodation, but this includes a Youth Hostel. From Lulworth Cove there are regular buses to the train stations in Weymouth (49 min) and Wool (25min)
45	<b>Lulworth Cove to Worth Matravers (firing range)</b>	11.8	19.0	<b>Mostly severe easing off to moderate</b>	The village of Worth Matravers (3/4 mile from the path) has only limited places to stay and eat, and no bus service.
46	<b>Worth Matravers to South Haven Point (ferry)</b>	16.8	27.0	<b>Moderate</b>	From the end of the path at South Haven Point, very frequent buses go across the ferry into the large resort of Bournemouth which has a wide range of accommodation, plus a train station (1hr).