

Fundraising South West Coastal Footpath Walk Itinerary for the Motor Neurone Disease Association. Stuart Robertson

I will be walking the whole of the Southwest coastal footpath over the course of the next year or so. I have enclosed below a plan for walking from Poole to Seaton.

This part of the walk is within travelling distance from our home, so it's easier to do the odd day here and there. You are welcome to stay with us. But once I get to Seaton then I will plan to be away for at least a couple of days at a time. I will be looking to hook up with friends on route, and they don't know it yet but staying with them where I can.

I have enclosed a block of dates below, which I have allocated for potential walking from feb 2022 onwards, so you can pencil in, in your diary. More information will be added as we get nearer to the time.

So ping me an email on the walks you can make below, or if you want to stay (first come first serve basis).

Once I know numbers and who will be coming we can organise more specifically where to meet, drop cars etc ...and most importantly where we can eat and drink! So even if its a maybe drop me a line, no probs if it doesn't work out for closer to the time.

My contact details : Stuart Robertson: stuart.yoga@gmail.com 07739548276

Just giving page <https://www.justgiving.com/fundraising/stuart-robertsonmnda>

Facebook page <https://www.facebook.com/profile.php?id=100073782062425>

DECEMBER DATES AND PLANS

Launch saturday 4th Dec

Southaven point (other side of Poole) - Swanage 6.5 miles

<https://www.southwestcoastpath.org.uk/walksdb/187/>



Sunday 5th Dec

Swanage to worth matravers 7.5 mile

<https://www.southwestcoastpath.org.uk/walksdb/187/>



14th Tuesday and 15th Wednesday Dec

worth matravers - kimmeridge

<https://www.southwestcoastpath.org.uk/walksdb/186/>



Ferrybridge - abbotsbury 11 miles

<https://www.southwestcoastpath.org.uk/walksdb/183/>



17th friday and Sat 18th Dec

luworth cove - Osmington mills - Ferrybridge 14miles

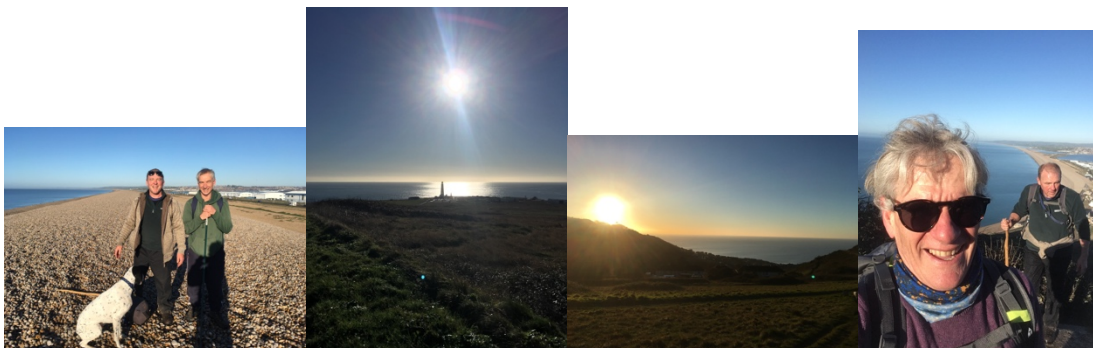
<https://www.southwestcoastpath.org.uk/walksdb/185/>



Thursday 12th Jan

Ferrybridge - around isle of purbeck 13 miles

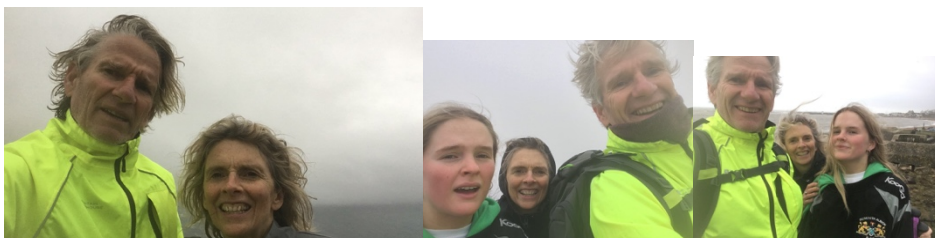
<https://www.southwestcoastpath.org.uk/walksdb/184/>



Tuesday 28th Dec

seatown - lyme regis

<https://www.southwestcoastpath.org.uk/walksdb/181/>



Thursday 30th Dec

Lyme Regis to Seaton

<https://www.southwestcoastpath.org.uk/walksdb/181/>



January

2th Jan

Morley Mayhem



kimmeridge - lulworth cove

<https://www.southwestcoastpath.org.uk/walksdb/186/>



Sat 8th Victoria Education Centre.

abbotsbury - seatown 12miles

<https://www.southwestcoastpath.org.uk/walksdb/182/>



FUTURE WALKS

4th Feb - 22nd feb

SOUTH DEVON LEG OF THE SW COAST WALK

This leg of the walk is going to be quite a considerable challenge based on my experience so far! The key issue encountered to date have been the underfoot conditions. The wind and rain have played a part, but when muddy, wet and slippery underfoot then it takes longer and saps more energy. One walk is fine ...two back to back walks do take their toll! So prepare for the worst and hope for the best!

Thursday 10th Feb- sat 12th Feb

Thursday 10th Torcross to Dartmouth 10 miles

<https://www.southwestcoastpath.org.uk/walksdb/175/>

Car park

<https://goo.gl/maps/d7hLjFJ1S4c7FFxx9>

Meet cafe @ 09.30

<https://g.page/the-billy-can?share>

Friday 11th Feb Dartmouth to Brixham 11 miles

<https://www.southwestcoastpath.org.uk/walksdb/176/>

Meet Kingswear train station @09.30

<https://goo.gl/maps/gx2c3TmaKQMmUh3X7>

Saturday 12th Feb

Brixham to Babbacombe 11 miles

Meet at Cafe @09.30

<https://goo.gl/maps/x7suy1PXGtwpHbJF6>

<https://www.southwestcoastpath.org.uk/walksdb/177/>

Sidmouth to Seaton tuesday 15.02.22

10.3 miles

Drive to sidmouth tuesday morning 15.02.22

Meet at cafe@09.30

Depart on walk 10.00

Ariive Seaton 3.30 /4.00

Catch bus back to Sidmouth.

<https://www.southwestcoastpath.org.uk/walksdb/180/>

Things to consider bringing:-

walking sticks?pole for sliperry conditions

food/drink for on route

set of dry clothes to change into at seaton if wet and cold.

https://www.1-2-1yogatherapy.co.uk/mnd-assoc_-walk

Exmouth to Sidmouth wednesday 16.02.22

12.5 miles

Drive to Exmouth

Meet in cafe @ 09.30

Depart on walk @10.00

Arrive Sidmouth 3.30/4.00
Catch bus back to Exmouth

Those who want to do a shorter walk then a good stopping point is Budleigh Salterton.

<https://www.southwestcoastpath.org.uk/walksdb/179/>

Things to consider bringing:-
walking sticks?pole for slippery conditions
food/drink for on route
set of dry clothes to change into at sidmouth if wet and cold.

https://www.1-2-1yogatherapy.co.uk/mnd-assoc_-walk

Babbacombe to Exmouth Friday 18th **14.4 miles**

Drive to Babbacombe
Meet in cafe @ 08.30
Depart on walk @09.00
Arrive Exmouth 3.30/4.00
Beer in Exmouth

<https://www.southwestcoastpath.org.uk/walksdb/178/>

Things to consider bringing:-
walking sticks/pole for slippery conditions
food/drink for on route
set of dry clothes to change into at exmouth if wet and cold.

https://www.1-2-1yogatherapy.co.uk/mnd-assoc_-walk

Saturday Feb 26th /sun 27th Feb Tivvy Boys



Saturday 26th Feb

Padstow to Porthcothan 13.5

<https://www.southwestcoastpath.org.uk/walksdb/150/>

Sunday 27th Feb

Porthcothan to Newquay 11 miles

<https://www.southwestcoastpath.org.uk/walksdb/151/>

25th March - 26th April

Day trips from Tivvy 26th March – 10th April(or beyond)

- [Lynmouth to Combe Martin](#) 13 miles
- [Combe Martin to Woolacombe](#) 13 miles
- [Woolacombe to Braunton](#) 15 miles
- [Braunton to Instow](#) 13 miles
- [Instow to Westward Ho! \(via Bideford\)](#) 11 miles

Trips from North Devon Dates TBC

- [Westward Ho! to Clovelly](#) 11 miles
- [Clovelly to Hartland Quay](#) 10 miles

- [Hartland Quay to Bude](#) 15 miles

Borough road sevens reunion 12th April



Tuesday 12th April

Minehead to Porlock 9 miles

<https://www.southwestcoastpath.org.uk/walksdb/136/>

Meet in Tesco car park at 8.30 to catch the bus porlock weir at 09.03. Arrive Porlock weir 09.30 walk back to minehead.

Wednesday 13th April

Porlock to Lynmouth 12 miles

<https://www.southwestcoastpath.org.uk/walksdb/137/>

Drive to Lynmouth (drop off some cars in Porlock)from minehead /or catch bus then walk back to Porlock

Then back to minehead via lynmouth to pick up cars or bus back

Those who need to can check into A&E, and rest of us back to hotel(s)

Team meal 19.00

[Taj Mahal Minehead](#)

<https://tajmahalminehead.co.uk>

Thursday 14th April

Breakfast – Wetherspoon

Family Holiday in Looe/Fowey 19th -23rd April

Par to Polperro

<https://www.southwestcoastpath.org.uk/walksdb/168/>

Polperro to Portwrinkle

<https://www.southwestcoastpath.org.uk/walksdb/169/>

27th May - 14th June (OB Day 18th June)

Walks with Aussie contingent



Dave Nicholson and Ivan Homer

Wednesday 8th June – Sunday 12th June
Ex Wing commander Paul Loader



- **Newquay to Perranporth** 11 miles Wed 8th June SR and PL
- **Perranporth to Portreath** 12 miles Thursday 9th June SR and PL
- Rest day



- **Portreath to Hayle** 12 miles sat 11th June SR /JR PL/PL
- **Hayle to St Ives** 6 miles Sunday 12th June SR/ JR PL/PL

Joanne Wilson walk
porticothan to Newquay.

15th July - 13th /20th September

Tuesday 18th July – Friday 22nd July



Ex Wing commander PL and Knobby go 'salt path' wild and rough (unless of course it rains!)

Lots of swimming au naturale, camp fires, foraging and maybe the odd beer

- **Bude to Crackington Haven** 10 miles Tuesday 18th
- **Crackington Haven to Tintagel** 11 miles wednesday
- **Tintagel to Port Isaac** 9 miles
- **Port Isaac to Padstow** (river crossing) 12 miles