

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

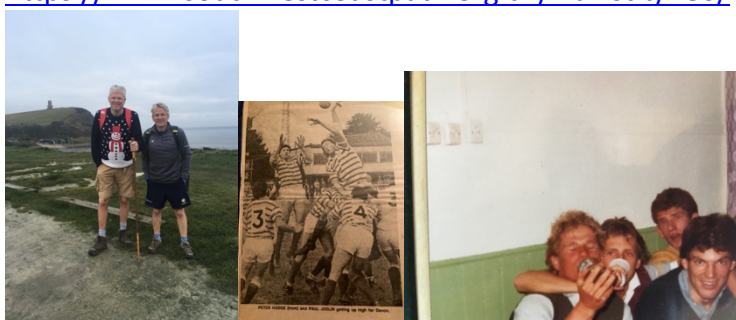
<https://www.southwestcoastpath.org.uk/walksdb/187/>



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

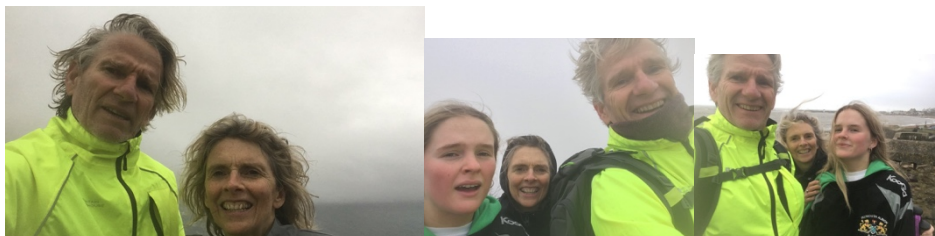
<https://www.southwestcoastpath.org.uk/walksdb/184/>



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/>



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



Friday 11th Feb Dartmouth to Brixham 12 miles



**Saturday 12th Feb
Brixham to Babbacombe 15 miles**



Sidmouth to Seaton tuesday 15.02.22
10.3 miles



Exmouth to Sidmouth wednesday 16.02.22
12.5 miles





Babbacombe to Teignmouth Friday 18th Feb (Storm Eunice)
9.5 miles



Teignmouth to Starcross still to be completed Date TBC

Saturday Feb 26th /sun 27th Feb Tivvy Boys



Saturday 26th Feb
Padstow to Porthcothan 13.5



Sunday 27th Feb
Porthcothan to Newquay 11 miles



March

March Sat 19th and Sunday 20th Stuart Jo

- [Instow to Westward Ho! \(via Bideford\)](#) 11 miles

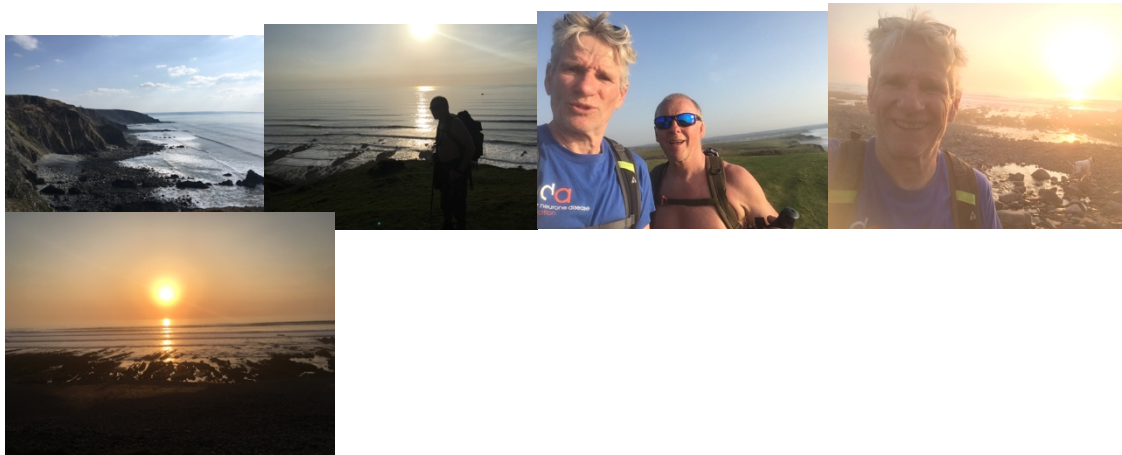


- [Westward Ho! to Clovelly](#) 11 miles Jo Stuart John Sue Janet and Scarlet

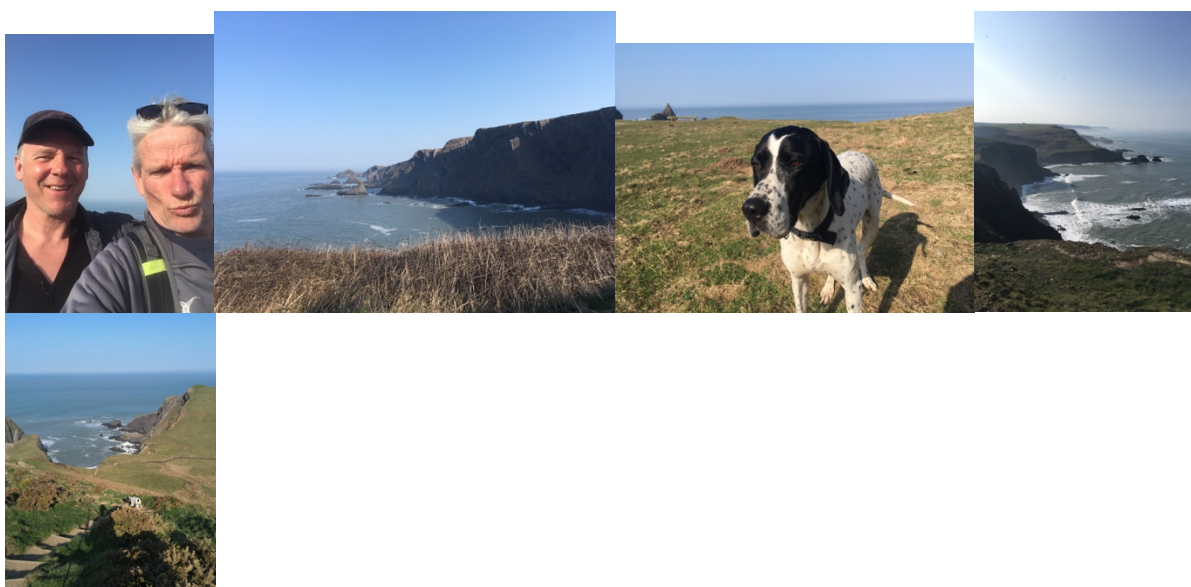


- **March Wed 23rd and Thursday 24th Stuart Kes**

- [Clovelly to Hartland Quay](#) 10 miles



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



25th March - 26th April

Wednesday 30th March Jo, Yana, Jim, Gareth and Pat

- [Braunton to Instow](#) 16 miles



Thursday 31st March Jo Yana, Jim , Gareth and Pat

- [Woolacombe to Braunton](#) 15 miles



Teignmouth to Starcross 1st April Kez Dunc, Sladey, Whadders Wils, Nick



Borough road sevens reunion 12th April



Tuesday 12th April

Minehead to Porlock 11 miles



Wednesday 13th April

Porlock to lynmouth 13 miles



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

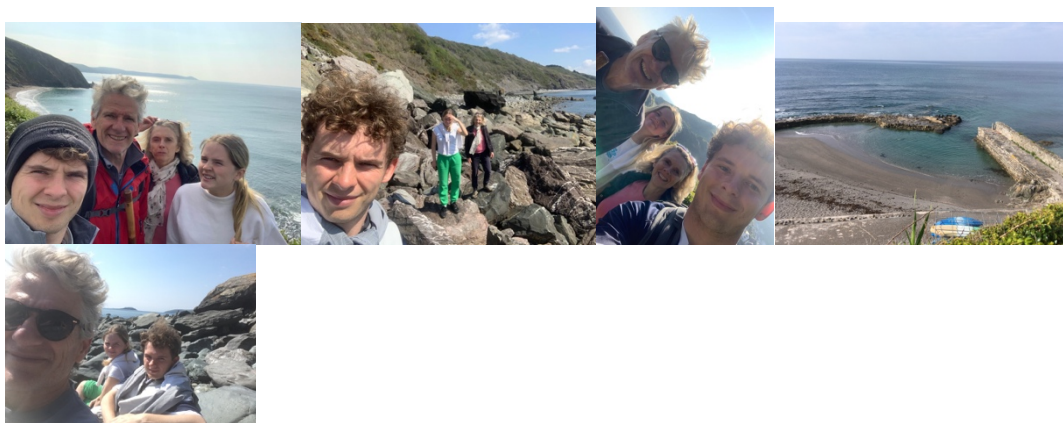
Par to Polperro

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



Polperro to Portwrinkle

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



Portwrinkle to Torpoint

<https://www.southwestcoastpath.org.uk/walksdb/170/>



27th May - 14th June

Dave Nicholson June walks



1st wed June

- [Lynmouth to Combe Martin](#) 13 miles

2nd June Thursday Dave and Jan

- [Combe Martin to Woolacombe](#) 13 miles

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

Tuesday 19th 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 19th plus Ali D-G
- **Crackington Haven to Tintagel** 11 miles wednesday

- [Tintagel to Port Isaac](#) 9 miles
- [Port Isaac to Padstow](#) (river crossing) 12 miles

26th July- 28th July

Plymouth to Salcombe (South East Cornwall, Plymouth and the South Hams):

This section of coast stands out for the beauty of its estuaries (mostly crossed by ferries), interspersed with a mix of wild and more gentle farmed landscapes, and of course the historic port of Plymouth.

- [Plymouth to River Yealm](#) (River crossing) 15 miles NL
- [Wembury to Bigbury-on-Sea](#) (River crossing) 14 miles
- [Bigbury-on-Sea to Salcombe](#) (River crossing) 14 miles

August

2nd - 7th August

Walking around the tip of Cornwall, passing through the Cornish Mining World Heritage Site this is a week of contrasts. Starting with the beautiful St Ives, you are soon out on to a remote and wild section of coast. After passing Land's End the south coast sheltered valleys have a semi-tropical feel to them, before you once again come out onto the wilder landscape of the Lizard peninsula.

- [St Ives to Pendeen](#) 14 miles
- [Pendeen to Sennen Cove](#) 9 miles
- [Sennen Cove to Lamorna](#) 12 miles
- [Lamorna to Marazion](#) 9 miles
- [Marazion to Porthleven](#) 11 miles
- [Porthleven to The Lizard](#) 13 miles

Lizard to Par (South Cornwall): 6 days, 72 miles

Overall, this length of coast is probably less difficult and less strenuous to walk than many other lengths of the Coast Path (although still has some taxing sections). It has numerous intimate little bays, picturesque fishing villages and some quite prominent headlands.

Sat 13th August New year of old Stu Jo Arwel Lynn Jos Linz Kate Whadders Rodders

- [The Lizard to Coverack](#) 11 miles
- Sunday 14th August New year of old
- [Coverack to Helford](#) (River crossing) 13 miles

Tuesday 16th August Stu Ivy boy plus family..camping whadders



- [Helford to Falmouth](#) (River crossing) 10 miles
- Wednesday 17th August Stu
- [Falmouth to Portloe](#) 14 miles
- Thursday 18th August Stu
- [Portloe to Mevagissey](#) 12 miles
- Friday 19th August Stu
- [Mevagissey to Par](#) 12 miles

- Final Walk Saturday 8th OCTOBER...Plus Celebration
- [Salcombe to Torcross](#) 13 miles