

Suggested Walks 13

Bantham to Thurlestone & back (3 miles return)

Start at Bantham Beach Car Park - TQ7 3AJ. Drive from Bigbury and up to Aveton Gifford using the Tidal Road if the tide is low. Turn right along the Main road (A359) until the Bantham roundabout, turn right and drive down to Bantham.

Take in the old haunts of Saxons and smugglers, lush coastline and glittering sea, then amble back through the green fields of South Devon. The walk is especially good in spring, when the bright air is full of the song of newly-arrived migrants such as stonechats and wheatears, and colonies of fulmars nest above the shoreline but it may be muddy!

Follow the main track through the car park. This leads past the lifeguards' hut and through a kissing gate onto the coast path signed for Thurlestone.

Continue along the path up the hill and stop to look at the amazing view at the top, before continuing along the side of the golf course, passing Broad Sands and Yarmouth Sands.

Thurlestone Rock can be seen out in the bay; a stone arch which is a remnant of New Red Sandstone, which originally would have covered the whole area.



When the path reaches Leas Foot Sands, turn left by the beach safety sign. Go past the golf clubhouse, and turn left onto the road up to Thurlestone. At the war memorial, leave the road and continue straight on along a track signed 'Public Footpath Bantham 3/4 mile'. (Alternatively, take a short detour along the road to the right here for local facilities and refreshments).

Cross over the stone stile beyond the church and follow the path across the fields and steeply down to the valley bottom.

At a stile with a large granite block base, cut diagonally across the field to the left, then over another stile onto the path into Bantham.

Turn left at the Sloop Inn, and follow the road back to the car park. (The Sloop Inn is good for a meal or just a drink)

