

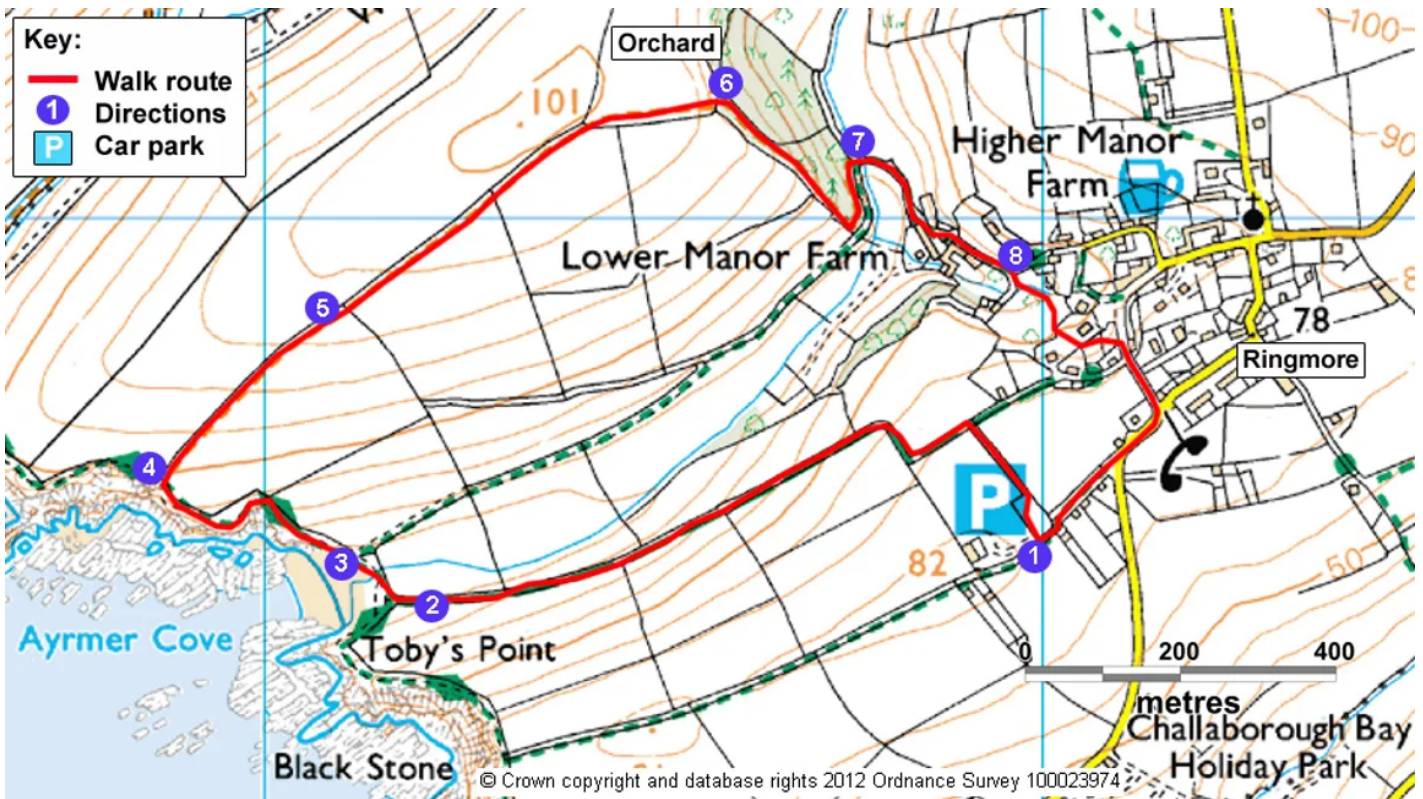
DEVON

Ringmore to Ayrmer Cove walk

Explore the beauty and remoteness of the Ringmore Valley through old smugglers' lanes down to an unspoilt, secluded cove, boasting expansive coastal views. Return through fields with views across to Bigbury and Burgh Island. If you have time, enjoy a pint in the Journeys End Inn.

i A less steep alternative

You can avoid the very steep section if you walk through the village and along the valley.



Information

Address: Ayrmer Cove car park, Ringmore, Devon TQ7 4HW. Grid ref: SX649456.

OS map: Explorer OL20

Activity: Walking

Moderate: Fairly strenuous with steep slopes and steps. Route can be muddy in places after wet weather. For further details, please see section marked Terrain.

Dog friendly: Dogs welcome under close control. Dogs allowed on the beach at Ayrmer Cove all year round.

Full trail: Miles: 3 (km: 4.8)

Access: Challenging

Duration: 1 hour

Terrain

Fairly strenuous with several steep slopes and steps. Route can be muddy in places after wet weather. Resting points, with some benches, along the route.

Total steps: 8

Start point: Ayrmer Cove car park, Ringmore, Devon TQ7 4HW. Grid ref: SX649456.

1. At the far end of the car park follow the sign for Ayrmer Cove along the path known as Smugglers' Lane. The path veers left then winds down to the beach. Halfway down is a resting point and your first glimpse of the cove.
2. Just before the beach there's a stretch of restored dry-stone wall. At the beach turn right, cross the bridge over the stream and head over the sand dunes.
3. Follow the path from the sand dunes through a gap in the wall, then up a steep hill and on to the South West Coast Path. Continue along this path until you reach a fence line and a waymark post to Ringmore. From the coast path you'll notice the cliffs are eroding and we've had to move the path a number of times.
4. Take a moment to savour the coastal views before turning right along the top of Ringmore Valley and along the footpath inland, following a dry-stone wall.
5. The footpath follows a stone wall back towards Ringmore. Go through two gateways and after the third head downhill, following the path by the fenced bank to the woods. You'll see fields of wild flowers, some with rare arable plants that exist only because of cultivation.
6. Enter the woods and take the path straight down the hill (there's a short excursion to the orchard area signed on your left). At the bottom of the hill, turn left onto the track and follow this round to the right until you come to a small stone bridge.
7. Cross the main stream over the bridge (this is a good place to see brown trout and watch for kingfishers), following the footpath. Go through a gate then walk up the hill.

Veer left around the back of Lower Manor Farmhouse and follow the road up.

8. Just before the brow take the public footpath to the right. Continue to the road then veer left towards Journeys End Inn. At the inn turn right up the hill and follow the road to a T-junction. Turn right and walk along verge back to car park.

End point: Ayrmer Cove car park, Ringmore, Devon TQ7 4HW. Grid ref: SX649456.
