

BUDE BEAST 2023. 30 MILES.

EMERGENCY TELEPHONE NUMBER: 07747 233144

1.1 From Rugby Club car park, turn right and head towards metal gate with gap in hedge on right, pass through gap and immediately turn right on footpath. Cross bridge over river and continue ahead on cycle path. Eventually reach fork in path on canal, take left hand fork towards canal and turn left on canal towpath keeping canal on right. **GR SS 210-057**

1.2 Continue on towpath for almost 1 mile to wooden gate by footbridge over canal. Pass through gate and cross bridge, continue ahead on towpath with canal now on left. Upon reaching third footbridge over canal, continue ahead signpost 'Footpath To Widemouth Bay' Path goes through car park to driveway. Turn right on concrete driveway and continue ahead for approx. 60m then turn left at public footpath sign passing through kissing gate. **GR SS 214-036**

1.3 Continue ahead on well-defined path passing to left of scrubby area bearing to the right and head up hill. Pass through waymarked kissing gate to right of large wooden gate continuing ahead on well-defined footpath heading gently up hill. Pass through kissing gate with yellow marker and continue ahead field boundary on left. Pass through small wooden gate in field corner, then continue ahead on path which bears slightly left on distinct path towards field corner. The coast is now clearly visible ahead. Continue ahead through gap in hedge, field boundary now on right. Follow boundary round to the left towards footpath sign at large wooden gate, pass through kissing gate and cross road carefully. **GR SS 200-029**

1.4 Continue ahead, signpost 'To The Coast path' on stony driveway passing Salthouse on left, upon reaching bungalow turn right onto coastal footpath. Continue ahead following yellow waymarks on coastal footpath, passing large car park then four bungalows. (view of Lundy Island ahead) Path almost reaches road at Trevoise View and continues ahead near road passing semi demolished Elements Café then bears left at Upton Cross B and B sign. Path diverts because of coastal erosion. Continue along pavement. At last building on left with blue garage door, continue to footpath sign on left (Bude one and a quarter miles) St Pirans flag may be flying opposite. Turn left on footpath. **GR SS 200-049**

1.5 Continue through kissing gate to left of small wooden gate. Pass through gap in field boundary at bottom of incline, then take left fork in path uphill eventually passing to right of trig point (great view point). Continue down incline and pass through small wooden gate in stone wall. Continue with fence on right passing Compass Point Tower to left. At fence corner and construction site continue ahead towards bay down incline. Turn right and follow tarmac path with fence on left. Path becomes enclosed as it drops towards the town. Ignore path ahead and turn left down granite steps to road. **GR SS 203-064**

1.6 Continue ahead on road following road as it turns to right passing white East Cottage flats on right, directly after flats descend steps on left towards canal continue ahead on towpath with canal on left, passing lock gates. Reach road at Anchor Cottage and pass through gap after Breakwater Cottage and continue ahead on grassy canal bank to road bridge over canal. Turn left and cross bridge staying on pavement. Cross carpark towards Tourist Information Building (There are public toilets adjacent). **Checkpoint 1**

1.7 From checkpoint continue ahead on pavement with river on left. Cross road at zebra crossing in front of The Carriers Inn and walk up the footpath to the right of the pub passing metal barriers.

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Continue ahead on left hand pavement. At T junction, continue ahead on path between houses. Cross Westby Road and continue ahead on path between houses. Cross next road and continue ahead on path with small post box on right hand side. Through metal barriers, turn left as you pass second metal barrier before passing third, cross road and ahead on footpath marked with green sign. Follow path until it reaches car park, then turn right onto way marked path passing green metal building. **GR SS 211-065**

1.8 Footpath crosses golf course and is well defined. Footpath narrows and bears right after sign denoting fairway 12. As path drops towards hedge, ignore kissing gate and footpath on left next to derelict shed and bear right keeping hedge on left. At cross tracks turn left at 11th tee sign. Continue ahead crossing small bridge. Path is less well defined here as it crosses fairway. Head towards hedge on left. At hedge corner turn left at waymark post, warning sign on left and follow path, hedge on right fence on left. At cross tracks, yellow and black metal railings continue ahead ignoring path on left. **GR SS 218-067**

1.9 Track emerges into holiday home complex. Follow tarmac path ahead with yellow waymark between cottage and boiler house. Path turns to left at Crabtree Cottage (yellow waymark). Bear right in front of Crabtree 2, at black lamppost on right, bear left down grassy path with white wall on right (CB 005) and follow yellow way marked path. Through metal kissing gate at end and continue up wide track ahead. Ignore track to right leading to metal gated enclosure. At cross tracks turn right onto concrete track. At white building continue left to Round House on right with fenced garden on left, turning immediately left through metal gate onto metalled track. **GR SS 222-071**

1.10 Continue ahead on track until reaching road at Poughill. Turn right on road and immediately left in front of old General Stores passing telephone and post boxes on left for 45m. Turn right at public footpath sign on stone wall.

2.1 Continue ahead towards grey painted garage door. Up grassy bank between garage and house to take footpath (black metal gate on right) and take grassy path to left of black metal gate by side of garage. Pass through kissing gate (no kissing on church property...this joke is now over six years old!) into graveyard. Continue ahead ignoring all paths to left and right, to reach large wooden gate. **GR SS 222-077**

2.2 Through wooden gate onto enclosed stony path which climbs up hill and turns right at metal gate through a kissing gate (normal kissing can now continue). Path turns left after passing through small wooden gate. Then through small wooden kissing gate into field. Continue with field boundary on right to kissing gate in corner by large white house. After house path/drive bears to the left with field on left towards large barn with solar panels. **GR SS 224-082**

2.3 Upon reaching barn turn left on concrete track. At end of concrete continue ahead on tarmac track proceeding downhill passing Mount Pleasant Farm on left. Path becomes stony after a short distance. At metal gate (probably open) continue ahead path narrows here and becomes enclosed. Ahead, ignore paths to right and left continue ahead bearing slightly left continuing downhill. Path then passes a bungalow on the left and emerges, onto road.

GR SS 219-082

2.4 Turn left on road, to reach T junction. Turn right on road with houses on left and shortly a field on right. Road turns sharp left, shortly after take the first right directly opposite Beagle Cottage, crossing cattle grid onto farm track. After around 175m pass Meadowside Cottage on left then Mallards Rest on right. Road goes slightly uphill, passing Lower Northcott on right. Ignore turning on left to Lower Northcott Farmhouse and bear right uphill towards Higher Northcott farmhouse. After passing 'The Barn' on right continue uphill on stony / earth track passing large metal gate on

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left. Track then turns sharp right passing farm buildings on right eventually emerging into field through overgrown small wooden gate to left of large metal gate.

GR SS 217-090

2.5 Follow blue waymarks and proceed through field keeping boundary/ hedge on right. At small wooden gate pass through and continue directly ahead CB160 to opposite hedge. Turn left and follow hedge to acute corner at top of field (boggy!) and pass through large wooden gate onto track. Continue ahead on wide farm track which eventually turns sharp right at waymark sign at gate post. Pass through large metal gate and continue ahead on stony track passing building on right. Continue on tarmac drive. Ignore path to right and continue ahead between farm buildings approx. 380 Metres to road. **GR SS 226-089**

2.6 Cross road carefully and turn left. Continue ahead on road, which may be busy, facing oncoming traffic for approx. 1,100m. You will pass Halls Farm on left approx. half way. After passing large green barn in field on right, cross road and take tarmac track to left passing Lower Scadgehill House on right and Harten Lower Scadgehill on left. Path goes slightly downhill passing Harten on left and entrance to Lower Scadgehill Rise on right. Upon reaching white gate at Rose Barn turn immediately right onto slightly hidden enclosed overgrown path (green waymark). Pass through small wooden gate at end into field. Continue ahead bearing CB315 and cross stile immediately to right of electric pillar. NB there maybe an electric fence directly after stile. If so, cross electric wire over or under with care. Cross-field CB325 towards large metal gate. On reaching second electric fence, do not cross but keep wire to your right continuing to reach wooden railings. Gate is fastened, climb over wooden railing either side. **GR SS 221-102**

2.7 Pass through metal gate and proceed directly ahead on track into farmyard (oxidising agent sign high up) and bear left with track to pass corner of cowshed. Through double metal gates. Turn right through next double metal gates to find Bull keep out sign on wall on left, onward to metal gate (this gate has a metal plate which must be slid across before the bolt will move) and into field. **GR SS 221-103**

2.8 Through gate into field continue directly ahead CB330 to gap in hedge. At gap bear slightly left CB325 passing wind turbine to large wooden gate. Through gate onto road. **GR SS 217-106**

2.9 Turn right on road passing Breakers View bungalow on left. After reaching T-junction with main road turn right. In approx. 170M at road corner ignore obvious track ahead and take public footpath sign pointing into field. Follow field boundary on right and after 25m reach small overgrown concrete bunker on right. Cross stile here with white waymark, into 2nd field. Obvious grassy path bears around to left then bears to the right towards hedge opposite. Continue to follow path with the field boundary on left, path then passes through gap in hedge and turn left.

GR SS 221-109

2.10 Ignore gap into field on left and continue onto enclosed path heading downhill. Path descends steeply into wooded valley (take care, uprooted trees) and may be slippery, shortly becoming stepped and heading towards wooden footbridge. Cross bridge over stream and continue ahead on well-defined path. In approx. 40m where path starts to climb take left fork roughly parallel with stream on left. Path climbs gently then reaches yellow waymark post pointing left at Stibb Wood. Take this left narrow path through wooden barrier heading slightly downhill. **GR SS 223-113**

2.11 After descending hill path bears to the left onto wide forest track and then right over stream. Continue ahead until reaching multiple path junction. Turn right then fork to left approx. B10°, heading slightly downhill to concrete footbridge. (NB if you miss the above junction, but you find the main track by keeping river always on left you should reach concrete footbridge). After bridge

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walk slightly uphill bear left with path to reach main track. Stay on this path for approx. 1100m, ignoring all side paths, with river on left to road. **Checkpoint 2 GR SS 210-117**

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2.12 Turn right on road with thatched house opposite (ford on left). 20m after 'Try Your Brakes' sign, take way marked path to left, waymark has yellow arrow and green fleck, signposted public footpath. Pass fallen large wooden gate on right after 130m. Stay on main track which roughly follows stream on left for 1600m. After approx. 1180m, ignore green fleck waymarked stile on left stepping stones to footbridge. **GR SS 219-127**

2.13 Cross bridge and turn right on track way marked yellow arrow with green dot. After approx. 20m turn left with yellow waymark, on track heading uphill. Continue ahead climbing to next waymark post, ignore path on left, continue uphill on path as it emerges from woods. At next waymark continue ahead following field boundary ignoring track joining from right. Continue to large metal gate with yellow waymark on post. Pass through gate and continue ahead on track with mixed woodland hedge on left passing under electricity cables. Continue ahead and pass through large metal gate. Ahead on enclosed track which doglegs near the halfway point, until it emerges onto tarmac farm track. **GR SS 218-133**

2.14 Turn left (Hillhead opposite) and continue ahead on tarmac track past house, farm buildings and then between houses as it curves around to the right and eventually emerges onto road. Turn left on road (bus shelter on left) and after 100m just past Moor Cottage take signposted enclosed footpath on left between Corner and Orchid cottages. At end of chain-link fence, pass through kissing gate into field. Ahead keeping field boundary on left to corner and turn right keeping field boundary on left. Where hedge stops, cross stile by large metal gate. Continue ahead B265° to field boundary opposite. Pass over 2 stiles into next field. **GR SS 215-136**

2.15 Continue ahead on faint path bearing CB290 to fence/trees corner, bear left with field boundary to stile with yellow waymark, green fleck. Continue ahead on enclosed path with houses and stone wall on left. At small wooden gate, do not pass through but follow path around to right. Pass through large wooden gate and continue ahead to road. Cross road and pass through double metal gates opposite. Turn immediately right through gap into field and ahead on CB325 across field to stile in hedge, cross stile then ahead CB350 across field to wooden gate in far left hand corner. **GR SS 210-138**

2.16 Pass through wooden gate onto enclosed path, continue ahead to cobbled farmyard, turn immediately right onto concrete track and proceed ahead to pass through large wooden gate onto road. Turn left then in 20m turn right to cross stone ladder stile then small wooden gate into field, signpost public footpath Crosstown $\frac{3}{4}$ miles. Follow distinct path directly ahead CB350 to field boundary opposite, passing through 2 wooden gates and stone ladder stile and continue directly ahead to small wooden gate to the left of buildings. **GR SS 208-144**

2.17 Pass through gate then passing buildings on right, cross track then through wooden kissing gate, ahead on enclosed path to 2nd kissing gate into field. North across field to pass through gate beside metal gate. Ahead with field boundary on right to pass through kissing gate onto enclosed path into wooded valley. Pass through next small wooden gate and follow path down bearing right to small stone footbridge. Cross bridge to small wooden gate then ahead to waymark post with yellow arrow pointing slightly right, follow path to right, then steps up to small wooden kissing gate with yellow waymark arrow. Through gate then directly ahead through field CB10 to pass through 2nd wooden kissing gate. **GR SS 208-149**

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2.18 Bear left through gap in hedge and ahead through beer garden, then pub car park to reach road. (The Bush Inn is most welcoming but maybe that's for another day!) Turn left on road and after 15 yards follow footpath to left, signpost footpath to coast, farm vehicles only. 60 yards after passing barn turn right at waymark post, climbing stone stile and wooden gate into field. Continue ahead with field boundary on right to pass over stile to right of gate opposite. Ahead passing barns on left through large wooden gate, then through car park to **Checkpoint 3 GR SS 205-152**

3.1 After leaving checkpoint follow footpath sign passing into church yard. Turn immediately right and follow path with metal handrail on left. At bottom of slope turn right, follow path to left towards stone building keeping hedge on left. Pass over stone stile with 'The Old Vicarage' on the left and continue ahead on footpath passing yellow waymark post and Vicarage to woods. Continue into wooded valley, ignoring yellow waymark to coast path on left eventually passing over footbridge with wooden stile. Continue ahead on path now going uphill eventually emerging through kissing gate into field. **GR SS 206-154**

3.2 Continue ahead uphill following yellow waymark arrow keeping field boundary on right eventually passing into 2nd field through large metal gate. Beware bull in field. Continue ahead keeping field boundary on right to cross ladder stile over hedge. Turn immediately right then continue with field boundary on right to pass through gap at field corner at gatepost with faded waymarker. Continue ahead on stony/muddy track, just before concrete farm track turn left at waymark post. Through metal gate on right continuing along field boundary with hedge on left. Pass through kissing gate in field corner, straight on keeping stone barn to right then onto track. Turn right to wooden gate and continue on track to road. Turn left. Before entrance to Cornakey Farm turn right through farm buildings onto stoney track. Through large metal gate continue on track. Ahead through next metal gate. In 5m bear left across field towards buildings CB50. Cross two wooden stiles/stone stile/wooden stile into field. Bear left initially CB40 towards buildings beyond trees. Over stile, ahead on path downhill through trees. Cross footbridge and ahead on path/track uphill. At waymark post continue right (alternative footpath), ahead through field to cross stile.

GR SS 217-157

3.3 Turn left on road. After passing Marsland manor on left and as road levels and turns sharp right, continue ahead on track, slightly to right of large metal gate signpost 'to the coast path' and Little Marsland. Continue on path to reach Marsden Valley Nature Reserve sign. **Question 1: what is the chocolate connection?** Turn right here on stony path leading steeply downhill. At valley bottom, cross wooden footbridge (at this point you are leaving Cornwall) and continue ahead on main track, ignoring side paths, as it climbs out of valley. Track turns sharp left and continues uphill, zigzags, then eventually reaches road. **GR SS 220-174**

3.4 Turn right on road and continue uphill eventually reaching 'T' junction at Mead Corner. Turn left, signpost Welcombe Mouth and continue ahead on road passing Mead Barn holiday cottages to reach 'T' junction. Continue ahead ignoring right turn and road eventually starts to descend steeply (20%). Shortly after road turns sharp right, turn sharp left at crossroads, signpost Welcombe Mouth. Continue ahead on narrow, potholed road, which becomes a track after National Trust sign. Before orange lifebuoy turn left onto Coast Path National Trail.

The route now follows the South West Coast-path before turning off for checkpoint 4 at Morwenstow.

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4.1 Continue on narrow path (Welcombe Mouth marker post) which ascends steeply out of valley. At top of climb, pass over wooden stile to right of bench, feel free to use this bench to 'admire the view'. Continue uphill into field !?!!!!& Nwhere path levels out, ignore path to Mead, then pass through small wooden kissing gate. Path now descends steeply into next valley (you will see a pattern forming here). You will pass a stone hut, this is Ronald Duncan's retreat and visitors are welcome. **Question 2: what year was Ronald Duncan born (answer inside hut).** Path zigzags downhill, ignore any side paths to reach wooden footbridge. **GR SS 212-174**

4.2 Cross bridge and re-enter Cornwall. Follow path up incline through wooden kissing gate and continue ahead on coast-path with barbed fence on right, climbing steeply out of valley. Take care as path passes close to cliff edge in places. After passing through wooden kissing gate, ascend to bench and then descend steps steeply into valley. At bottom of valley follow yellow waymark arrow pointing left and then follow path as it descends to small wooden footbridge. Then continue on path up some steps and then zigzags out of valley. **GR SS 207-169**

4.3 At top of valley pass through small wooden kissing gate into field. Continue on path through field, keeping cliff edge on right, follow footpath diversion to left of hollow (landslip). Continue ahead on faint path through field which climbs gently at first, then steeply to pass through next kissing gate. Turn immediately right to follow path enclosed by fences, at fence corner turn left with path to avoid falling over cliff. Continue through next 2 kissing gates then turn left following fence and descend into valley following path to wooden footbridge. **GR SS 201-161**

4.4 Cross bridge, then stile and follow path as it ascends out of valley. After first steep climb, path levels out a little and crosses field becoming faint. Path crosses scrubby area and emerges again into a field eventually reaching fence. Turn left with fence and continue to kissing gate. Path becomes enclosed by fences, to the left you can see Morwenstow church and ahead the GCHQ listening station. Go through kissing gate on left (Henna Cliff) leaving coast path. Follow footpath with fence on right towards church. Over stile and ahead hedge/fence on right. At small wooden gate turn right through woods. Cross footbridge. Ascend stoney path, continue between buildings. Over stone stile, bear right, then left up slope with metal railing to pass through lychgate/stile.

Deja vu? No...**Checkpoint 4!**

4.5 From checkpoint proceed in a westerly direction, following sign indicating the coast path on track that passes between tearoom and churchyard. Continue ahead on stony track, passing through 3 gates/gateways to eventually reach coastpath at Stanbury Mouth waymark. Turn left. The route now follows the SWCP to Summerleaze Downs at Bude. Basically keep sea on right! Ahead through field passing the path down to Hawker's hut, which is a short way down and you can visit if you wish. **GR SS 198-150**

4.6 Path zigzags down into next valley, bears right then turns left over footbridge. Pass through kissing gate, then ascend steeply and bears left past lookout hut. At top, path drops into slight hollow then continues up valley, crossing 2 stiles, one bridge, some steps and a 2nd bridge. Continue ahead, but at post ignore arrow and turn left to avoid subsidence. Keep fence on left to top of hill. Through kissing gate then path descends. Cross footbridge, through gap then pass bench and drop steeply into valley. At cross paths turn sharp right (stream on left) to cross footbridge. **GR SS 200-134**

4.7 Turn left up steps and go through kissing gate following path up steep ascent as it meets, then follows stone hedge on left to top of climb then pass through kissing gate. Continue ahead on

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grassy path towards corner of perimeter fence around GCHQ listening station. Keep right through wet (maybe) area to metalled track. Continue ahead over brow of hill and as track bears left continue ahead on faint path passing circular concrete pad on right. Continue downhill, through kissing gate to cross stile at 'Steeple Point' sign. Ahead up slope to waymark post and bench. Path now goes downhill via waymark posts to headland and turns sharp left to go down into valley.

GR SS 201-116

5.1 Cross road to pass through kissing gate opposite and ahead on path through field to turn right over footbridge then bear right steeply uphill. Pass over brow of hill and drop into valley crossing 3 foot bridges and again climb steeply to pass through gate in fence. Drop downhill then pass through kissing gate in dip and up the other side to waymark post. Bear right to join and follow obvious path into valley then turn left to cross footbridge. Bear right with stream on right then bear left across wide grassy area around hill on left and pass through kissing gate.

GR. SS 202-100

5.2 Ahead down track and bear right at waymark with café on left. There are public toilets nearby. Go uphill and pass through kissing gate. Ahead keeping clear of cliff edge, then drop into dip, bear right over hillock and down to cross footbridge. Ahead being wary of subsidence to right, cross footbridge and pass through kissing gate. Ascend passing brick structure on left to top of hill. Path curves left towards end of hedge, turn right in front of hedge and turn right at waymark post. Keep to path at cliff edge passing to right of grassy mound. Pass Northcott Mouth sign and proceed down steps to cross bridge in front of buildings. **GR. SS 203-085**

5.3 Ahead, crossing pebble beach and bear right at waymark post up grassy/muddy path. Bear left at waymark post away from cliff edge to go up track and reach cross tracks. Turn right on stony track passing Northcott House on right. Pass through small wooden gate beside large wooden gate and bear right on grassy path away from stony track, then take the middle of 3 paths to top of rise. Pass by edge of hedge on left then ahead on wide grassy path to pass 2nd hedge end on left. Ahead on wide grassy path, detouring left to avoid subsidence, towards right of row of houses to kissing gate. **GR. SS 202-072**

5.4 Through gate and down steps to path passing in front of houses. Just before road, turn right with coast-path passing behind first set of beach huts. Descend steps and cross wooden footbridge by Crooklets Beach Café. Ascend wide steps in front of beach huts towards lifeguard lookout. Continue on tarmac path through **Summerleaze Downs** Passing trig point and flagpole on left, turning left as path reaches head of bay eventually leaving Summerleaze Downs.

GR SS 205-066

5.5 Continue ahead on top of grassy bank, passing hotels on left. As road bears left, take tarmac path to right heading slightly downhill. Cross carpark entry road and continue directly ahead on tarmac path downhill. Path drops to road, take steps at gap in wall and cross road to pavement opposite. Head towards and cross footbridge with blue wooden railings. Cross road to pavement by Methodist church and pass in front of church and pass through gap in wall directly after. Turn left onto tarmac path through small park area passing flagpole on grassy knoll. Path emerges into service lane, turn right following lane to road. Turn left on road and ahead to Post Office shop. Cross road carefully and pass into carpark heading towards tourist information. Turn right at tourist info proceeding towards canal. Turn left on towpath and ahead for approx. 160 yds fork left with cycle path. After crossing bridge over river turn left through gap in fence to reach Bude Rugby Club. **GR SS 210-058**

CONGRATULATIONS and WELL DONE!!

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