

## The Bude Beast 2017 30-mile route. Emergency 07510 174 192

### **BUDE BEAST 2023. 6 MILES.**

#### **EMERGENCY PHONE NO. 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 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, 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. At No Camping sign 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 halfway to traffic island. Cross road then through gap, down incline and ahead keeping canal on right. Just before the last buildings over the water, the path forks. Do not remain on towpath but take left fork onto cycle path. Continue ahead, crossing bridge. At gap in hedge on left cross grassy area to the rugby clubhouse and finish.

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**CONGRATULATIONS and WELL DONE!!**

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