FREE

EXPLORING BEAUTIFUL DAWLISH

11 RIDES

A variety of road and off-road routes aimed at cyclists of all abilities...

The details in this booklet are believed to be correct to the best of Destination Dawlish's knowledge at the time of printing. Destination Dawlish will not accept responsibility for losses arising due to inaccuracies or omissions within this publication. Published in May 2017.

Publisher Destination Dawlish in association with Sustrans and Devon County Council.

Project Officer Naomi Wright with support from Emily Stokes

Design AndyCollinsDesign.com

Destination Dawlish is a partnership project aiming to improve Dawlish and the Warren for walkers and cyclists. Partners include Devon County, Teignbridge District and Dawlish Town Councils, Teignmouth and Dawlish Community Interest Company and Sustrans working with local community groups.

Acknowledgements
We would like to thank local cycling clubs and individuals for advice and information, Rob Bowen for his support, and Graham Heysett and Teresa Golding (Sustrans volunteers) for their encouragement.

Cover image ©Can Stock Photo, Kurhan. Other photography courtesy of Emily Stokes, Naomi Wright and AndyCollinsDesign.com

Contents

Make your Destination Dawlish! 4

Cycle 1 Around Dawlish Town Centre 8

Cycle 2 Along the quiet lanes of Dawlish 10

Cycle 3 Dawlish Warren Circular 13

Cycle 4 The Exe Estuary to Powderham Estate via Starcross 15

Cycle 5 Exe Estuary to the Turf Locks and back (via an optional route) 19

Cycle 6 Exe Estuary Trail to Exeter Quay (and optional return route) 22

Cycle 7 The full Exe Estuary Trail - Dawlish to Exmouth and back via the ferry to Starcross 26

Cycle 8 Dawlish to Mamhead and around to Little Haldon ... 31

Cycle 9 Haldon Hill and beyond 34

Cycle 10 Dawlish to Teignmouth and back 38
(with an optional steep climbing route back)

Cycle 11 Long Lane to Cofton off-road 40

"Nothing compares to the simple pleasure of riding a bike."

John F Kennedy

Make your Destination Dawlish!

"Dawlish is a brilliant base for cycling and a precious place to visit and explore the landscape and views across the sea. I enjoy cycling, it is a great way to get around. We can cycle at our own pace and choose how far to go, spinning up the hill or taking it easy, pausing at gateways, cafés and view points. In this booklet there is something for everyone, for enjoying the best places. I hope you love Dawlish like I do and come back here time and again!"

Councillor Martin Wrigley
Mayor of Dawlish 2017/18

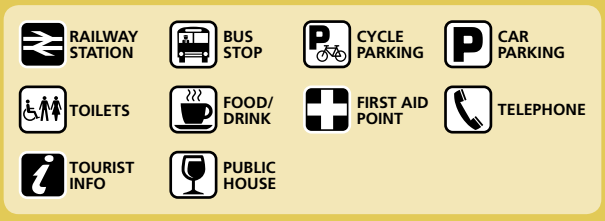
We want you to make the most of your time here and experience the beauty and unique character of this part of South Devon. There are a wide variety of cycle rides from flat family rides lasting an hour or so to long hilly road rides for more exploring. Start off gently in the town centre, or all off road to Dawlish Warren and then explore the Exe Estuary Trail, a 29 mile route to Exmouth. Or if it is steeper hills or mountain biking you are after, there are routes up in the hills with views across Torbay or Dartmoor, after only a short distance you will find yourself in another world of woods and moors. The rides in this booklet will take you along the coast, around town, to Teignmouth and Starcross and up into the hills of Haldon to get some of the best views of Devon's coastline and countryside.

Get Cycling

Facilities available

On each ride there are places to get refreshments.
Toilets can be found at the start and finish of every ride. In some cases facilities are seasonal and maybe closed between October to February. To help you to find a ride that is suitable for you look at the key below and check each ride to see if the facilities you require are available.

Facilities key



Cycling with care

Wear clothes and footwear appropriate to the type of ride you are doing. In most cases trainers with lightweight, visible loose, clothes are ideal, do pack a waterproof and water too. Check the weather before you go, especially when leaving more urban areas. If you are cycling for over an hour it's always worth having a snack available. Make sure you can be seen clearly by oncoming traffic. Cars can be driven too fast, especially in narrow lanes. Avoid the busiest times when cycling such as rush hours, or school pick up times.

Getting around

Every cycle ride in this booklet either starts at Dawlish or Dawlish Warren railway station. To get to the start you can choose different ways to get there. Some cycle rides give you the option of cycling part of the way and then taking the train to get you back (Remember there is a maximum of 2 bikes on local trains and pre-booking is required on intercity trains - see helpful links section on page 7.) The Tourist Information Centre in Dawlish, at the bottom of the Lawn, can provide you with a town map and holiday accommodation in Dawlish Warren will have maps available.

Cycling

Both Dawlish and Dawlish Warren are on National Cycle Network 2, that comes from Exeter on the fantastic, mostly off road, Exe Estuary Trail, and on towards Teignmouth and Newton Abbot, mostly on quiet lanes. Go to **www.sustrans.org.uk** or **www.traveldevon.info**

Cycle Hire

If you do not have a bike you can hire them at the bike shops in Dawlish and, opening in 2017, in Dawlish Warren.

Trains

Travelling on the famous Riviera Line service is a great way to arrive. Trains run from Exeter, Torquay and Plymouth to both Dawlish and Dawlish Warren. Make sure the train you catch stops at the station you need! If it is an intercity train make sure you book your bike in advance. See **www.nationalrail.co.uk**

Buses

You won't be able to take your bike on a bus (unless it folds), but if you hire a bike when you get to Dawlish, the bus is an easy way to get about South Devon. Stagecoach operates most of the buses locally. The number 22 goes to Dawlish Warren and Dawlish from Exeter and Torquay, stopping near both railway stations. The number 2 also stops at Dawlish from Exeter and Newton Abbot. For more information and timetables go to **www.stagecoachbus.com**

Ferries

If you're staying in Exmouth or nearby, you can take a ferry from the harbour, between March and October, to Starcross where there is a bridge to carry your bike over the railway line. Visit **www.facebook.com/StarcrossExmouthFerry**

Driving

If you need to drive to the start of your ride there are various pay and display car parks in Dawlish and Dawlish Warren.
See **www.teignbridge.gov.uk/parking**

Maps

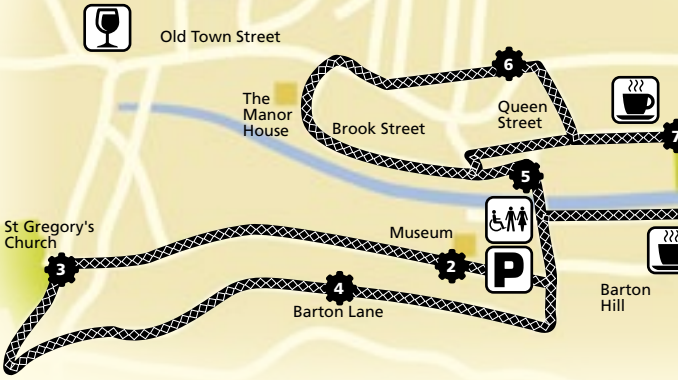
All cycling directions you require should be in this booklet. We recommend, however, that you purchase an Ordnance Survey map of the area as a good companion to this, as it can provide even more information about the landscape and how it all links together.

Helpful Links

Bike Hire **www.loveteignmouth.co.uk/see-do/cycling-walking**
Dawlish Warren **www.dawlishwarren.info**
Dawlish and South Devon **www.visitsouthdevon.co.uk**
Dawlish Tourist Information **01626 215665**
Devon County Council **www.traveldevon.info/cycle**
Sustrans Cycle information/routes **www.sustrans.org.uk**

Around Dawlish Town Centre

This ride follows a route around Dawlish, taking in many points of historical interest along the way, from original parts of the old town to other buildings and landscapes from the 1800s onwards. There are plenty of places to park up to have a closer look. The Dawlish Local History Group has a large collection of interesting information about the heritage of the town ***www.dawlishhistory.org.uk*** *and as you ride you will pass some heritage information points.*



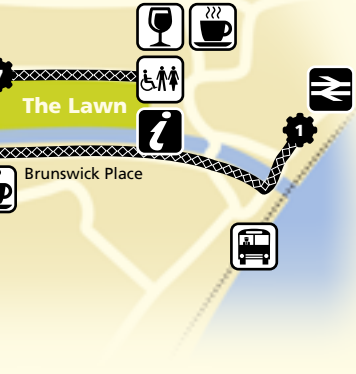
STAGE 1
Dawlish Railway Station towards The Lawn and on to Brunswick Place.

STAGE 2
Brunswick Place to Dawlish Museum on Barton Road.

STAGE 3
Barton Road to St Gregory's Church.

STAGE 4
St Gregory's Church to Barton Lane.

STAGE 5
Barton Lane to Brook Street and the Manor House.



STAGE 6
Old Town Street to Braking Wind Bike shop.

STAGE 7
Down Queen Street and the Strand.

HISTORICAL LINKS...

In 1896, two Australian black swans were ordered from Liverpool, apparently by Mr Dart the fishmonger of Beach Street as a present to the town.

RIDE 2

Along the quiet lanes of Dawlish

This cycle ride explores the hinterland behind Dawlish and Dawlish Warren, without the steepest hills. There will be moments when you see great views and hills across the coast. There are one or two green lanes identified on the map for those that have mountain bikes and enjoy the mud!

HISTORICAL LINKS...

Dawlish escaped most of the bombing from planes that were headed to Exeter in World War Two. Recent research has revealed that a stricken bomber did crash at the site of Old Dawlish Hospital, near Langport Lane.

"Whenever I see an adult on a bicycle, I do not despair for the human race."

HG Wells, English author

STAGE 1

Follow cycling path from Dawlish Railway Station to Brunswick Place and at T junction with Barton Hill turn left and right past Dawlish Museum.

STAGE 2

Turn right down Church Street, over bridge to Old Town Street. Turn left down Weech Road.

STAGE 3

Turn right and then bear left along Ashcombe Road for about 1.5 miles.

continued over page ➜

Gearing up...

Distance
5 miles

Time to ride route
1 hour
but ice-creams on route!

Ride level
Gentle hills with one short steeper hill when you turn off Ashcombe Road. Quiet lanes may get busier in summer so keep together if you are in a group.

Year round toilets at start and end of ride, with cafés, shops and pubs along the route.

RIDE 2 continued

STAGE 4
Turn right up short steep up hill towards Starcross. There is an off road alternative here down Long Lane.

STAGE 5
Turn right towards Eastdon or Dawlish Warren.

STAGE 6
Right along Branscombe Lane and left onto Hensford Road.

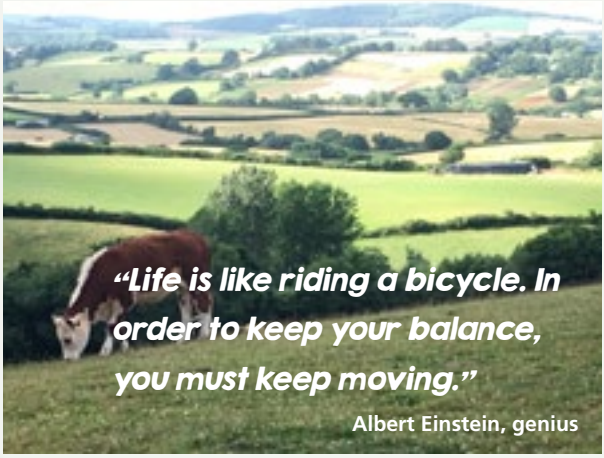
STAGE 7
Bear left to join Langdon Road.

STAGE 8
Straight on down Elm Grove Road past Gateway Primary School.

STAGE 9
Cross Exeter Road at zebra crossing and join Exe Estuary Trail and turn right back to Dawlish Railway Station.

TRACKS TO THE PAST...

Green Lanes were ancient packhorse and drovers' tracks dating back hundreds of years. Most droving (moving livestock on foot) disappeared with the coming of the railways.



RIDE 3

Dawlish Warren Circular

This ride takes you on an easy ride around Dawlish to Dawlish Warren and back. An opportunity to explore coast and back roads, stopping off for an ice-cream or cup of tea as you go.

STAGE 1

From Dawlish Railway Station ticket entrance go down Beach Street ahead and turn right through an arch. Push your bike up the new stepped ramp to join the cycle path at the top.

STAGE 2

Turn right to Dawlish Warren along Exeter Road in parallel with the main road.

STAGE 3

Turn right off Exeter Road where it meets Dawlish Warren Road at Pinewood Close. Take the cycle path, called Lady's Mile, by crossing Pinewood Close, watching out for cars.

STAGE 4

Turn left at the end of Lady's Mile and then right at junction of Dawlish Warren Road towards Starcross.

continued over page ➜

Cycle past the shops, café and a couple of holiday parks to reach a left turn onto a cycle path signed Superstore and follow to the end.

STAGE 5

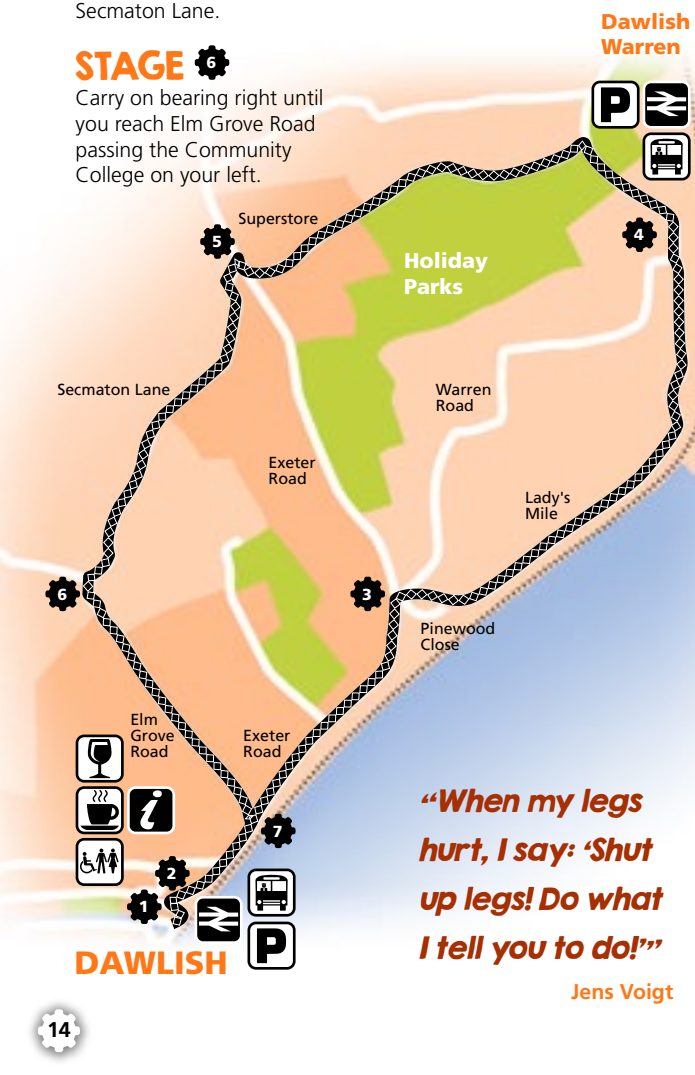
Carefully cross the busy Exeter Road and carry on along Secmaton Lane.

STAGE 6

Carry on bearing right until you reach Elm Grove Road passing the Community College on your left.

STAGE 7

At the end of Elm Grove Road either dismount and use the zebra crossing over Exeter Road to return to the Railway station or turn right out of the road and carry on down hill to return using the main road.



"When my legs hurt, I say: 'Shut up legs! Do what I tell you to do!'"

Jens Voigt

The Exe Estuary to Powderham Estate via Starcross

(with optional route back along some back lanes)

This ride takes you from Dawlish Warren back towards Exeter along the Exe Estuary Trail to Starcross and Powderham Estate. There are plenty of places to stop for food and drink with excursions to Cofton Holidays and Powderham Estate. ***This route can be added to Ride 3.*** *There are options to catch a train back to Dawlish from Starcross or Dawlish Warren Stations, if there is space on the train for your bike.*

STAGE 1

Starting at Dawlish Railway Station follow Ride 3 to Stage 4 and carry on here towards Starcross along Dawlish Warren Road.

STAGE 2

Join the signed cycle path a little further along to Cockwood to avoid the main road (taking care at the crossing points on the way).

STAGE 3

Follow the road around Cockwood Harbour and cross Exeter Road at the traffic lights and carry on to Starcross.

continued over page ➜

STAGE 4
Follow cycle path signs around the back of Starcross to opposite the railway station traffic lights.

STAGE 5
Cross road and turn left on cycle path. Follow it until taking a right on a lane towards Powderham Estate.

STAGE 6
Bare left on the permissive route through the Estate if you wish to visit Powderham Castle, shops and restaurant.

continued over page ➜

"It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them"

Ernest Hemingway

Gearing up...

Distance from Dawlish Warren
8 miles
(From Dawlish about 10 miles)

Time to ride route
2 hours+
(if you stop for a cup of tea!)

Ride level
Easy - mainly level, but some small hills on the lanes. If you are riding as a family you need some experience of riding on roads.

Seasonal toilets at start and end of Ride, and cafés and pubs along the route.

CULTURAL LINKS...

The caravan and camping parks in the Warren add over 15,000 to the local population during the summer months.

Powderham Estate
Kenton
6
5
Starcross
9
Black Forest Lodge
7
New Road
4
8
3
Cockwood
Eastdon
Port Road
10
Orchard Lane
2
Exeter Road
Dawlish Warren
1
DAWLISH

RIDE 4 continued

STAGE 7

Retrace your route to Starcross. Instead of joining the Exe Estuary route back, turn right on New Road, pass the school and turn second right down the lane signed Kenton.

STAGE 8

Keep straight on past Kenton Common to a left turn signed Ashcombe just before Black Forest Lodge, on the left.

STAGE 9

Turn left and after a mile turn left again on Port Road to reach Exeter Road.

STAGE 10

Take care crossing the main Exeter Road here and turn right along St. Mary's Cottages and then immediately left up and down Orchard Lane to Eastdon. Back down the Exe Estuary Trail to Dawlish Warren and Dawlish.

TRACKS TO THE PAST...

It is thought that for several centuries the area was used to breed and hunt rabbits (hence the Warren part of the name), this would have been used as food and for fur.

RIDE 5

Exe Estuary to Turf Locks and back

(via an optional route to Exminster and Kenton)

This route extends Ride 3 and Ride 4. It takes you to the Turf Locks and you can return the same way or you can take a detour to take in a couple of local villages. This ride description starts in Starcross Railway Station, but your starting point could be Dawlish Warren or Dawlish.

STAGE 1

Starting at Dawlish follow Stage 1-5 on Ride 4 or start at Starcross Railway Station. Then follow the lane with views of Powderham Estate on the left for a mile or so.

STAGE 2

Before Powderham Church turn right towards Exeter along

continued over page ➜

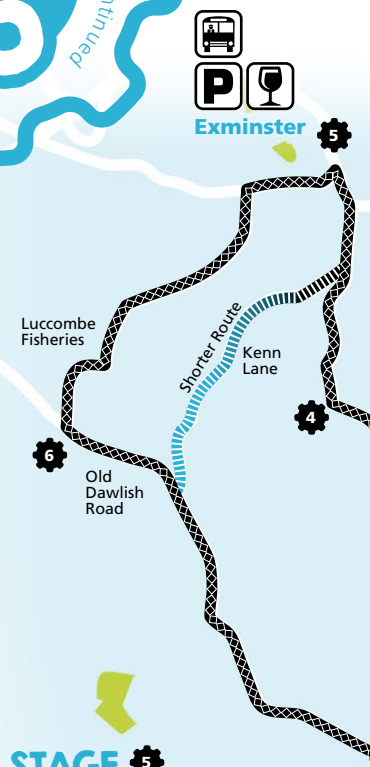
the Exe Estuary Trail, over Powderham Bridge and on towards the Turf Locks for another mile or so. Check opening times of the Turf Hotel, if stopping for a bite to eat. **www.turfpub.net**

STAGE 3

Return to the lane before Powderham Church and turn right, following the road up hill as it bends right, to a crossroads with the main A379 Exeter Road. Cross over the main road with care.

STAGE 4

Follow the lane up and down Exminster Hill into the village centre. If shortening the route, as shown on the map, before the hill into the village turn sharp left onto Kenn Lane (not signed).



STAGE 5

Turn left and then left again at crossroads signed Luccombe Fisheries. Take the next left to cycle past the fisheries and then carry on to meet the Old Dawlish Road. Turn left towards Kenton.

STAGE 6

At the crossroads go straight over, then take the first left and then bearing right along Chiverstone Road into Kenton.

STAGE 7

Turn right opposite the church and cycle uphill. Follow Mamhead Road and then bear right to carry on to a crossroads. Turn left to join the road into Starcross. An alternative tracked route going into Cockwood if preferred, as shown on the map.

TRACKS TO THE PAST...

The railway line is part of Isambard Kingdom Brunel's Penzance-Paddington line. The tunnel as you climb down the steep hill on the Coast Path towards Dawlish is one of five Brunel had to build to bring the line around the coast.

"I have lived round here all my life and it's great visiting the villages, pausing for a thought about their history from saxon times to the present day"

Gareth Clatworthy

Turf Locks

A379

Powderham Church

Chiverstone Road

Powderham Estate

Exe Estuary

Kenton

A379

Mamhead Road

Starcross

Cockwood

Optional Off-Road Route

Cofton

RIDE 6

Exe Estuary Trail to Exeter Quay

(with optional route back via Exminster and Kenton)

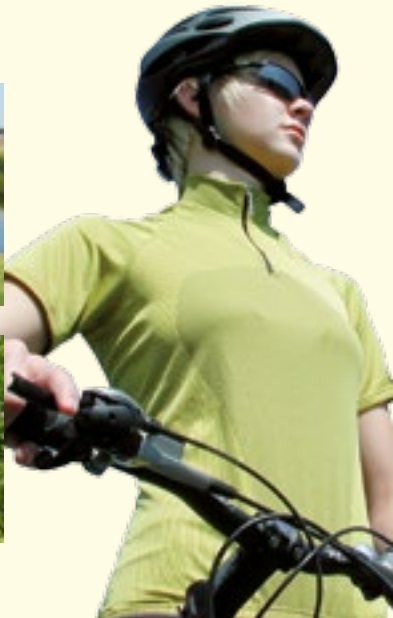
This route can be joined to Rides 3, 4 and 5 and takes you all the way into Exeter and back on the Dawlish side of the Exe Estuary.

STAGE 1

Use Ride 3,4 and 5 details to reach Turf Locks depending on your start point. From here carry on towards Exeter. After a mile pass the Topsham ferry crossing, then carry on under the motorway bridge to Countess Weir Bridge.

STAGE 2

Cross this main road using the traffic lights and then take the Exe Estuary Trail onwards to Exeter passing The Double Locks pub.



"The route to Exeter and back is my favourite easy Sunday route for tea and cake at The Quay and wonderful views of the estuary on the way round."

Teresa Golding

STAGE 3

At the end of this stretch, turn right and follow the trail into Exeter Quay where there are lots of cafés, shops and bars to wander around.

STAGE 4

On return at Countess Weir Bridge cross the main road and turn right on the cycle path to Exminster.

STAGE 5

Cross the road at the traffic lights and follow off road route, then under bridge into the village.

continued over page ➜

Gearing up...

Distance from Turf Locks

15 miles

(From Dawlish about 25 miles)

Time to ride route

1 - 1½ hours

(Plus more for stops and hills)

Ride level

Easy - moderate (with the hilly lanes). Beware of the traffic in the hilly lanes.

Seasonal toilets at start and end of Ride, with seasonal cafés and all year round pubs nearby.

RIDE 6 continued

STAGE 6

Cycle through Exminster past the school and post office and then turn right into Day-Pottles Lane.

STAGE 7

Follow Ride 5 from Stage 6 to return to Starcross or Cockwood where either Turf Locks and Dawlish can be reached on the Exe Estuary Trail to return to the start.

HISTORICAL LINKS...

In the 13th century, a weir was built across the river above Topsham to run mills for a powerful landowner on each side of the river. This resulted in blocking boats from sailing up to Exeter, stopping the tidal movement up to the city and forcing boat owners to unload in Topsham. From that time until the canal was built from the 16th century on there was conflict locally about the navigation of the Exe.

Countess Weir Bridge

M5

Topsham

Exminster

Day-Pottles Lane

A379

Turf Locks

Exe Estuary

Chiverstone Road

Kenton

RIDE 7

The full Exe Estuary Trail

Dawlish to Exmouth and back via the ferry to Starcross

The full route all the way round is 29 miles and a fantastic day out. Add this to all the Exe Estuary Trail routes. The Ferry to Starcross runs from Easter to 31st October with some exceptions taking account of very low tides.
www.facebook.com/StarcrossExmouthFerry

STAGE 1

Starting at Dawlish Railway Station, use the description and map for Ride 6 to reach Exeter Quay and then head back to Countess Weir Bridge. Alternatively ride to Countess Weir Bridge and then follow NCN 2 signs towards Topsham from here.

STAGE 2

At Countess Weir Bridge follow the cycle path NCN 2 signs to Topsham. You will follow your way through some back streets and then along beside Topsham Road first on one side and then on the other side to Topsham.

STAGE 3

In Topsham carry on through the town centre using the route 2 signs or go via the pretty harbour to rejoin the route.

STAGE 4

Cycle up a slight hill and down again to continue the route past Bowling Green Marsh Bird Reserve.

continued over page ➜

A GREAT PLACE FOR NATURE...

The Exe Estuary Trail forms part of the South Coast National Cycle Network No.2.

The Exe Estuary is of international importance for wintering waders and wildfowl, supporting 1000s of birds. The local nature reserves along its route were created in the 1970s to protect the wildlife and the local landscape.

RIDE 7 continued

EXETER

1 Exeter Quay

Alphington

A30

Countess Weir Bridge

2

M5

Exminster

A379

Kenton

HISTORICAL LINKS...

The Avocet Line is the railway line constructed in 1861, connecting Exeter with Exmouth. It was originally built by the London and South Western Railway, and was historically known as the Exmouth branch railway. The line follows the Exe Estuary for about half of its route, from just outside Topsham (on the Exmouth end) to Exmouth, giving views of the estuary. The line is named after the pied avocet, which lives in the estuary.

continued over page ➜

"I love living near this trail - I use it to commute for work and to enjoy being outdoors with family and friends at the weekends. It changes with the weather and wildlife. Every day and ride is different."

Emily Stokes

RIDE 7 continued

STAGE 5
Follow the signs into Exton and out again to follow along the trail.

STAGE 6
After Exton (where the pub makes a great pit stop!) turn left before the Railway Station to follow the trail to Lympstone.

STAGE 7
At Lympstone Railway Station turn right into the village, cycle through and onwards up a hill and down the other side back to a beautiful viewing point by the estuary edge.

STAGE 8
Follow on to Exmouth using the signs for route 2, through a park and alongside the main road to the Railway Station.

STAGE 9
Either catch the train back to Dawlish or out of the Railway Station bear right and follow the cycle path signs to Exmouth Quay and Stuart Lines Cruises route to Starcross. Enjoy the crossing!

STAGE 10
Arriving at Starcross Quay, use the steps, path and bridge to reach the Exe Estuary Trail again to reach Dawlish or other starting points.

RIDE 8

Dawlish to Mamhead and around to Little Haldon

A steep, hilly ride up into the hills to the edge of Haldon Forest and back down through Little Haldon and Luscombe. A ride for fitter cyclists, rather than families with small children.

STAGE 1

From Dawlish Railway Station follow instructions for Rides 3 & 4 past Dawlish Warren to Cockwood Harbour.

STAGE 2

At the T junction with Exeter Road, leave the cycle path, turn right and immediately left down New Road.

STAGE 3

Turn left signposted to Mamhead.

continued over page ➜

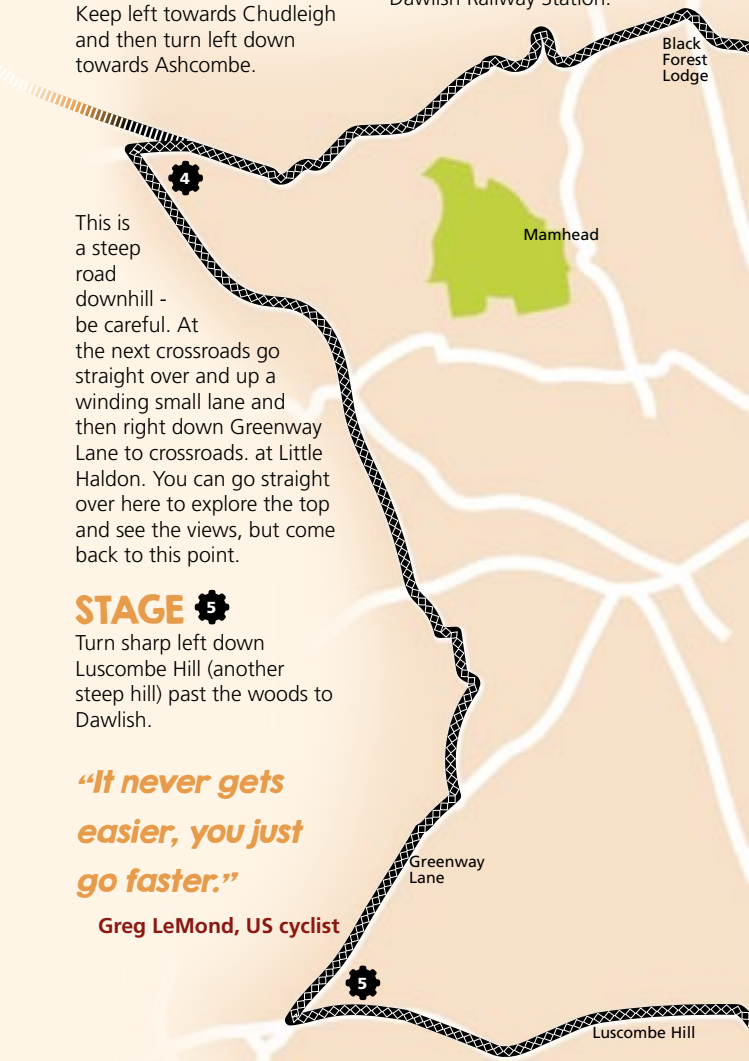
HISTORICAL LINKS...

'Capability' Brown was engaged around 1772–3 to redesign the grounds of Mamhead Park. Many of the trees were planted by the owners after their travels in 18th and 19th centuries.

Follow the lane straight on, past Black Forest Lodge cross, and up steeply to the top of Mamhead.

STAGE 4

Keep left towards Chudleigh and then turn left down towards Ashcombe.



This is a steep road downhill - be careful. At the next crossroads go straight over and up a winding small lane and then right down Greenway Lane to crossroads. at Little Haldon. You can go straight over here to explore the top and see the views, but come back to this point.

STAGE 5

Turn sharp left down Luscombe Hill (another steep hill) past the woods to Dawlish.

"It never gets easier, you just go faster."

Greg LeMond, US cyclist

STAGE 6

Turn left and then right to Weech Road along Old Town Street, down Queen Street into The Strand and back to Dawlish Railway Station.

TRACKS TO THE PAST...

As Greenway Lane levels off on top of Luscombe Hill you will be following an ancient track called the Portway that goes to Castle Dyke.

Haldon Hill and beyond

Add more hills on to Ride 8 and you have this opportunity to experience some of the steepest and most difficult lanes in the area! Be rewarded with amazing views over the coast and into Dartmoor.

STAGE 1

Follow Ride 8 to Stage 4 on top of Mamhead. Fork right signposted Exeter and Kennford. Follow the road 2 - 3 miles over A380 to the T junction.

STAGE 2

Turn right signposted Plymouth and at the roundabout go straight on past Exeter Racecourse and Haldon Forest Park. Continue straight on past the Haldon Belvedere and at Penhill Cross fork left towards Longdown.

STAGE 3

At Willhayes Cross turn left towards Christow and

TRACKS TO THE PAST...

Ideford means Ida's Ford. A Saxon of this name settled here between ancient celtic and roman tracks between Exeter and Newton Abbot.

Doddiscombsleigh and follow lane steeply down hill. Keep left and then following road right and right again through the village.

STAGE 4

After Doddiscombsleigh follow lane towards Christow continuing on the bendy lane to the T junction by the Teign House Inn.

STAGE 5

Turn left onto the B3193 and follow the River Teign Valley for 5 miles to a T junction and turn left up into Chudleigh.

continued over page ➜

Gearing up...

Distance
25 miles

Time to ride route
3 - 4 hours
Depending on stops and picnics

Ride level
Difficult and strenuous - this ride takes you around the steepest hills behind Dawlish.

Toilets (at the station or by Tourist Information), cafés and pubs at the start and end of ride. Haldon Forest has seasonal refreshments.

"A bicycle is the finest mode of transport known to man."

Adam Hart-Davis, English inventor

STAGE 6

Turn right towards Ideford and Ugbrooke House, following lane up hill. Straight over under A380 and an older brick bridge to a T junction.

HISTORICAL LINKS...

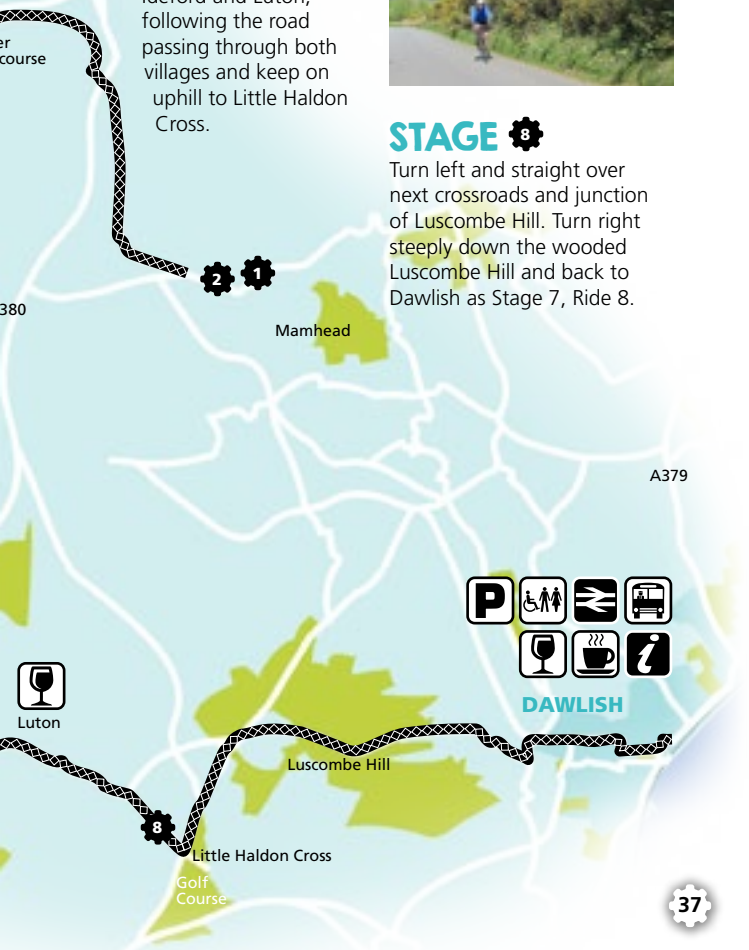
People have lived here since early Neolithic times (around 4000 BC) on Haldon Hill. There are an estimated 26 Bronze Age tumuli, as well as a probable Iron Age square enclosure, Castle Dyke on top of Little Haldon.

STAGE 7

Turn left towards Ideford and Luton, following the road passing through both villages and keep on uphill to Little Haldon Cross.

STAGE 8

Turn left and straight over next crossroads and junction of Luscombe Hill. Turn right steeply down the wooded Luscombe Hill and back to Dawlish as Stage 7, Ride 8.



RIDE 10

Dawlish to Teignmouth and back

(with an optional steep climbing route back)

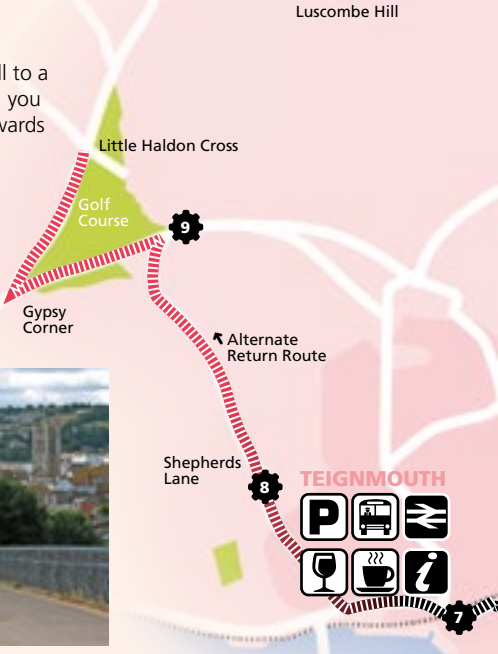
This route takes you around the back of Dawlish along hilly lanes, joining the main road down into Teignmouth.

STAGE 1

Follow the route described in Ride 1 through the town to St Gregory's Church.

STAGE 2

Turn left up Oak Hill to a crossroads in which you continue up hill towards Holcombe.



STAGE 3

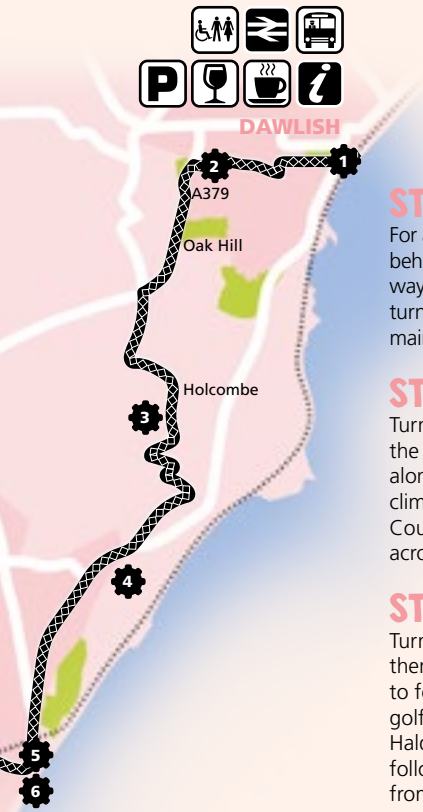
Keep straight on uphill and downhill following the road round to the main Exeter Road.

STAGE 4

Turn right down the main road into Teignmouth. Take care along the roads to the coast.

STAGE 5

Turn right along Teignmouth seafront and take the opportunities to have a refreshment break if you like.



Gearing up...

Distance
5 miles
(with the option of taking the train back if there is room)

Time to ride route
1 - 1½ hours
Due to hills

Ride level
Moderate to hard

Toilets (at the station or by Tourist Information), cafés and pubs at the start and end of Ride.

STAGE 6

Return towards the railway station to go back to Dawlish if there is room for your bike or return along the same route.

STAGE 7

For an alternate return route, behind the station make your way to St James Church and turn left and take care along the main road to Newton Abbot.

STAGE 8

Turn right up Mill Lane past the Teignmouth Hospital along Shepherds Lane, steeply climbing to Teignmouth Golf Course and continue straight across at the crossroads.

STAGE 9

Turn left at the T Junction and then right at Gypsy Corner to follow road around the golf course to arrive at Little Haldon Cross where you can follow route back to Dawlish from Stage 8, Ride 9.

Long Lane to Cofton off-road

The most well know area for mountain biking is Haldon Forest Park (see Ride 9 for location) with a wide variety of routes. Bike hire is available at Haldon, in Dawlish and at Dawlish Warren. Bridleways and green lanes abound closer to Dawlish, linked by road sections which depending on the time of the year, range from dry and dusty, to wet with deep mud and overgrown hedges, so these routes should only be tackled by riders with a high level of fitness and technical ability…

STAGE 1

Starting at Dawlish Railway Station follow Ride 1 to Stage 5, then take the left turn onto Old Town Street where you turn right onto Weech Road and immediately right again up the steep climb of Badlake Hill. Continue on to take left fork in road onto Long Lane.

STAGE 2

Go straight across at Five Lanes crossroads continuing up Long Lane for another 700m.

STAGE 3

Take the right-hand bridleway down to Pitt Farm taking extreme care as the track can

Gearing up...

Distance
12 miles
(Option of taking shorter road-based routes if conditions demand it)

Time to ride route
1 ½ - 2 hours
Due to terrain

Ride level
Moderate to hard

Toilets (at the station or by Tourist Information), cafés and pubs at the start and end of Ride.

"To celebrate our beautiful area nothing can beat getting out on your bike!"

Andy Collins

be rocky and technical after heavy rain. Continue through the farmyard taking a left-hand turn when you meet the road.

STAGE 4

Right at T junction after 250m.

STAGE 5

Go straight over at crossroads signposted 'Mamhead Village' and stay on this road for another mile. Go through a gateway on the right hand side of the road and descend through the forest staying on an obvious main track until you are at the road.

continued over page ➜

Black Forest

Mowlish Lane

Long Lane

Five Lanes

Long Lane

STAGE 6

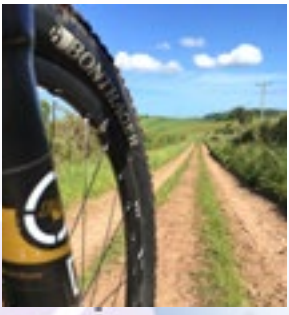
Turn left and after 400m take a right turn at the crossroads signposted 'Kenton & Starcross'.

STAGE 7

After 500m turn right into Mowlish Lane and continue through the farmyard onto a gravel track.

STAGE 8

Stay on this gravel track for 1-1½ miles until you arrive at Cofton Cross where you go straight across the main A379 onto Cofton Lane.



STAGE 9

At Cockwood turn right following the Exe Estuary Trail to return to Dawlish.

"I cycle in and around Dawlish every week. It gives me great pleasure to be out in the fresh air and among some of the finest scenery in England."

Bob Bowen

Here are some great ideas for cycle rides in and around Dawlish and Dawlish Warren for all abilities. On these rides you will find some of the best views across this coastline and into Dartmoor…

Happy Cycling! **www.lovedawlish.com**

The booklet has been completed with the help of Sustrans volunteers, take a look at what they do: **www.sustrans.org.uk**

love2 Dawlish

Coastal Communities Fund

Destination2 DAWLISH

sustrans JOIN THE MOVEMENT