



Route Summary

Devon Coast to Coast Day 4: Exmoor and the finish in Lynmouth

Route Overview



Category: Trail Running

Rating: Unrated

Surface: Undefined

Date Published: 16th January 2018

Difficulty: Medium

Length: 42.430 km / 26.52 mi

Last Modified: 7th April 2019

Description

Day 4: Exmoor and the finish at Lynmouth

Starting in the Yeo valley at Yeo Mill, you will start with a climb, it will be worth it as this will take you to the official Exmoor boundary, and the boundary stone to match the one at Drewsteignton. From here you can see right over Exmoor and towards your next destination, Barle Valley. After crossing some farmland you will reach the famous Tarr Steps, a clapper bridge made up of 17 slabs, the longest in the country.

You will follow the Barle river until you reach the village of Withypool; an opportunity to refuel before re-joining the riverside path. The path takes you to 'Cow Castle', an Iron Age hill fort, next to it another hill, aptly named 'The Calf'. You then arrive in Simonsbath and from here the end of your journey is in site.

After a short climb and some open moorland, you will walk right through Exe Head, the start of the river Exe! The route then follows another river valley, that of 'Hoar Oak Water'; with high rises on both sides it will feel like just you and the ponies and brings some comfort knowing you are entering the last 10k.

Once you reach the main road into Lynmouth there is just one more climb, but it's all worth it, because on reaching the top, you get a stunning view of the tree-covered hills, the Bristol Channel, and more importantly the finish! Heading up this winding path you reach a height of 260 metres before dropping all the way down to sea level. A little trot along the tarmac to the official finish point of the Two Moors Way, and you're all done. There's even a book to sign to recognise



the achievement of running from coast to coast!

Waypoints

Withypool Checkpoint

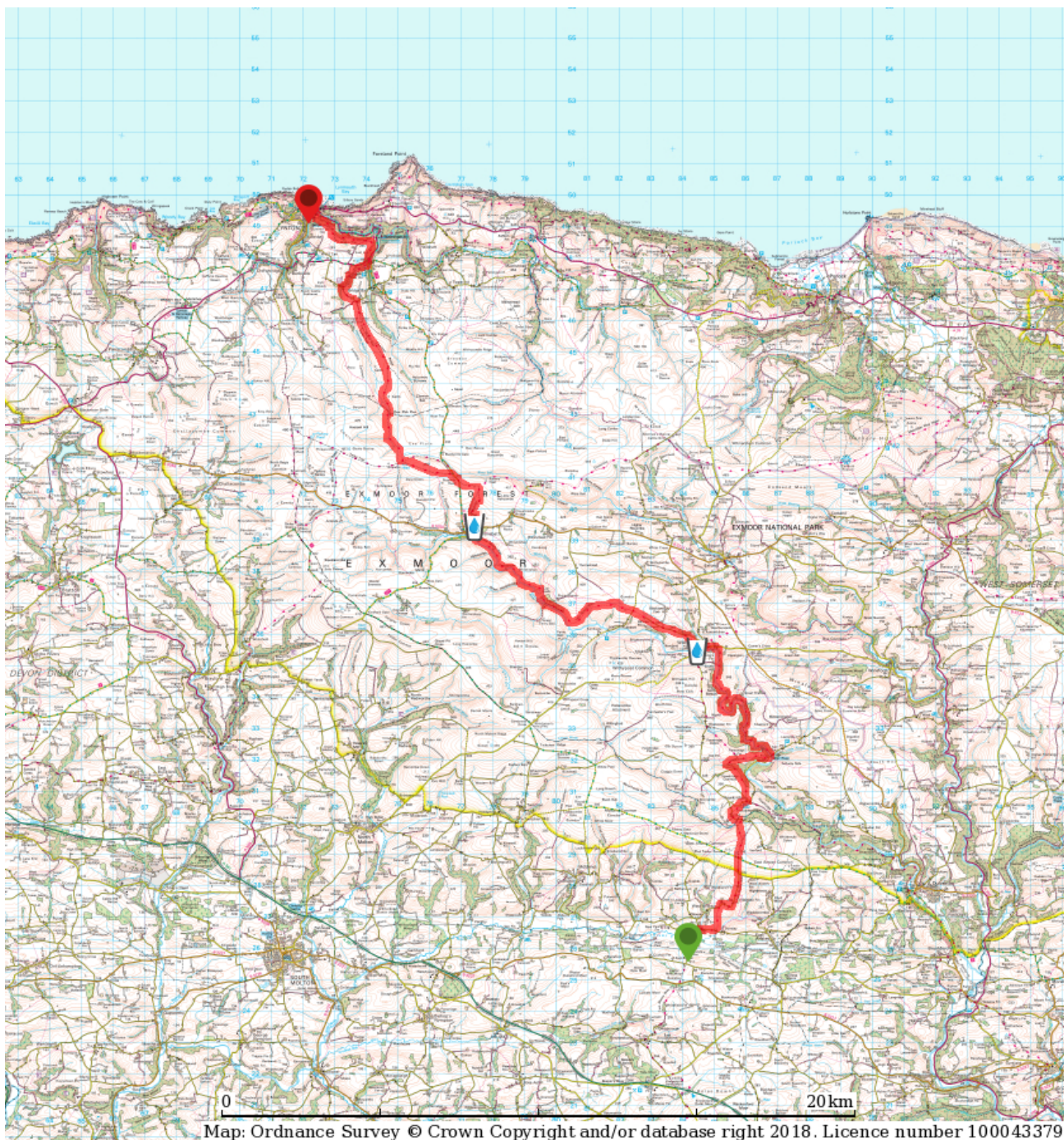
(51.10651; -3.65129)

All participants must visit this coacation.

Simonsbath Checkpoint

(51.14083; -3.75342)

All participants must visit this location



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