



## **North Coast 100k – 4<sup>th</sup> October 2019**

### **Overview**

**The route starts in Barnstaple, and heads east to finish in Minehead, at the official South West Coast Path start/finish marker.**

The North Coast 100k begins with an exciting night time start. This will take you along the bank of the Taw estuary, through Braunton Burrows and onward to Croyde Bay and Baggy Point. From here, the route continues through the sandy sweep of Morte Bay and Woolacombe, becoming increasingly hilly as you approach Ilfracombe. After another couple of notable hills, you'll pass the stunning Water Mouth cove and arrive at Combe Martin, your half way point. The next section will take you along the entire length of the Exmoor Coast.

Tucked away in the Bristol Channel, this section is more sheltered than other parts of the 630 mile South West Coast Path. It has the longest stretch of coastal woodland in England and Wales, the highest point on the coastline at Culbone Hill (433m) and the highest sea cliff, Great Hangman (244m). When you're not surrounded by coastal woods, there are dramatic views across the Bristol Channel to the Welsh coast and Lundy Island.

Other highlights include Hollow Brook – one of the highest waterfalls in Britain which drops 200 metres to the sea and, Nestled away up some winding tracks, Culbone Church, which is 10.7 metres in length and only seats 30 people; only the most dedicated make it to the services here! You will also pass through the twin villages of Lynmouth and Lynton, the finish point for the 2 Moors Way and our Devon Coast to Coast event.

Just after Porlock Bay, the path flattens behind marshland, these wetlands have helped 'preserve' an ancient forest, it's worth a few pictures of these eerie trees sticking out of the ground.

A few more ups & downs of exposed path, woodlands, sharing your journey with sheep, ponies, and cows and you will pop out in Minehead, a mere 108km from where you started!

**We welcome walkers as well as runners on this event, so the cut off time at our final checkpoint (Porlock Weir) will be very generous. A total time of 24hrs available to complete the 108km.**

The route is approximately 108km and almost entirely off road. It is generally well marked, as it follows the South West Coast Path. There will however be additional event markers to keep you on track where the route is less clear.

This event should not be underestimated, as it is a tough section of coast! As with all climb South West events, you will be supported by our team of qualified Mountain Leaders with extensive experience and local knowledge of the North Devon and Exmoor Coasts. They will also provide first aid cover at key points along the route, with sweepers on the course in between.

## Food and Drink

There will be checkpoints at five locations where food and drink will be available. This isn't a fully catered event but we will have a range of drinks and snacks available to supplement whatever you bring with you. Please see the table below (menu will be confirmed the week before).

Name	Postcode	Distance to next CP	Food available	Notes
Barnstaple Rugby Football Club	EX31 1JH	14km	Hot drinks, water	Start for North Coast 100k
Sandy Lane car park	EX33 2NX	17km	Water, Coke, sweet and savoury snacks	
Woolacombe Village Hall	EX34 7BY	22km	Hot food, hot drinks, coke, water	<b>Cut off here 5am</b>
The Dolphin Inn, Combe Martin	EX34 OAW	21km	Hot food and drinks for North Coast 100km included. Hot drinks and snacks available to purchase for	<b>Cut off here 9am</b>  Registration and start for Exmoor Coast 50

			Exmoor Coast 50km.	
Manor Green, Lynmouth	EX35 6EN	19km	Water, Coke, sweet and savoury snacks. Shops, takeaway and café next to CP.	<b>Cut off here 1pm</b>
Porlock Weir	TA24 8PB	15km	Hot drinks, Coke, sweet and savoury snacks. Pub next to CP.	<b>Cut off here 5pm</b>
South West Coast Path marker, Minehead	TA24 5UJ	N/A	Pubs, Cafes and takeaways near finish line.	Finish line for North Coast 100k and Exmoor Coast 50k.

## Map

Most of the route follows the South West Coast Path, with navigation being reasonably simple. The route can be viewed in detail on ViewRanger or Strava below (this is also available to download from our website as a PDF). If you'd like a more detailed map, we'd recommend 1:25,000 OL 9 Exmoor.

[Exmoor Coast 50 on ViewRanger](#)

[Exmoor Coast 50 on Strava](#)

The full North Coast 100km route can be viewed through the ViewRanger link on our website. There is also a GPX file [here](#).

The **Viewranger** app is well worth downloading turning your Smartphone into a GPS device. Once you have downloaded the route, the app will continue to work without the need for mobile reception. It is possible to download the route "without purchasing premium map" as the basic one works fine. You can however choose to download an OS version. This app is particularly useful if you need to pinpoint your exact location at any time.

**If you'd like to learn more about navigation, we can tailor our navigation workshops for individuals or groups of walkers / runners. These are available at any time of year and they are suitable for beginners through to more advanced skills for mountainous areas.**

## Parking and coach arrangements

### Transport to the start - Before the event

There is ample, unrestricted free roadside parking in Minehead, near the event finish line. This will be at the South West Coast Path marker, near The Quay Inn, TA24 5UJ. Lots of parking options, south and west from here. Please allow plenty of time to park your car. Map link below.

[The Quay Inn](#)

If you have booked a place on the coach, you will need to meet on Minehead seafront, by the Quay Inn, ready for departure at **6:30pm on Friday 4<sup>th</sup> October**.

If you haven't booked a place on the coach but would like one, please find the booking form on this page: [Coach booking](#)

### Timings for the day 4<sup>th</sup> October

#### North Coast 100k

**6:30pm** Coach leaves Minehead seafront.

**7:30pm** Registration opens at Barnstaple Rugby Football Club, EX31 1JH

**8:45pm** Event safety briefing and start.

**9am (5<sup>th</sup> October)** Cut off at Combe Martin

**There is no transport back to the start after the event.**

### Mandatory Kit

- Base layer (long sleeved, thermal properties)
- Additional warm layer
- Trail shoes / walking boots
- Waterproof jacket
- Mobile phone

- Rucksack or waist pack
- Hydration system (bladder or bottles, min capacity 1ltr)
- Survival bag, not a blanket (a £2.50 plastic bag that could save a life, available from any outdoor retailer / lightweight more expensive version such as
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Headwear (eg, cap or buff)
- Whistle
- Headtorch and spare batteries
- Spare headtorch
- Nutrition (packed lunch / energy foods, gels, bars, etc.)

Please make sure that you have all these items with you. They are for *your safety* and there *will* be spot checks at the start.

## Recommended Kit

- Sun cream
- Sun glasses
- Spare socks

**This is not an exhaustive list, but a list of essentials. Through training, we suggest that you find out what works for you in terms of additional clothing and food. Our advice is that you don't experiment with a different diet or new shoes on the day.**

## Your safety

We have experienced guides who are there to support you during the day and five mandatory checkpoints (Lynmouth and Porlock Weir). **You must not proceed beyond these locations without checking in with our marshals first.**

We are happy for you to use headphones during the event but they **must be removed at all road crossings and sections of road.**

We have arranged for a minibus to be used for safety cover at this event. It can take you forwards to the next checkpoint. From here, we recommend being picked up or taking public transport to the end. Anyone timed out at Porlock Weir will be taken to Minehead. **This minibus will not return to Barnstaple after the event**

Our event mobile is **07966654867** and is for emergency use. This will also be on your race number. For medical emergencies, please use 999 in the first instance and contact us after.

**Please make sure that you are well rested before continuing your journey home, or possibly stay overnight.**

## **Ending your participation**

The event finishes at the South West Coast Path marker, near The Quay Inn, Minehead.

This is also where you will collect your event T shirt.

If you need to end your participation before the end of the route **you must contact us** on the event mobile **07966654867 / [info@climbsouthwest.com](mailto:info@climbsouthwest.com)** . Please store this number in your phone so that you have it available.

## **What's Next?**

This event will be a great warm up for our **Dartmoor Winter Traverse** on February 1st, or the **Welsh 3000 challenge** (over 2 days or 24hrs), dates in June and July 2020. You may also like to consider the **Jurassic Coast 100M/100K/50K** or the **Devon Coast to Coast Ultra**. There will be run and walk options for all of these events. Details will be posted on our [website](#) and [Facebook page](#).

## **After the event.**

We welcome any feedback about our events and strive to make them as safe and enjoyable as possible. If you have something that you'd like to share with us, please contact us by email [info@climbsouthwest.com](mailto:info@climbsouthwest.com).