

# Devon Coast to Coast (4 Day Challenge)

## 9-12 July 2021

Congratulations on entering the Devon Coast to Coast from Climb South West. We are very excited to take you on a journey across our beautiful county, all 117 miles of it! Please read all the information below to make sure you have a safe and enjoyable experience.

**Event Start: 8am, Friday 9<sup>th</sup> July – Wembury Beach, PL9 0HR**

### Overview

Starting in Wembury, in the beautiful South Hams, you will follow the 17-mile Erme-Plym Trail to Ivybridge where you will meet the Two Moors Way; a 100-mile waymarked trail from the South of Dartmoor, to the North of Exmoor where it meets the sea in the town of Lynmouth.

### Day by Day Breakdown

#### Day 1 – Friday 9<sup>th</sup> July

**All participants to register at Wembury Beach (PL9 0HR) between 07:00am – 07:45am**

You will receive an event T-shirt at registration and all 4 day finishers will be awarded an exclusive Devon Coast to Coast buckle. Please bring all mandatory kit with you.

A day out in the South Hams & South Dartmoor. Run from Wembury Beach, looking out at the Mewstone. Follow the Erme-Plym trail to Ivybridge before hitting Dartmoor and finishing at Scorrifton.

**5:30am: Minibus departs Riverside Caravan Park (Outside gates)**

**7:00am Registration opens at Wembury Beach**

**8:00am: Event Starts on Wembury Beach**

**4:00pm: First shuttle bus takes runners to Riverside Caravan Park\***

**8:00pm: Event finishes at Scorrifton Village Hall and final return bus\***

\*Times might vary based on demand

#### Day 2 – Saturday 10<sup>th</sup> July

A whole day on Dartmoor, over the Hameldown ridge, and passing Fernworthy Forest & Chagford before following the river Teign to Castle Drogo. After Drewsteignton, look out for the 'boundary stone' as you officially exit Dartmoor and continue to Hittisleigh.

**6:15am: Minibus departs Riverside Caravan Park (Outside gates)**

**7:15am: Registration opens at Scorrison Village Hall**

**8:00am: Event Starts outside Scorrison Village Hall**

**4:00pm: First shuttle bus takes runners to Riverside Caravan Park**

**8:00pm: Event finishes at Hittisleigh Village Hall and final return bus\***

\*Times might vary based on demand

### **Day 3 – Sunday 11<sup>th</sup> July**

A day out in the heart of the Devon countryside. This section mixes country lanes with public footpaths and bridleways. Your day will finish a stone's throw away from the boundary of Exmoor.

**6:30am: Minibus departs Riverside Caravan Park (Outside gates)**

**7:15am: Registration opens at Hittisleigh Village Hall**

**8:00am: Event Starts outside Hittisleigh Village Hall**

**2:00pm: First shuttle bus takes runners to Riverside Caravan Park\***

**8:00pm: Event finishes at West Anstey Village Hall, Yeo Mill and final return bus\***

\*Times might vary based on demand

### **Day 4 – Monday 12<sup>th</sup> July**

\*Please note, this section has poor phone reception, so plan ahead if meeting friends/support\*

A full day on Exmoor, through the Barle Valley and a visit to the source of the River Exe.

**7:00am: Minibus departs Riverside Caravan Park (Outside gates)**

**7:15am: Registration opens at West Anstey Village Hall, Yeo Mill**

**8:00am: Event Starts outside West Anstey Village Hall, Yeo Mill**

**2:00pm: First shuttle bus takes runners to Riverside Caravan Park\***

**8:00pm: Event finishes on Lynmouth Esplanade and final return bus\***

\*Times might vary based on demand

## **The route**

The route follows a waymarked path, with some of the way markers brand new in the past few years. However, this does not mean the whole route is obvious and care should be taken when crossing fields, open areas of moorland or following sections of road, especially at night. The route is available on ViewRanger and can be followed using the app. A GPX file is also available for those that would like to use a GPS device. This can be downloaded from our website.

### Devon Coast to Coast full route on ViewRanger

Although the Devon Coast to Coast follows a way marked route (Two Moors Way), the ability to navigate comes highly recommended. We will have additional markers to direct you to our checkpoints, but you should be able to recognise when you have made a mistake out on the course.

## **Map**

Harveys produce an excellent map for the Two Moors Way. This waterproof map covers the whole Devon Coast to Coast route apart from the first 17 miles from Wembury. The route marking on this section however is excellent.

<https://www.harveymaps.co.uk/acatalog/Two-Moors-Way-YHWRTW.html>

## **Your Safety**

This is our primary focus at all of our events. The Climb South West team are all professionally qualified outdoor specialists with vast experience in managing groups of people engaged in outdoor activities. They will be on hand at all checkpoints, providing first aid cover and support where it's needed most. We will also have mobile units out on the course to provide rapid response, should there be a problem in between these locations.

If a member of the Climb South West Team decides that it isn't in your interest to continue with the event for any reason, please accept this decision.

We welcome help from volunteers at all our events, to support the work of our team. If you are interested in getting involved and receive free/discounted entries in return, please get in touch.

### **Support crew**

Although this is a supported event with checkpoints and medical cover, some of you may wish to use a support team to meet you at various points along the route. They can arrange to meet you as often as required, but we ask that they do not join you for sections of the route, unless it's an emergency. This is to enable us to know exactly who is out on the course and for fairness to all participants **(No pacers at this event)**.

**Due to restrictions relating to the coronavirus pandemic, there are some checkpoints where crew will not be permitted to attend. Crew will not be permitted to enter any of the indoor checkpoints this year. (Subject to latest guidance from government)**

If using a support crew, please let us know their mobile number(s) at registration.

### **Checkpoints**

Our mandatory checkpoints will be at 10 – 21 km intervals, see below. Food and drink are available for **participants only**.

<b>Name</b>	<b>Post Code</b>	<b>Distance from last CP</b>	<b>Food available</b>	<b>Notes</b>
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Yealmpton	PL8 2EA	11Km	Water, coke, sandwiches	<b>Day 1 Checkpoint A</b>
Ivybridge Long stay car park	PL21 OSL	13km	Water, coke, cake	<b>Day 1 Checkpoint B</b>
Scorriton Village Hall	TQ11 0JB	21km	Hot food, hot drinks at end of stage	Indoor space for participants only. Mask required for entry.  <b>Day 1 finish/day 2 start</b>
Dunstone Down	PL 20 6TA	13km	Water, coke, sandwiches	<b>Day 2 Checkpoint A</b>
Fernworthy	TQ 13 8EA	11km	Water, coke, cake	<b>Day 2 Checkpoint B</b>
Hittisleigh Village Hall	EX6 6LG	18km	Hot food, hot drinks at end of stage	Indoor area for participants. Mask required for entry.  <b>Day 2 finish/day 3 start</b>
Morchar Bishop	EX17 6PJ	20km	Water, coke, sandwiches	<b>Day 3 Checkpoint A</b>
Witheridge	EX16 8AG	12km	Water, coke, cake	<b>Day 3 Checkpoint B</b>
West Anstey Village Hall	EX36 3NU	16km	Hot food, hot drinks at end of stage	Indoor area for participants. Mask required for entry.  <b>Day 3 finish/day 4 start</b>

Withypool	TA24 7QP	16km	Water, coke, sandwiches	<b>Day 4 Checkpoint A</b>
Simonsbath	TA24 7SH	10km	Water, coke, cake	<b>Day 4 Checkpoint B</b>
Lynmouth	EX35 6EG	16km	Cafes, bars, restaurants and takeaways at finish line.	<b>Finish!</b>

### Transport

Daily transport is available from Riverside Caravan Park, South Molton. This must be booked in advance through our website.

### Parking and coach arrangements

There is ample parking at Riverside Caravan Park (EX36 3LZ) for those staying on site. Others will need to park in the lane leading up to the gates. This has been agreed with RCP. If you have booked a place on the bus, then you will need to park here and aim to be ready to leave at least 10 minutes before the departure time.

The event will start from Wembury Beach. There is a small pay and display car park, but you will not be able to leave your car here during the event. **Overnight parking here is not permitted.** We recommend getting a lift or using our coach transport. Alternatively, you could use on-street parking options locally, but we cannot guarantee spaces here. There is also a free car park in the village. Please make sure that you arrive at the beach car park by your chosen time slot above.

### Kit

Weather is always a factor on the moors and with the event lasting anything up to 12 hours per day. It's good to be prepared for anything and have the right kit for the changing terrain and temperature.

### **Mandatory Kit to be carried at all times**

- Base layer (long sleeved, thermal properties)
- Trail shoes / walking boots
- Waterproof jacket with taped seams
- Mobile phone with race directors' numbers saved 07966654867
- Hydration system (bladder or bottles, min. capacity 1 litre)
- Survival bag (foil or plastic survival bag (not blanket) £3-£16 from any outdoor store)
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Hat or cap
- Face covering (buff or similar is fine)
- Whistle
- Method for navigating the course; Harveys Map (recommended)/ Viewranger route / GPS device with enough power supply for duration of event.
- Nutrition (energy foods, gels, bars, etc.)

Fingers crossed for sunshine and blue sky but please come prepared for the worst weather! Make sure that you have all these items with you. This is for your safety and there will be checks at registration and further spot checks on the course. You will not be permitted to take part without all items on the list.

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.

### **Drop Bags**

We can take a small bag to the end of each stage for you. We recommend packing a change of clothes and a warm additional layer.

## **COVID 19**

Please don't come to the event if you or any other member of your household have recently tested positive, or experienced any of the symptoms associated with Covid 19. This would also be the case if you had recently had close contact with someone with Covid 19 or similar symptoms.

We will maintain a minimum of 2m social distancing at registration and checkpoints. Please continue to do the same out on the course with anyone who isn't part of your immediate group. There will be hand sanitiser at registration and the checkpoint for your use. Please bring a face covering for any situations where the 2m rule can't be maintained.

Overtaking on the course, or passing other people should be done at a safe distance of at least 2m if possible. Please also be considerate towards other users out on the paths during the event.

## **Ending your participation**

If you need to end your participation before the finish of the route, you must contact us on the event mobile 07966654867 or speak to a marshal. Please store this numbers in your phone so that you have them available.

We have arranged for a minibus to follow the challenge. Should you need to leave the event, we can get you back to Riverside Caravan Park. This minibus will not return to Wembury.

Our event mobiles are: Race Director: 07966654867 / Mike: 07855255150 / Matt: 07549180436 and are for emergency use. 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

### **The Finish**

The event finishes at the “Wire Man”, Two Moors Way marker on Lynmouth Esplanade. This is directly opposite Exmoor National Park Visitor Centre, EX35 6EQ. There are number of cafes, bars and takeaways near here. Return transport to Riverside Caravan Park will run from here.

