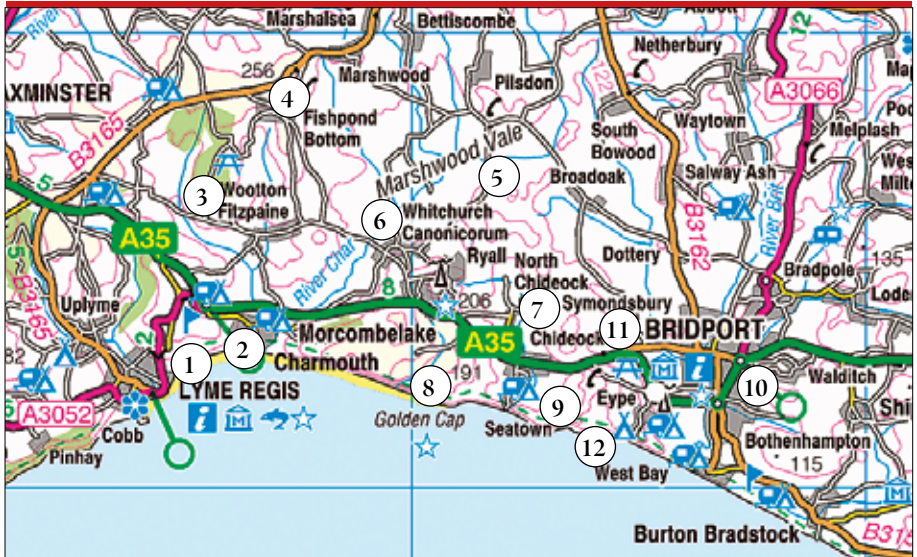


ITINERARY #1 - LYME REGIS TO BRIDPORT



LYME REGIS TO BRIDPORT

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LYME REGIS TO BRIDPORT

The western extremity of West Dorset includes some of the most spectacular coastal and inland scenery in the whole county. The Jurassic Coast includes cliffs, undercliffs, beautiful beaches and sweeping views. Inland, narrow hedged-lined lanes wander through lush undulating farmland.

Lyme Regis (popn. 2011, 3,671) is a quintessential little English seaside resort, nestling in the shelter of a steep-sided English valley. With its ancient winding streets, small harbour sheltered by The Cobb, seafront, many interesting shops, cinema and theatre it offers much to the visitor.

Bridport (popn. 2011, 13,568) is larger, but has an equally long history. Built along the old Roman road to Exeter above the confluence of the Rivers Brit and Asker, it has long been

a centre for ropemaking. Today, along with its harbour at West Bay, it is a vibrant town with many independent shops and a strong cultural scene.

Charmouth (popn. 2011, 1,352) has a particularly fine beach which is especially good for fossil hunting. The Heritage Coast Centre here is a must for everyone interested in fossils and dinosaurs.

Other villages include Wootton Fitzpaine, Morecombe, Whitchurch, Seaton, Chideock and Eype. All have their own sites of interest, natural or historical. This seemingly remote corner of Dorset is in fact, brimming with things to see and do.

The coast can be accessed from numerous places here, offering a wide range of possibilities for circular walks.

ORDNANCE SURVEY 1:50,000 & 1:25,000 MAPS

OS Landranger Map 193
OS Explorer Map 116

Taunton & Lyme Regis
Lyme Regis & Bridport

LYME REGIS TO BRIDPORT

1. Lyme Regis (page 132) is an all-year tourism destination. In summer the beach is great for family swimming and seaside activities, while in winter storms huge waves break over The Cobb. There are events and festivals throughout the year. Lyme is a delightful place to explore at a slow pace on foot.

The Spittles (page 134) are the eroding cliffs to the east of Lyme Regis. A new sea wall and promenade has been built to protect the eastern part of the town from subsidence. It forms part of a fine 1.5mi (2km) beach walk to Charmouth. *This should only be attempted on a falling tide.*

Undercliffs (page 134) form a National Nature Reserve for 7mi (11km) from Lyme Regis to Axmouth. An undulating path passes through a magical world of landslips, with woodland, streams, small valleys and areas of grassland. Please note that this route is sometimes closed due to new landslips.

2. Charmouth Beach (page 136), along with Monmouth and The Spittles Beaches, is perhaps the best place to look for fossils on the Jurassic Coast. The best time is at low tide after a storm has washed out new landslips. Ammonites and belemnites are easy to find but Ichthyosaur teeth and bones may also get revealed. The gently shelving sand and shingle beach is excellent for swimming. The shore can be walked all the way to Seatown at low tide 4mi (6km). St Gabriel's Steps give access to Golden Cap and Stonebarrow Hill from the beach 2mi (3km) east of Charmouth.

The Heritage Coast Centre (page 136) above the Char estuary has hands-on collections of fossils and runs fossil-collecting tours on the beach.

Stonebarrow Hill (page 136) is about 1.5mi from the centre of Charmouth up Stonebarrow Lane. From here paths lead to Golden Cap 1.5mi (2km).

3. Wootton Fitzpaine (page 137) is famous for its displays of Wild Daffodils, Cowslips, Wood Anemones, Bluebells, Green-winged and other Orchids in springtime. The meadows off Westover Hill, Thistle Hill woodlands and the path to Charmouth are the best places to look.

4. Coney's Castle (page 140) is on Long Lane 1mi (1.5km) north of Wootton Fitzpaine. This small Iron Age hillfort is famous for its drifts of Bluebells in spring and autumn colours later in the year.

Lambert's Castle (page 140) is about 0.8mi (1km) further north. This extensive hillfort is covered with mature trees, many mysteriously shaped, and offers expansive views over Marshwood Vale

5. Marshwood Vale (page 140) is largely unpopulated but is criss-crossed by many narrow, hedge-lined lanes which are interesting to explore on foot or by bicycle.

6. Whitchurch (page 138) is a small village on the south side of Marshwood Vale with a fascinating old church which is well worth visiting for its unique Shrine and interesting headstones.

7. Chideock (page 138) has many beautiful thatched houses, but is marred by the busy A35. For those on a long circular walk, it offers two excellent pubs.

8. Golden Cap (page 138) can be reached by small lanes and footpaths from Langdon Hill, Chideock or Seatown, 1mi (1.5km). At 191m it is the highest point on the south coast and offers spectacular panoramic views of Lyme Bay.

9. Seatown (page 139) is about 900m south of Chideock down a narrow lane. With its shingle beach, spectacular cliffs and fine old pub it is a good stopping place. There is a fine clifftop walk to West Bay from here 3mi (5km), passing Thorncombe Beacon (page 147) and Eype's Mouth (page 147).

10. Bridport (page 142), with its wide main streets and many old buildings, is well worth exploring on foot. There are many independent shops, pubs and restaurants as well as a vibrant cultural scene.

11. Colmer's Hill (page 139) is a prominent conical landmark topped with a few pines. It can be reached from Symondsburry or North Chideock and offers an excellent panoramic view.

Symondsburry (page 139), just northwest of Bridport, has interesting old buildings, now renovated. Mysterious old hollow ways go into the countryside from here into a world seemingly far away.

12. West Bay (page 146), Bridport's harbour, is 2mi (3km) from the town centre. Spectacular clifftop walks go west to Seatown and Charmouth, or east to Burton Bradstock. The beach is shingle and hard to walk far on. Stalls sell delicious fish and chips, while there are excellent pubs and restaurants.