

PRAWLE POINT

Distance: 4 miles (6.4km)
Start/finish: The Green, East Prawle TQ7 2BY
Terrain: Green lane, Coast Path, field, road
Toughness: Moderate
Ascent: 228 metres
Navigation: Easy to moderate
Good for: Coast, history, wildlife
Route info: wildrunning.net/08

This picturesque run loops around Prawle Point, the most southerly tip of Devon, covering a fine mix of fast, flat running, and technical, rocky sections. A clear evening is a wonderful time for this run, as the skies ignite all around. A magical, tranquil place, Prawle Point is an SSSI and home to an abundance of wildlife. From the village green, take the lane that runs SE out of the village and follow a bridleway and footpath downhill to reach the Coast Path. Turn R and run around the headland at Prawle Point, passing Elender Cove and Maceley Cove. Take a footpath to the R, leading uphill along a footpath, green lane and then a quiet lane back to the start. The eccentric Pigs Nose Inn at East Prawle is definitely worth a post-run visit.

Miles	Km	Directions
0.0	0.0	From village green head south east down lane, becoming bridleway
0.3	0.5	Turn left onto footpath and head east across fields to reach Coast Path
0.6	0.9	Turn right onto Coast Path, heading south west , heading around headland at Prawle Point and passing Elender and Maceley Covers
2.5	4.1	Turn right onto footpath, leaving Coast Path and heading north
2.8	4.5	Turn right off footpath to follow bridleway east
3.6	5.8	Join lane and bear left, up hill to return to East Prawle village