

18 Foreland Point

Distance **15.5 miles/24.5km**

Ascent **1595 metres**

Start/finish **Barna Barrow car park, EX35 6NE**

Head west from the car park and L at the path junction to the road by the Blue Ball Inn. Cross and follow the path down to the East Lyn River. Turn L along the river path to the footbridge at Rockford (2.7 miles/4.4km). Cross and turn L onto the road then R up a footpath to the higher road. Turn L then R at a sharp bend onto a footpath leading up and over Shilstone Hill. Take the next L onto bridleways trending R down to Badgworthy Water (6.8 miles/10.9km). Turn L and run beside the river to cross the footbridge at Cloud Farm, then take the track to the road at Malmsmead. Turn R onto the road then L onto a path across Oare Water and L down the Coleridge Way. Turn L at SS 791484 uphill to County Gate car park on the A39. Cross and join paths down to the coast path, turn L back around Foreland Point and over Butter Hill to the start.

Miles	Km	Directions
0.0	0.0	Run west on the path from the car park to a track junction south of Butter Hill. Turn left here and follow the path to the road and pub at Countisbury. Cross and follow the footpath south downhill and into Horner's Neck Wood until you reach the riverside path. Turn left and follow the East Lyn River to a footbridge at Rockford.
2.7	4.3	Cross the bridge and turn left onto the road, follow this to a right turn onto a footpath at Oaklands. Follow this path uphill through woods to the next lane. Turn left and follow this to a right turn onto a footpath at a sharp bend in the road. Follow the path uphill trending right through Shilstone to the trig point on Shilstone Hill.
4	6.5	Follow the path over the hill and then turn left cutting the corner and missing the road at Dry Bridge. Turn left onto the bridleway and stay right at the next fork. Take the next right down to Lankcombe Ford and follow the bridleway down hill in a south-eastern direction to Badgworthy Water.
6.8	10.9	Turn left following the path down the river to a footbridge at Cloud Farm. Cross and turn left following the farm track down to the road at Malmsmead.
9.1	14.7	Turn right onto the road then left on a bridleway across Oare Water and left on the Coleridge Way along its northern bank. Follow this to a path junction shortly before the river bends left. Turn right and head steeply uphill to County Gate car park and the A39.
10	16	Cross carefully and follow the path north, joining the South West Coast Path and following it west through the Glenthorne Plantations, Chubhill Wood and Gurney's Wood onto coastal moorland at Kipscombe. Leave the SWCP and turn right onto a track down hill to the lighthouse at Foreland Point. Follow the path around this headland and uphill to Butter Hill. Turn left here and return to the start.