

23 Golden Cap

Distance **4.5 miles/7km**

Ascent **406 metres**

Start/finish **The Anchor Inn, DT6 6JU**

Join the South West Coast Path west from Seatown, forking R at about ½ a mile uphill towards Langdon Hill Woods. Turn R at the south-west corner of woodland and follow the path uphill to a forest track, turn R onto this around to the Langdon Hill car park (1.3 miles/2.1km). Take the track through the top of the car park and around the northern end of the wood, turn right at SY 409930 and pick up a footpath south-west past Filcombe Farm then generally south-west to the coast path near St Gabriel's Mouth (2.7 miles/4.3km). Turn L onto the coast path and back to the start.

Miles	Km	Directions
0.0	0.0	Join the South West Coast Path heading west from Seatown, forking right at about ½ a mile and heading uphill towards Langdon Hill Woods. Turn right at the south-west corner of woodland and follow the path uphill to a forest track, turn right onto this and follow it around to the National Trust Langdon Hill car park.
1.3	2.1	Continue on the track north and then curving around the top of the woods to a path junction above Filcombe Farm. Turn right onto this footpath heading south-west downhill past the farm and continuing south-west through St Gabriel's Wood and down the stream to reach the South West Coast Path inland of St Gabriel's Mouth.
2.6	4.2	Turn left onto the coast path and follow it east over Golden Cap and down towards Seatown and the start.