

## **A SELECTION OF TRAIL RUNNING ROUTES IN NORTH/MID DEVON & WEST SOMERSET.**

**A selection of thirty six trail running routes ranging from 2.0 to 26.2 miles. These routes should provide a few ideas for those of you wanting to explore the trails in North & Mid Devon and West Somerset.**

**Some of these are easy tracks and others are very challenging and exposed. It's up to you to look at the routes and approximate distances and decide if it's the right thing for you. A good grasp of basic navigation skills (including GPS / map and compass) are needed for many of these routes, particularly more exposed routes on high ground in 'bad' weather. On challenging routes and in difficult conditions it is advisable to run with a 'buddy'. Inexperienced or less confident runners should run with other experienced runners where appropriate.**

**The relative elevation change throughout each route is provided for info. The routes include full off road trails [trail], mixed trail with some road sections [trail mixed] and a few with relatively long sections of road [trail + road] as identified by the brackets. For the more adventurous types, some of these routes are suitable for after dark exploration with a reasonable head torch and at least one running buddy (preferably a small group).**

**Most of the routes are 'circular' or 'out and back', measured from a start/finish point identified on the map by a red circle. There are a few exceptions that are one way only, where it is possible to drop a car at one end, get a lift or in some cases use public transport. Many of the routes are open to modification/interpretation, particularly where they cross open access or forestry land where there are alternative paths.**

**If you haven't already, I hope these help inspire you to get out and explore a bit more of the lovely Devon countryside! ☺**

**Any questions, feedback or route-finding tips please let me know.**

## The routes:

### *2 – 5 miles:*

1. 2.0m Wistlandpound Reservoir [trail]
2. 2.6m Heywood (nr. Eggesford) [trail]
3. 4.5m Croyde Bay – Putsborough – Baggy Point [trail mixed]
4. 4.55m Croyde Bay – Saunton – Croyde [trail mixed]
5. 4.6m Coombe Martin – Little & Great Hangman [trail]
6. 4.8m Hilltown Wood (nr. Eggesford) [trail]
7. 4.9m Clatworthy Reservoir [trail mixed]

### *5 – 8 miles:*

8. 5.0m Bishop's Tawton – Codden Hill - Landkey [trail mixed]
9. 5.2m Wistlandpound – Hunnacott [trail]
10. 5.8m Sandy Lane Car Park – Saunton Beach – Crow Point [trail]
11. 5.9m Simonsbath – Withypool (One Way!) [trail + road]
12. 6.25m Simonsbath – Picked Stones – Cow Castle [trail]
13. 6.3m Bampton Quarryman's Trail [trail mixed]
14. 7.2m Withypool – Tarr Steps [trail]
15. 7.8m Wimbleball Reservoir [trail mixed]

### *8 – 10 miles:*

16. 8.0m Views of Clatworthy Reservoir [trail mixed]
17. 8.0m Withypool – Tarr Steps [trail]
18. 8.2m Simonsbath – Picked Stones – Lanacre – Cow Castle [trail]
19. 8.3m Withypool – Tarr Steps – round Withypool Hill [trail mixed]
20. 8.4m Molland – Hawkridge – West Anstey Common [trail]
21. 8.9m Hawkridge – East Anstey – West Anstey [trail mixed]
22. 9.15m Woolacombe – Baggy Point – Croyde Bay [trail]
23. 9.2m Sandy Lane Car Park – Saunton – Saunton Beach – Crow Point [trail]

### *10 – 13.1 miles:*

24. 10.0m Dulverton – East Anstey – West Anstey [trail mixed]
25. 10.1m Withypool – Dulverton (One Way!) [trail mixed]
26. 10.6m Pinkery & The Chains [trail]
27. 10.7m Extended 'Views of Clatworthy Reservoir' [trail mixed]
28. 11.0m Grand Western Canal: Tiverton – Beacon Hill (One Way!) [Trail]
29. 11.2m Hawkridge – Dulverton – Waddicombe [trail mixed]
30. 12.7m Wimbleball – Ford Bury – Haddon Hill [trail mixed]

### *13.1 – 26.2 miles:*

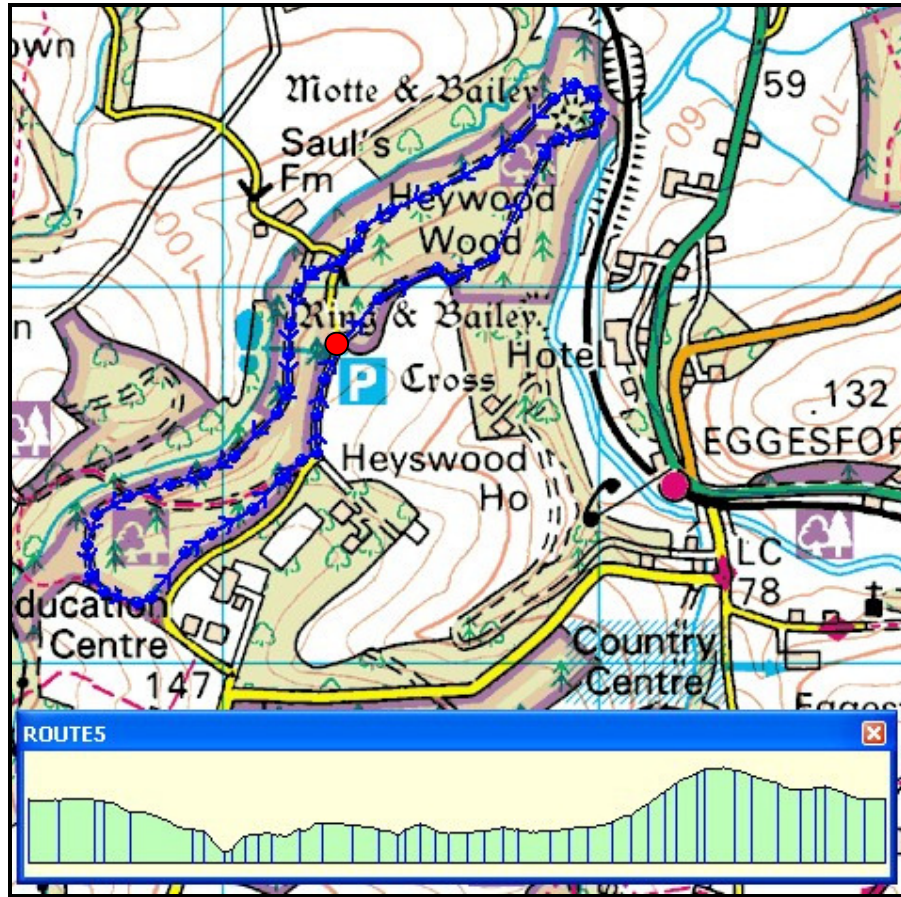
31. 13.1m North Devon Half Marathon [trail mixed]
32. 13.1m North Devon Marathon: 2<sup>nd</sup> Half [trail mixed]
33. 14.1m Porlock Weir – Lynmouth [trail]
34. 17.4m Simonsbath – Alderman's Barrow – S.Common – Badgeworthy Water – Lanacombe [trail mixed]
35. 26.2m North Devon Marathon [trail mixed]
36. 26.2m Quantock Ridgeway [trail]

2 – 5 miles:

1. 2.0m Wistlandpound Reservoir [trail]



2. 2.6m Heywood (nr. Eggesford) [trail]

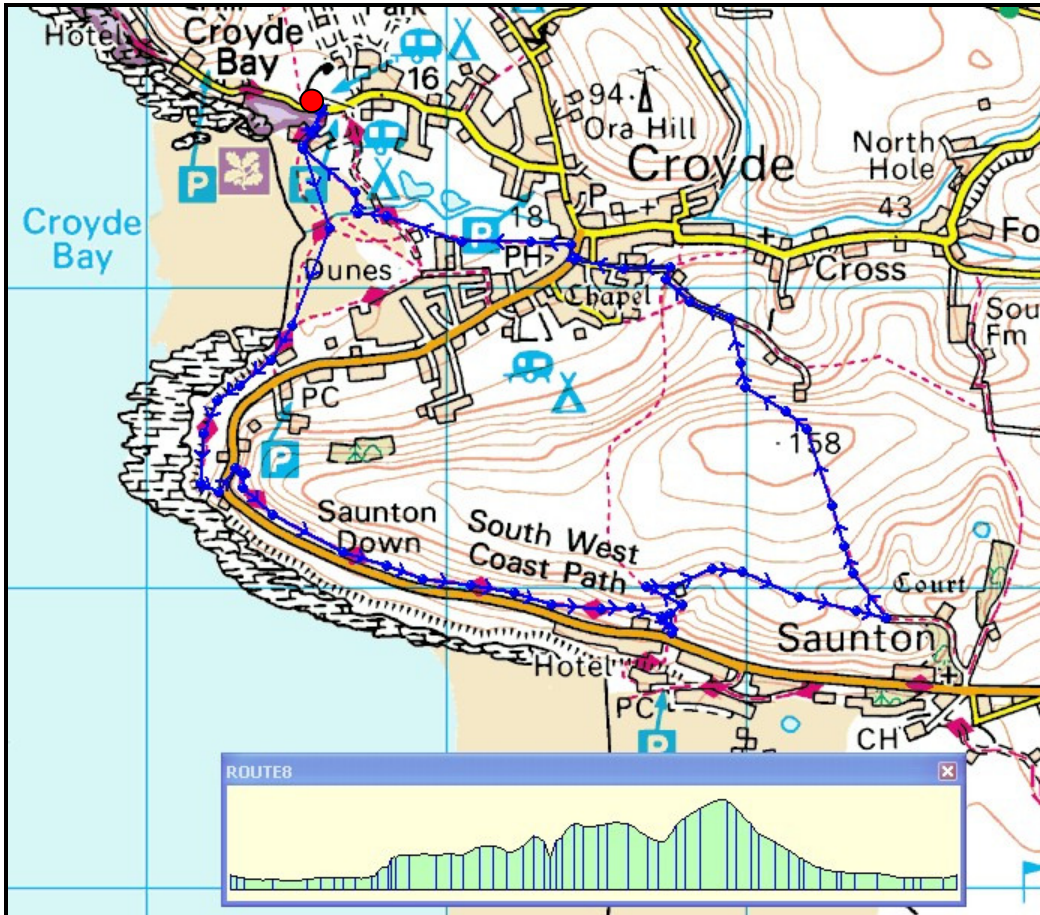




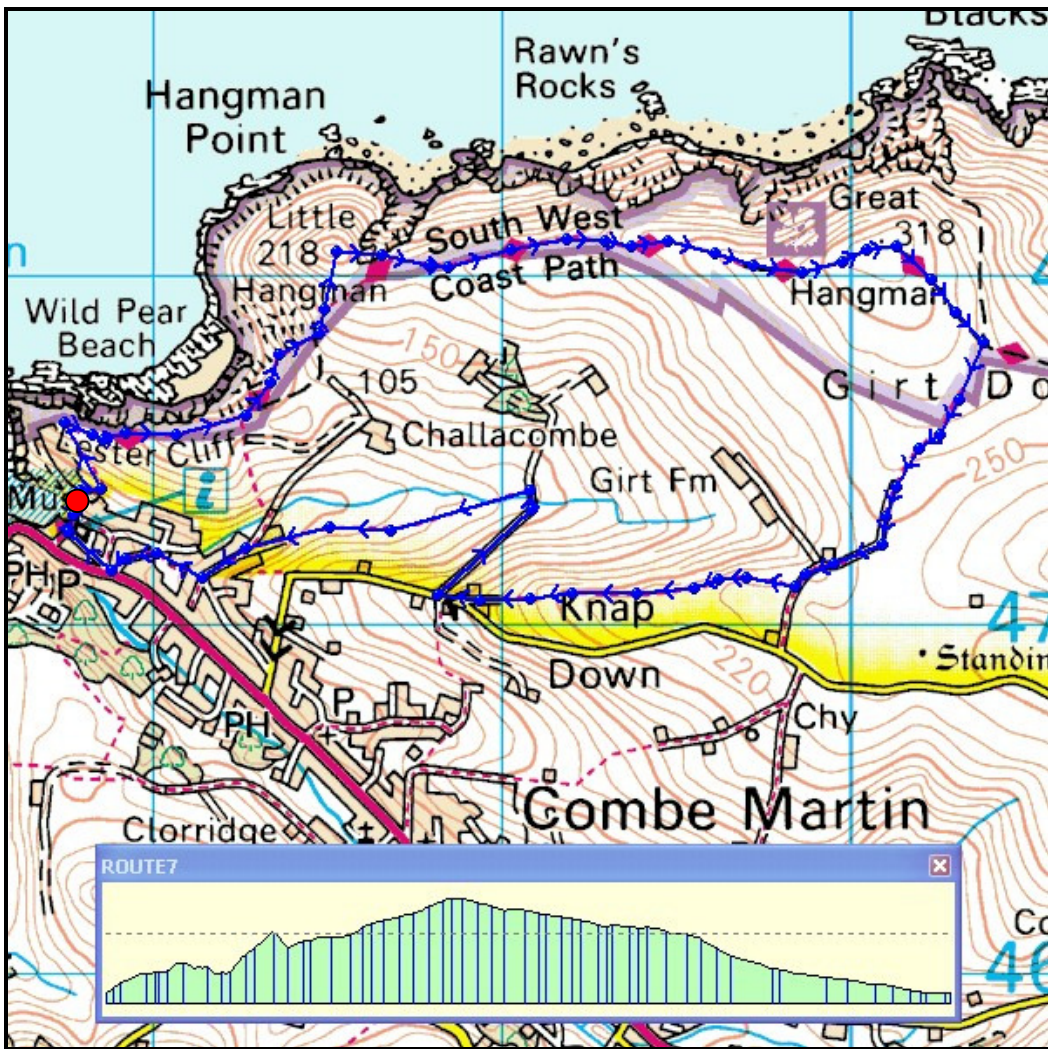
### 3. 4.5m Croyde Bay – Putsborough – Baggy Point [trail mixed]



4. 4.55m Croyde Bay – Saunton – Croyde [trail mixed]

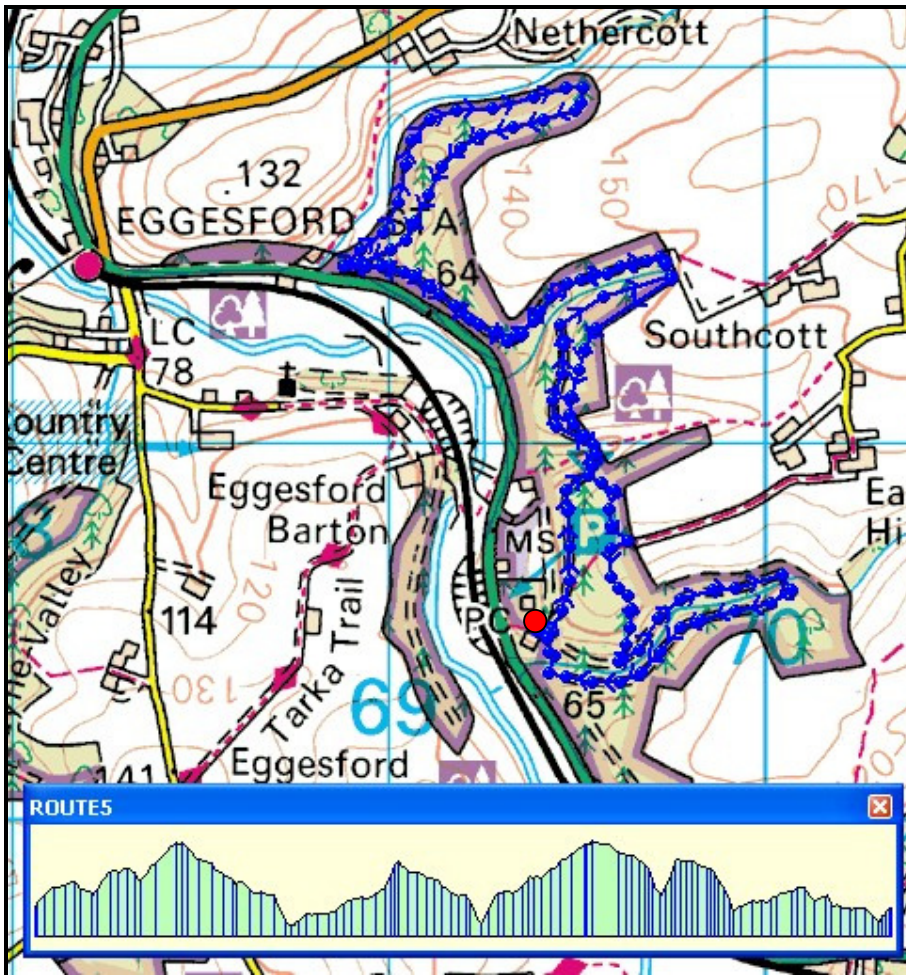


5. 4.6m Coombe Martin – Little & Great Hangman [trail]

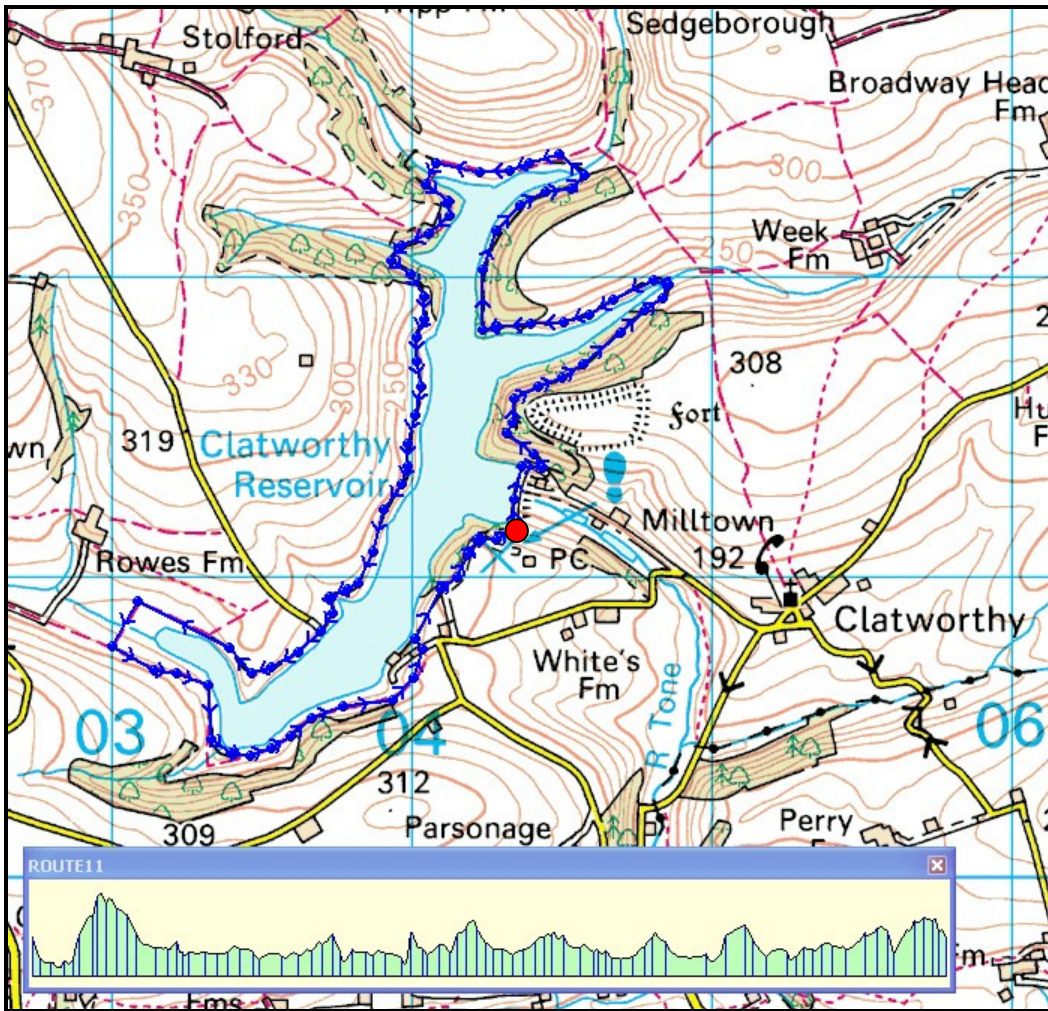




6. 4.8m Hilltown Wood (nr. Eggesford) [trail]



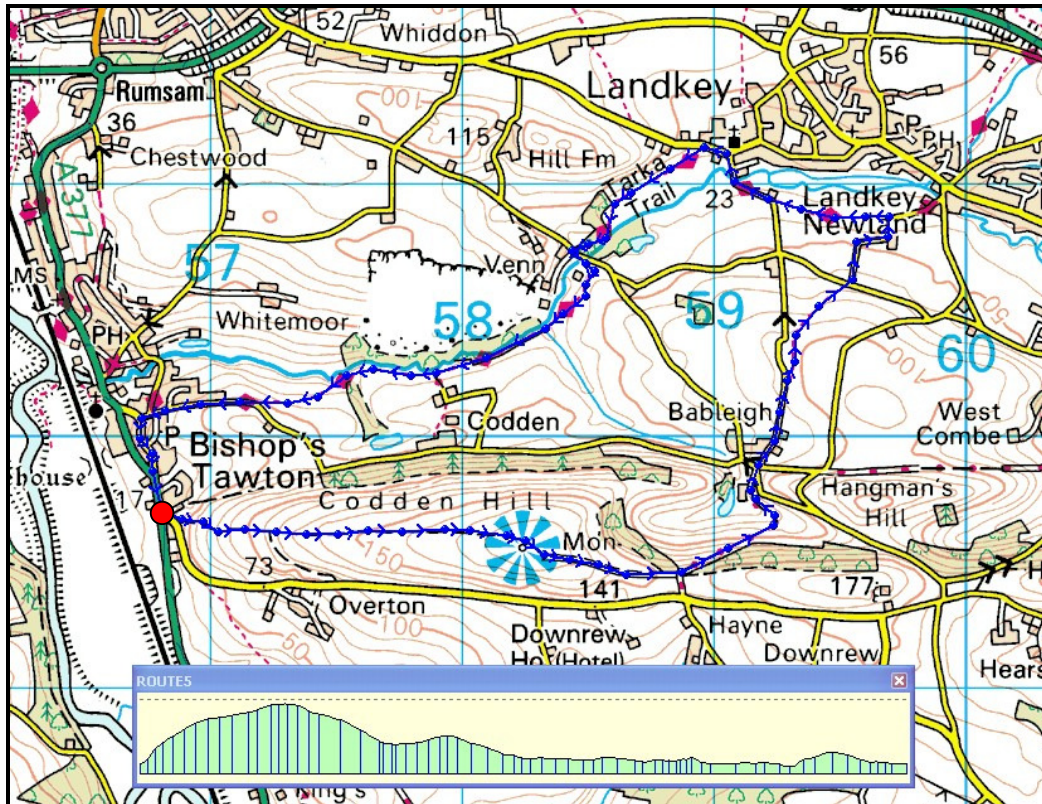
7. 4.9m Clatworthy Reservoir [trail mixed]



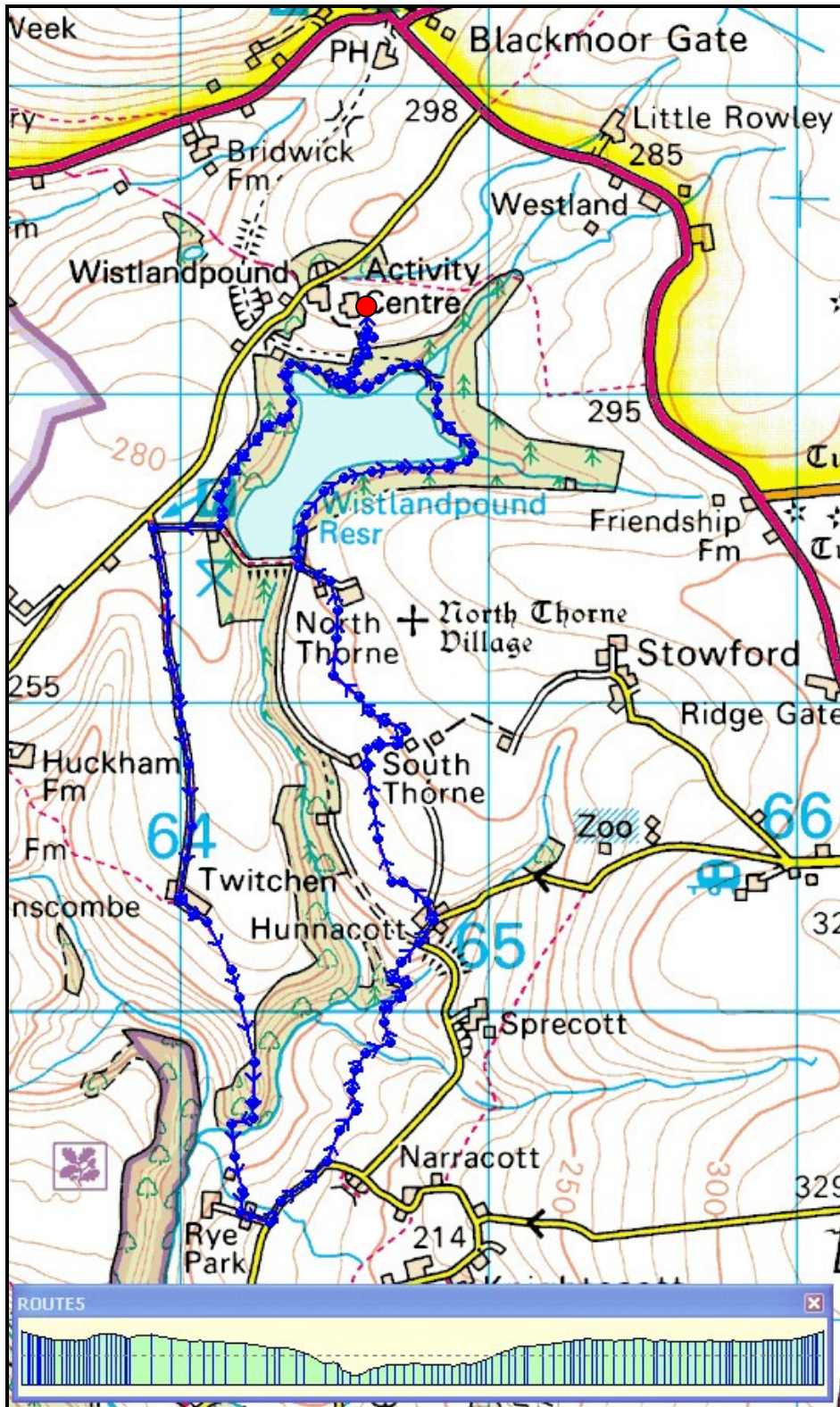


5 – 8 miles:

8. 5.0m Bishop's Tawton – Codden Hill - Landkey [trail mixed]



9. 5.2m Wistlandpound – Hunnacott [trail]

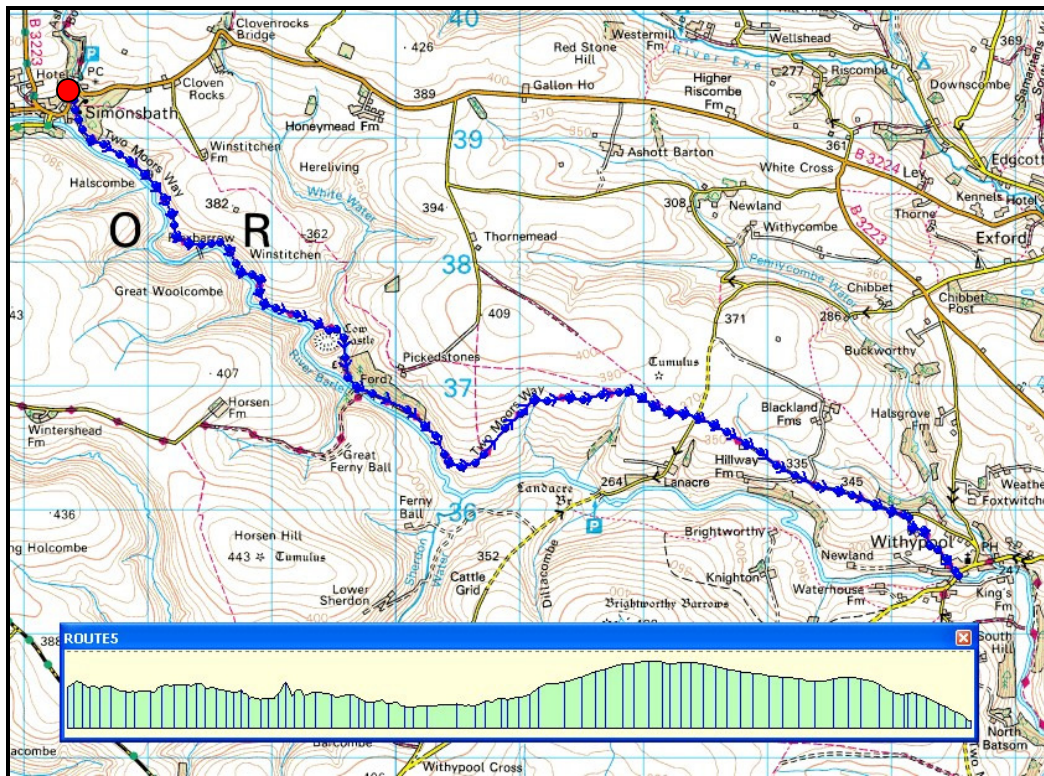




### 10. 5.8m Sandy Lane Car Park – Saunton Beach – Crow Point [trail]

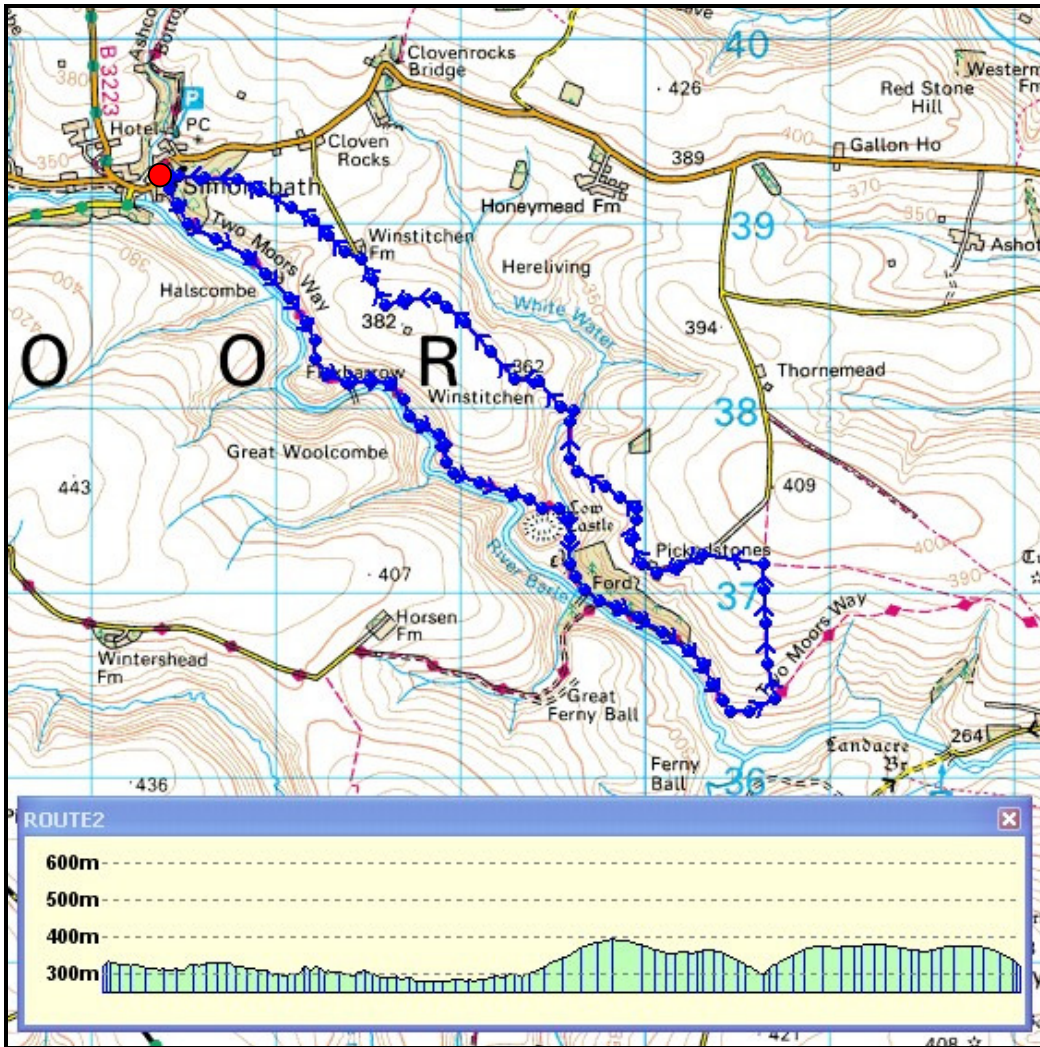


### 11. 5.9m Simonsbath – Withypool (One Way!) [trail + road]



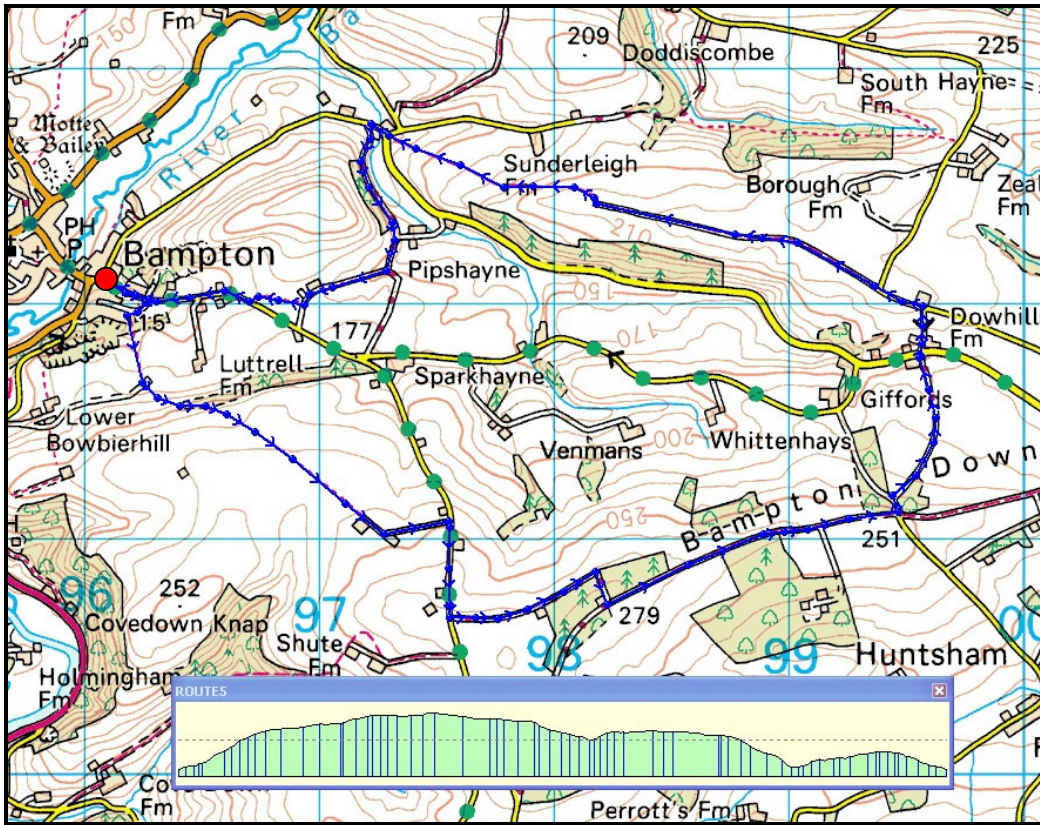


12. 6.25m Simonsbath – Picked Stones – Cow Castle [trail]

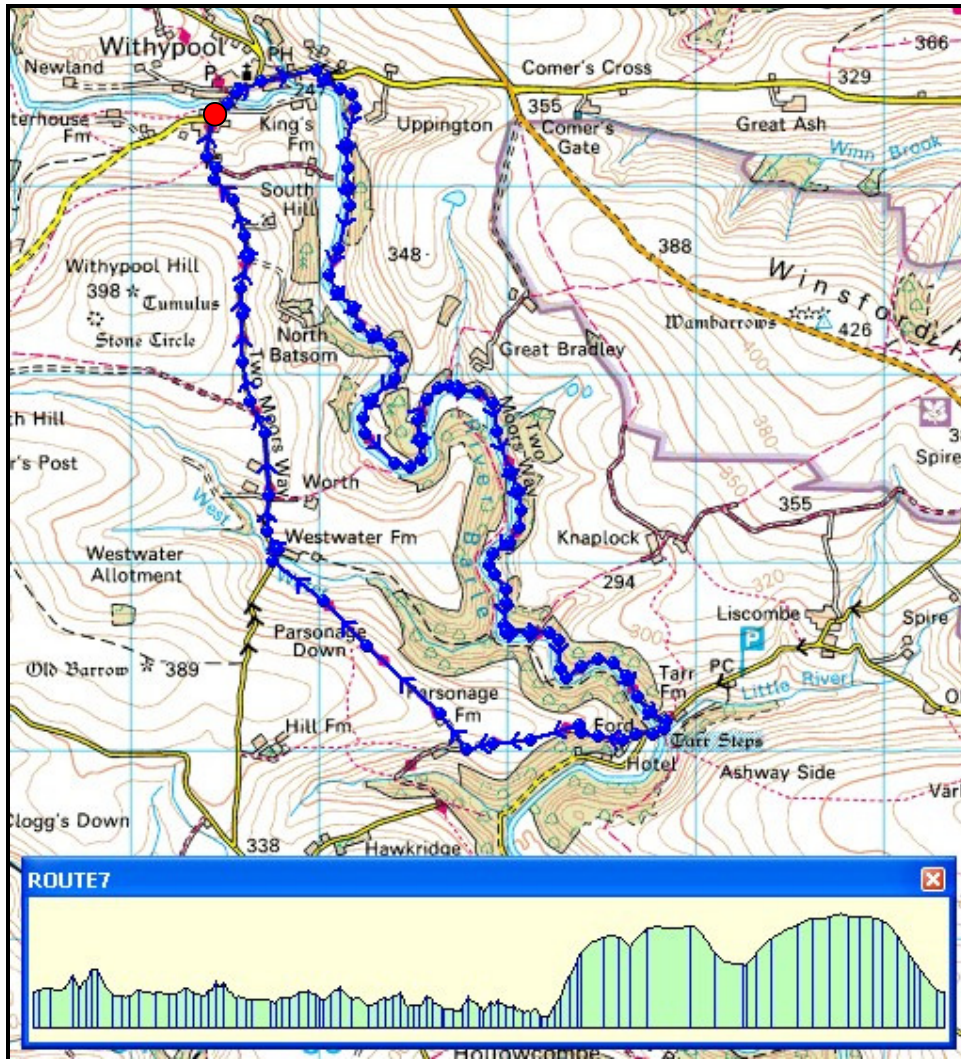




### 13. 6.3m Bampton Quarryman's Trail [trail mixed]

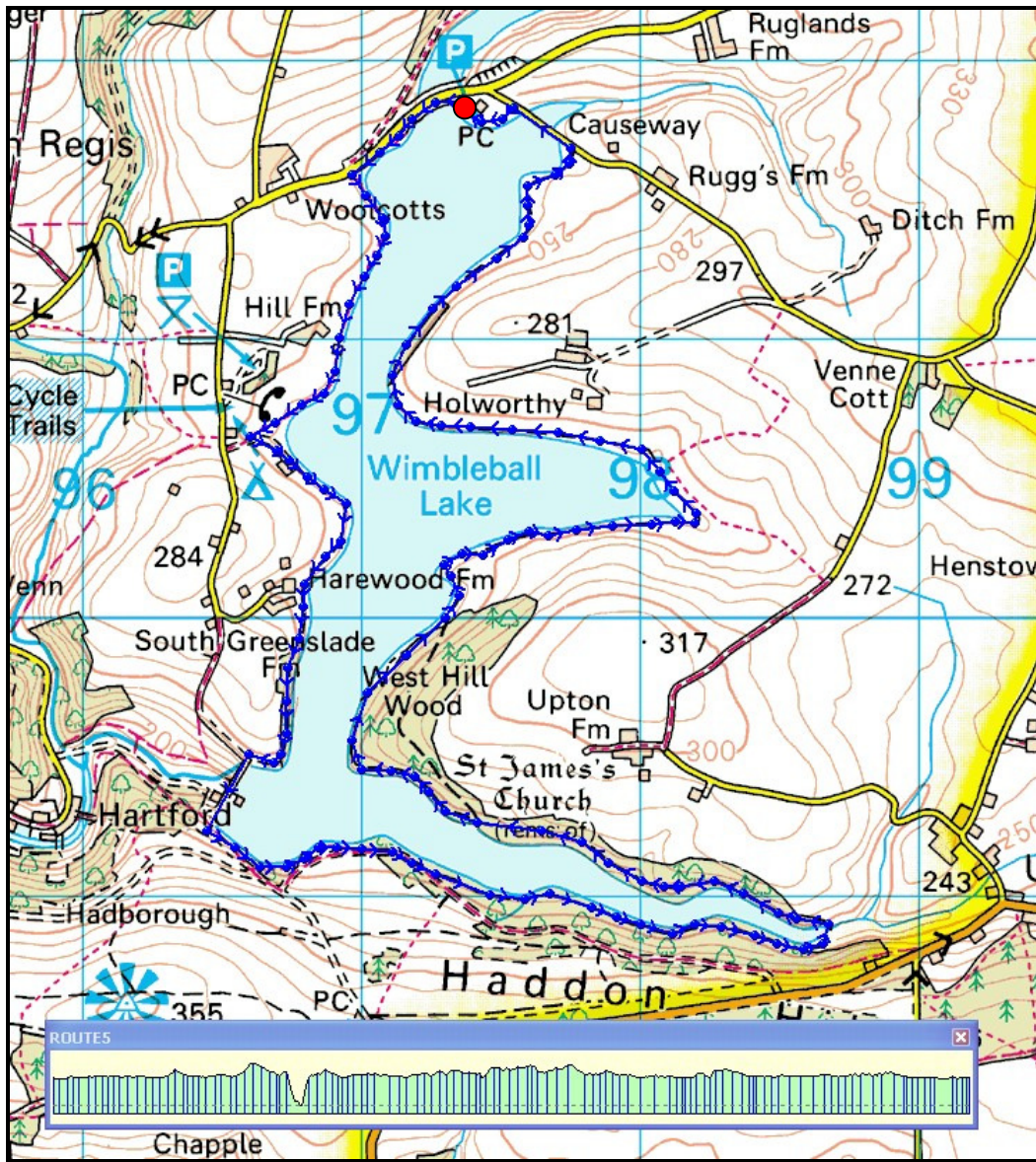


### 14. 7.2m Withypool – Tarr Steps [trail]





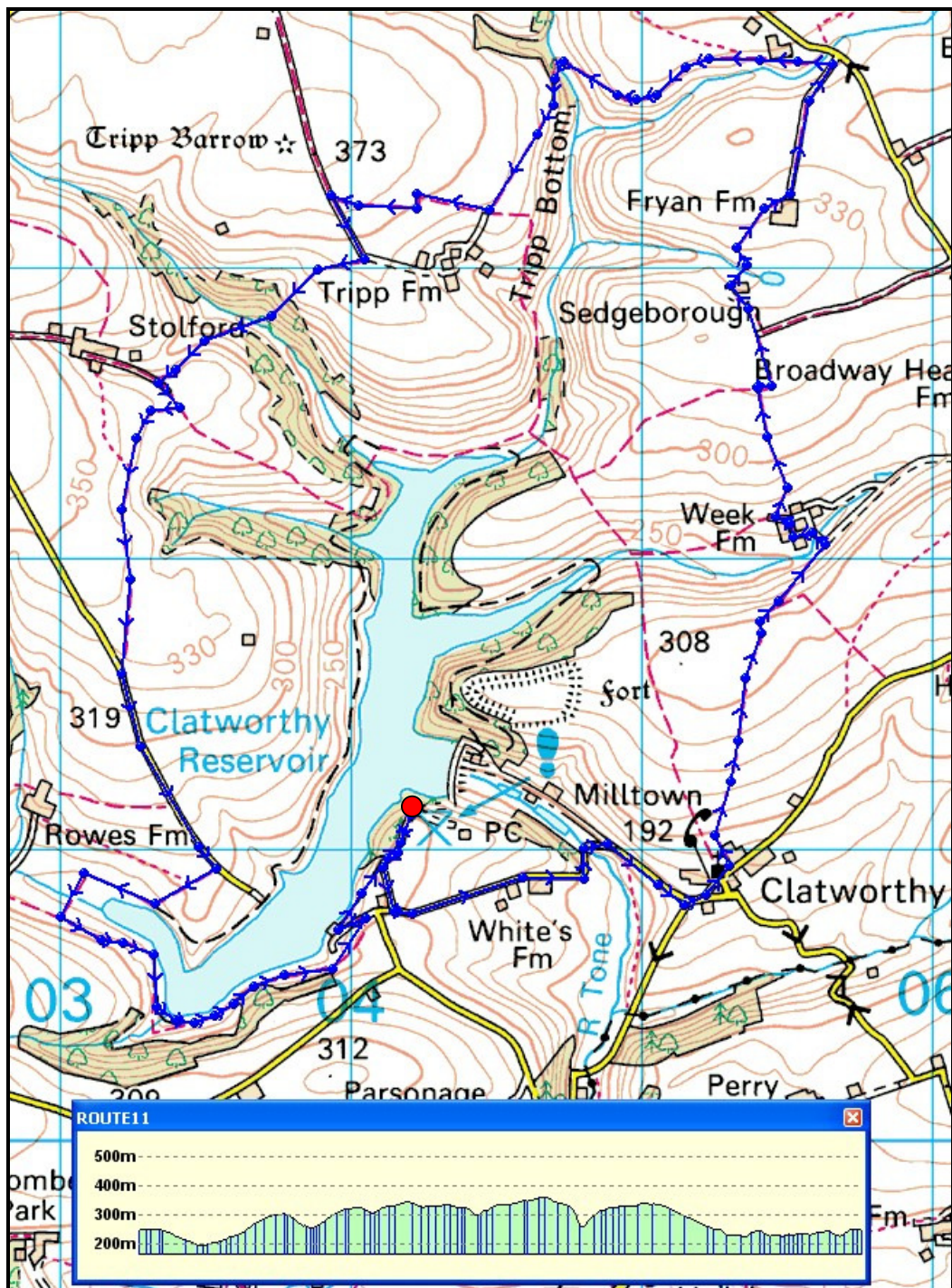
15. 7.8m Wimbleball Reservoir [trail mixed]





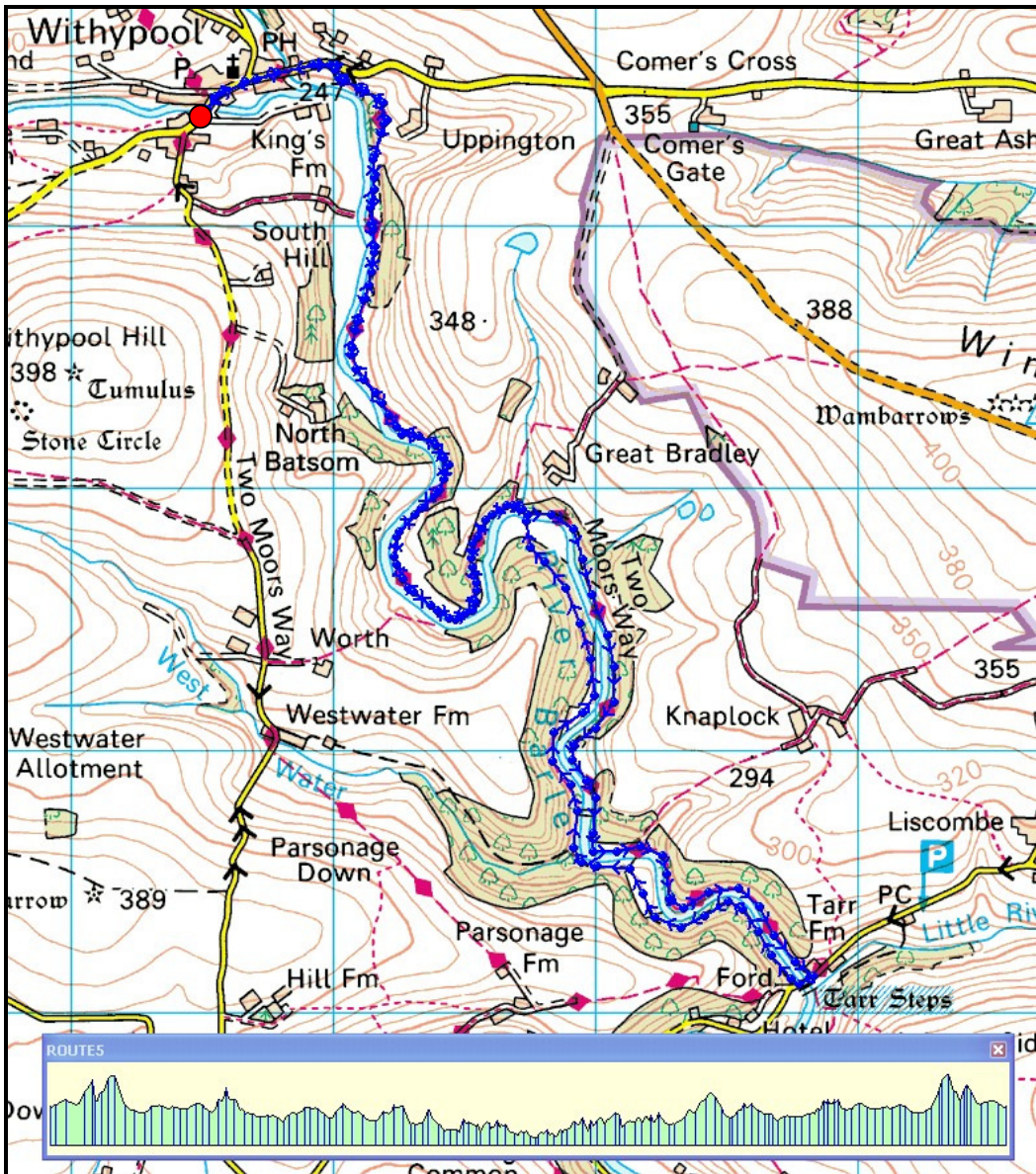
8 – 10 miles:

16. 8.0m Views of Clatworthy Reservoir [trail mixed]



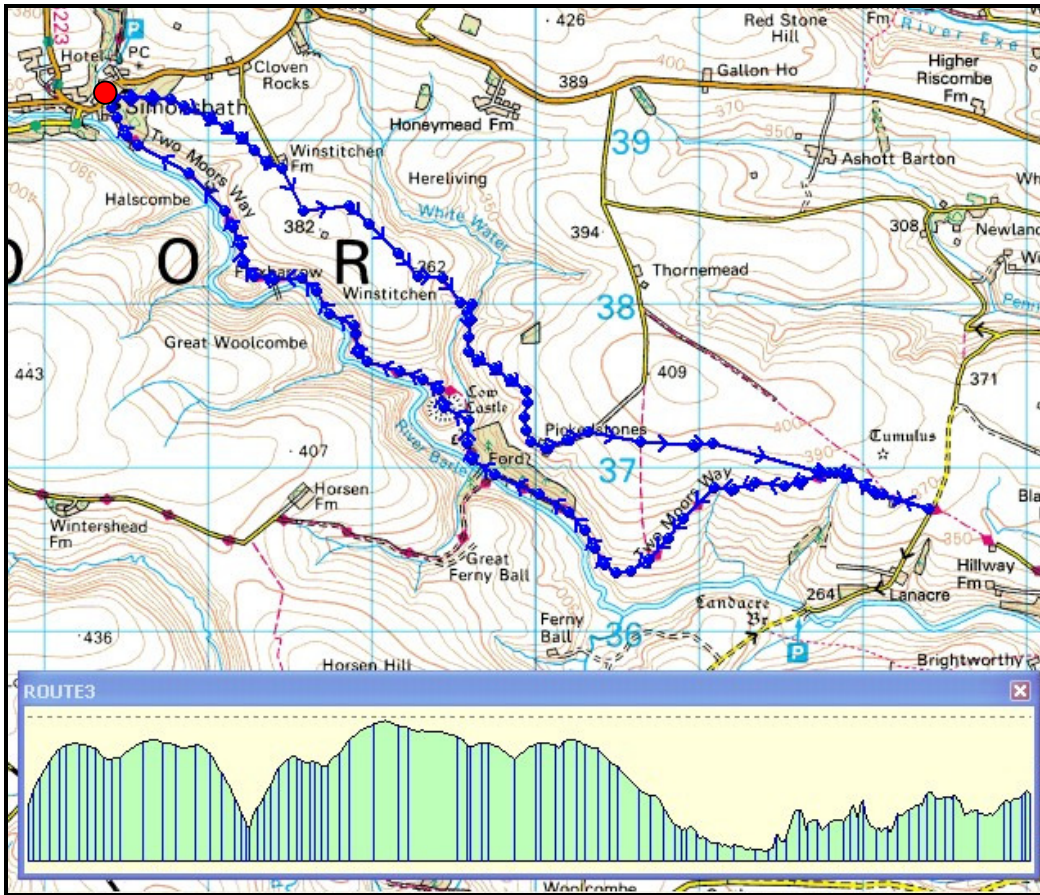


17. 8.0m Withypool – Tarr Steps return [trail]

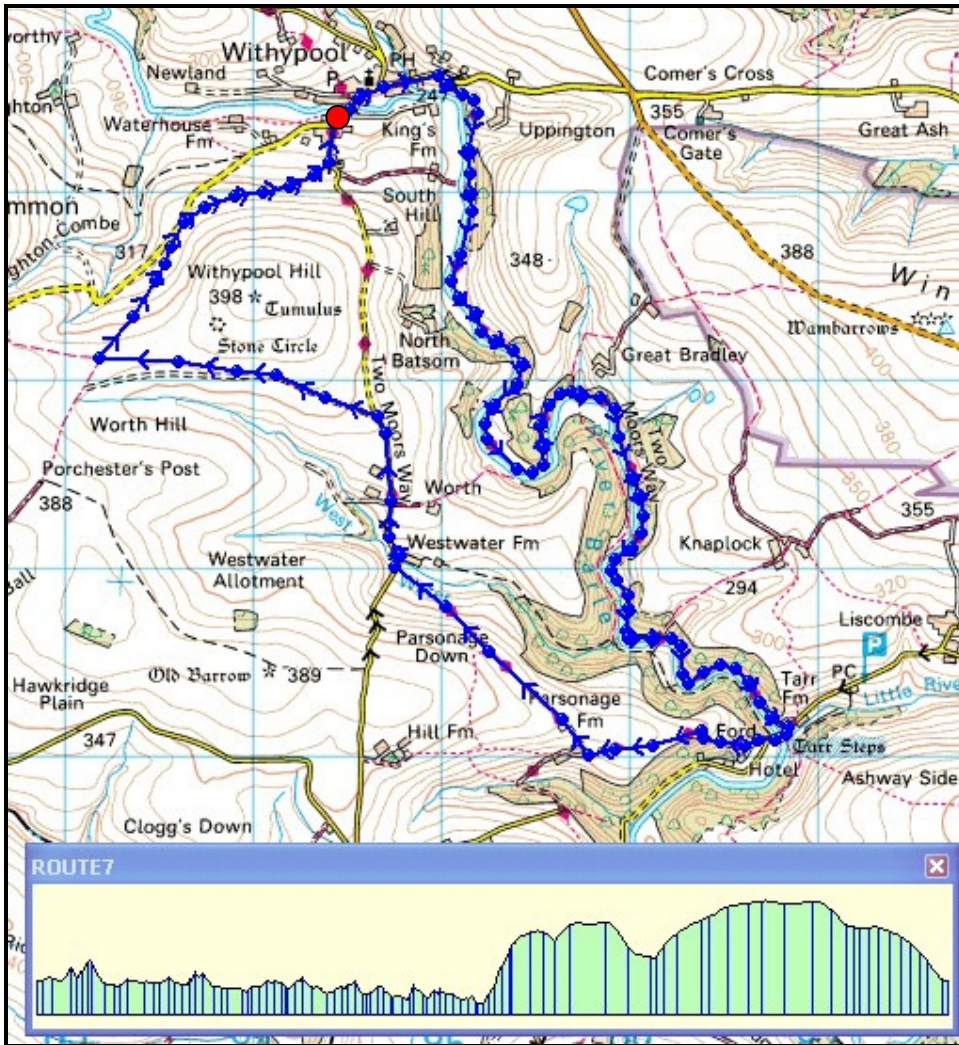




18. 8.2m Simonsbath – Picked Stones – Lanacre – Cow Castle [trail]

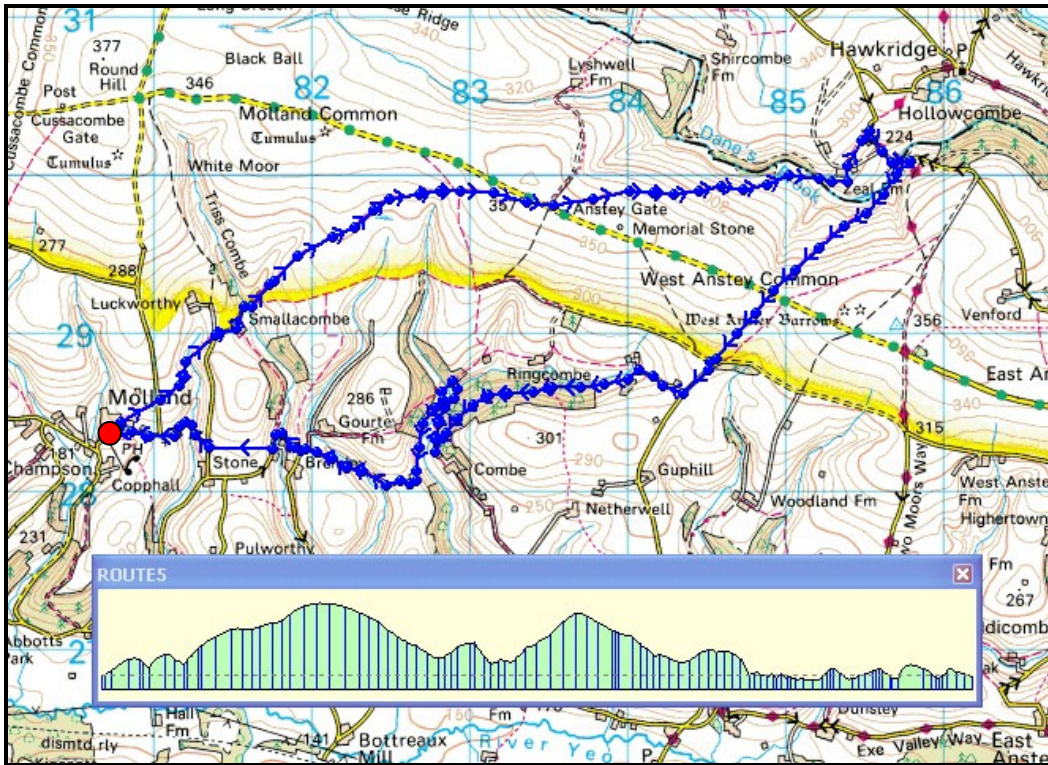


19. 8.3m Withypool – Tarr Steps – round Withypool Hill [trail mixed]





### 20. 8.4m Molland – Hawkridge – West Anstey Common [trail]

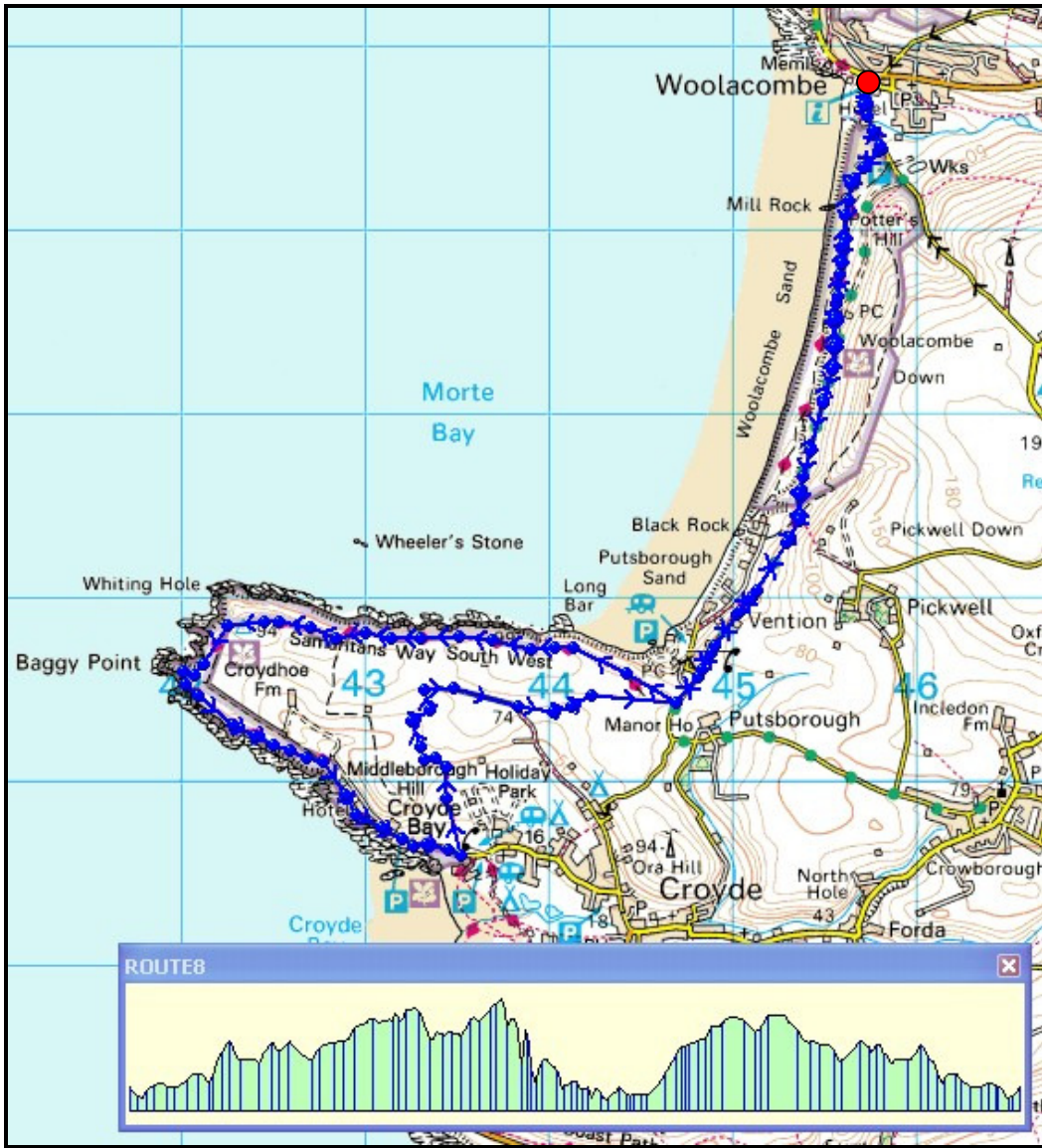


21. 8.9m Hawkridge – East Anstey – West Anstey [trail mixed]





22. 9.15m Woolacombe – Baggy Point – Croyde Bay [trail]



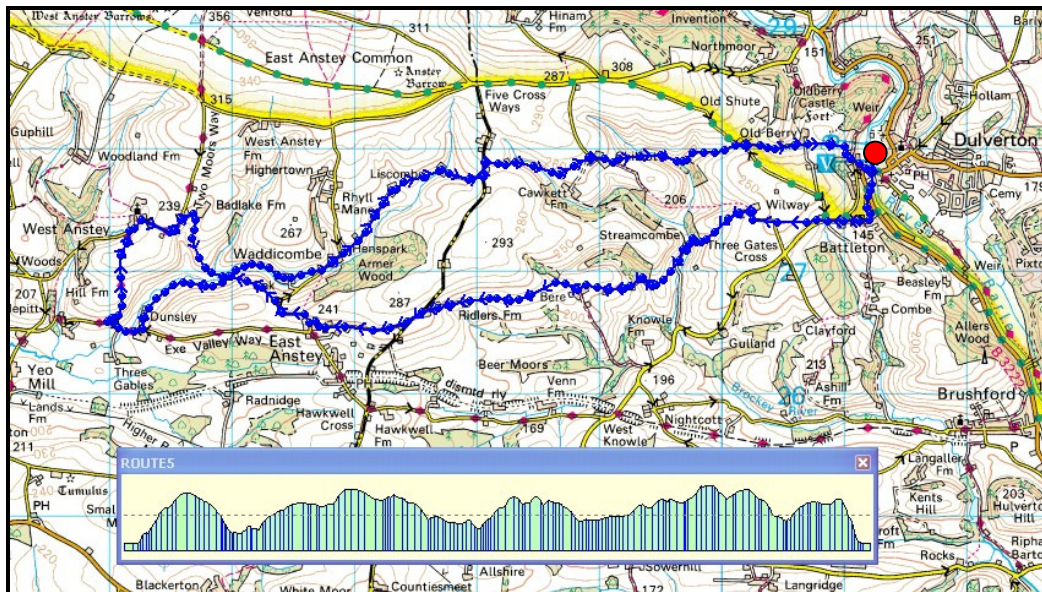


23. 9.2m Sandy Lane Car Park – Saunton – Saunton Beach – Crow Point  
[trail]



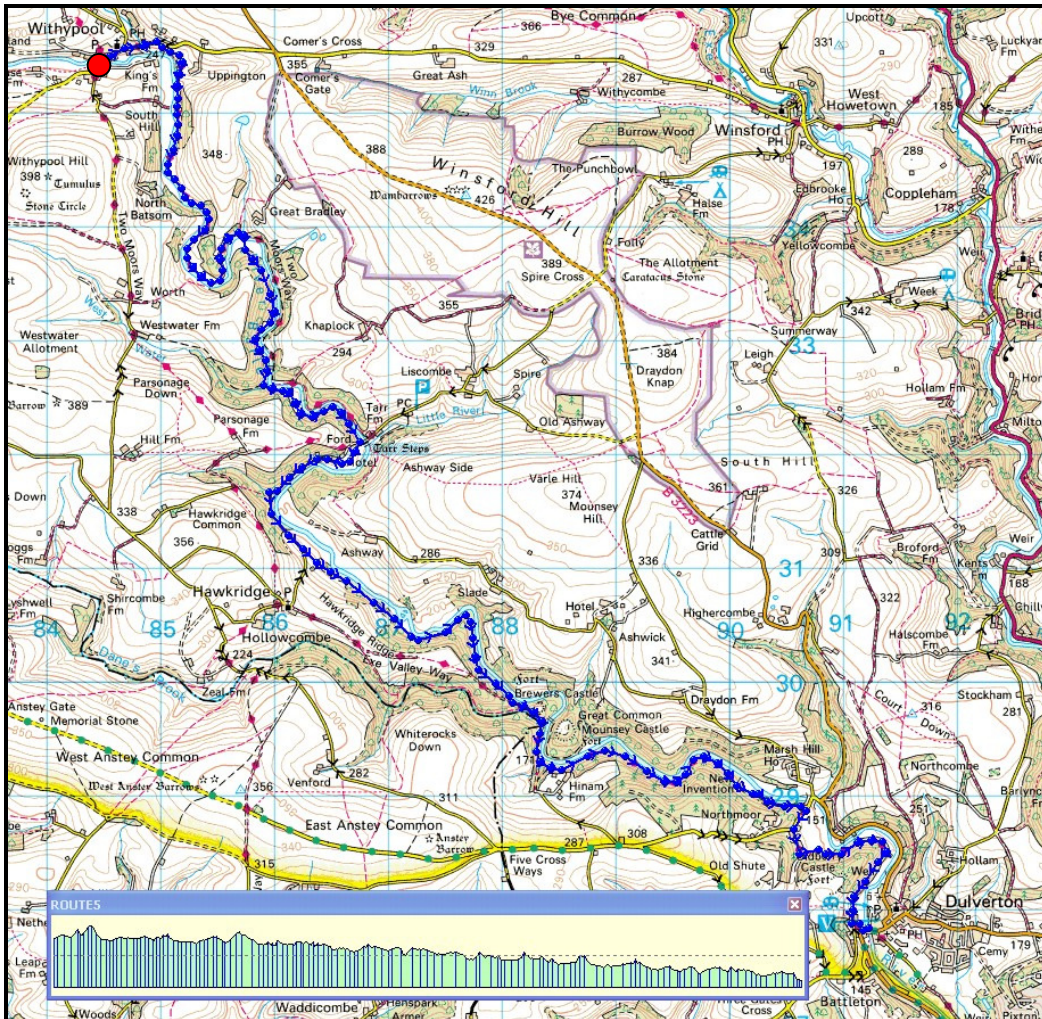
10 – 13.1 miles:

24. 10.0m Dulverton – East Anstey – West Anstey [trail mixed]



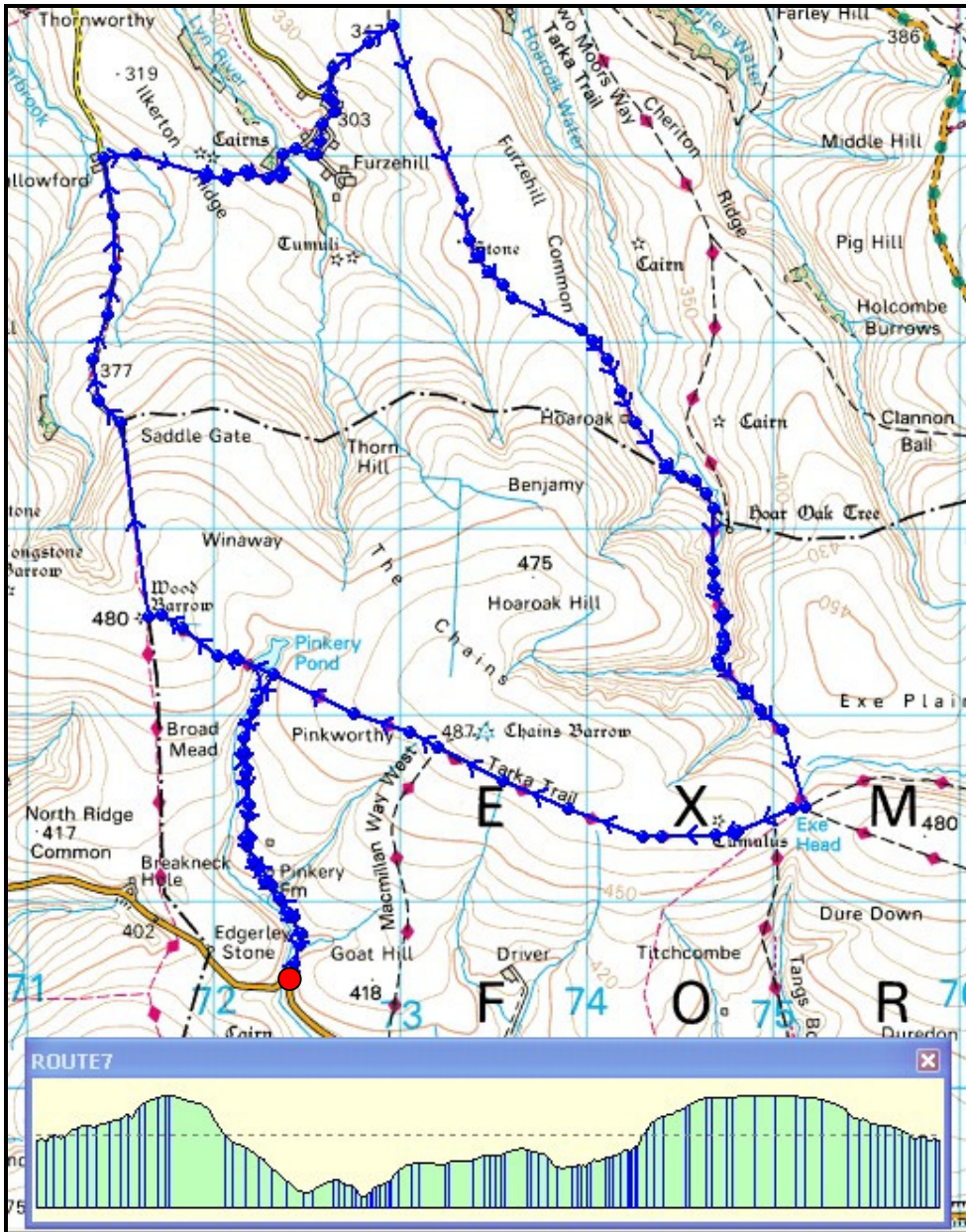


### 25. 10.1m Withypool – Dulverton (One Way!) [trail mixed]





### 26. 10.6m Pinkery & The Chains [trail]

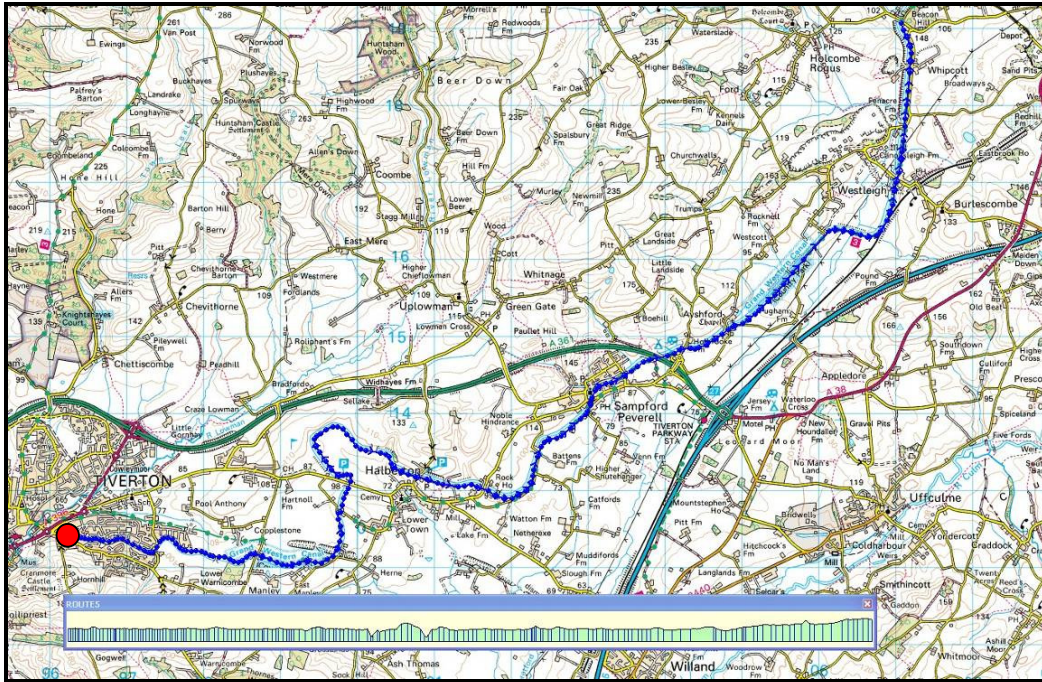


27. 10.7m Extended 'Views of Clatworthy Reservoir' [trail mixed]

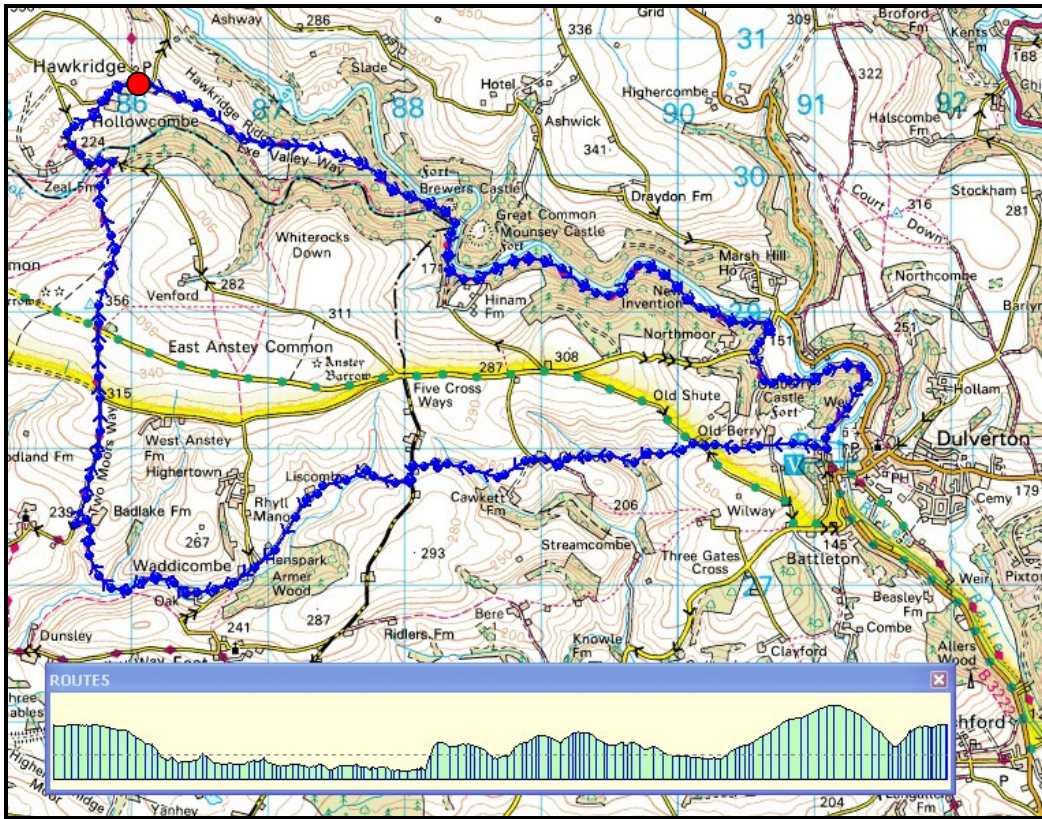




28. 11.0m Grand Western Canal: Tiverton – Beacon Hill (One Way!) [Trail]

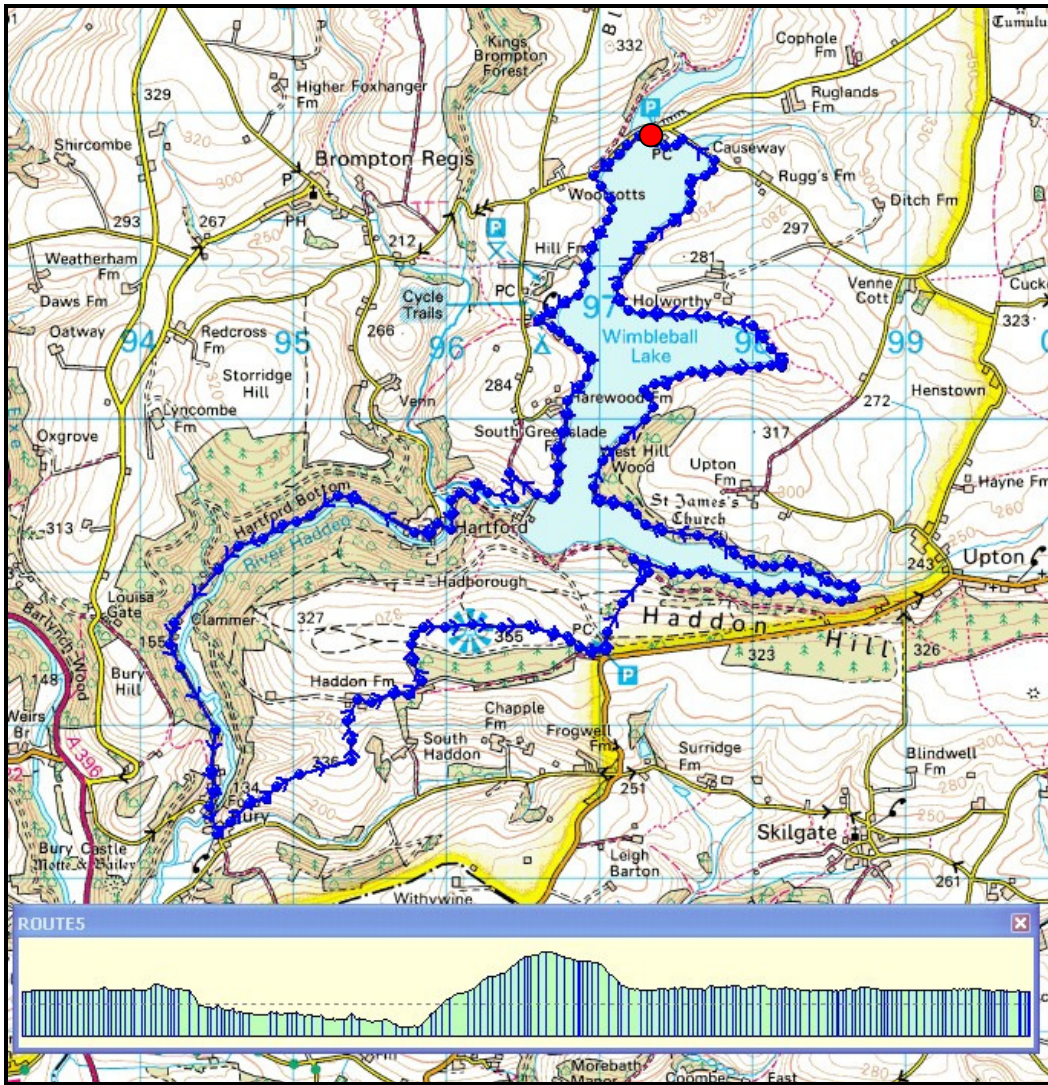


29. 11.2m Hawkrigde – Dulverton – Waddicombe [trail mixed]





30. 12.7m Wimbleball – Ford Bury – Haddon Hill [trail mixed]



13.1 – 26.2 miles:

31. 13.1m North Devon Half Marathon [trail mixed]





### 32. 13.1m North Devon Marathon: 2<sup>nd</sup> Half [trail mixed]



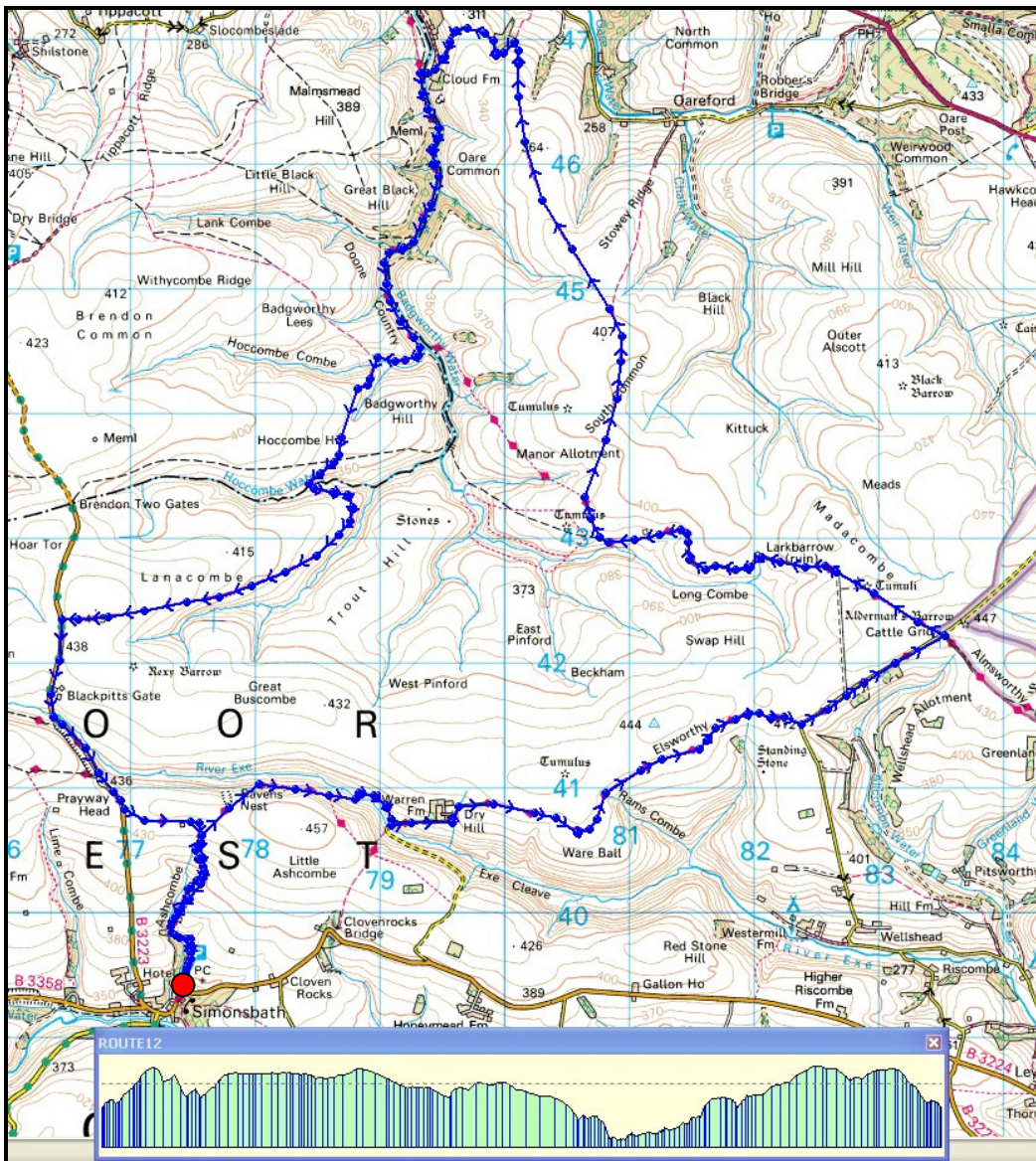
### 33. 14.1m Porlock Weir – Lynmouth [trail]



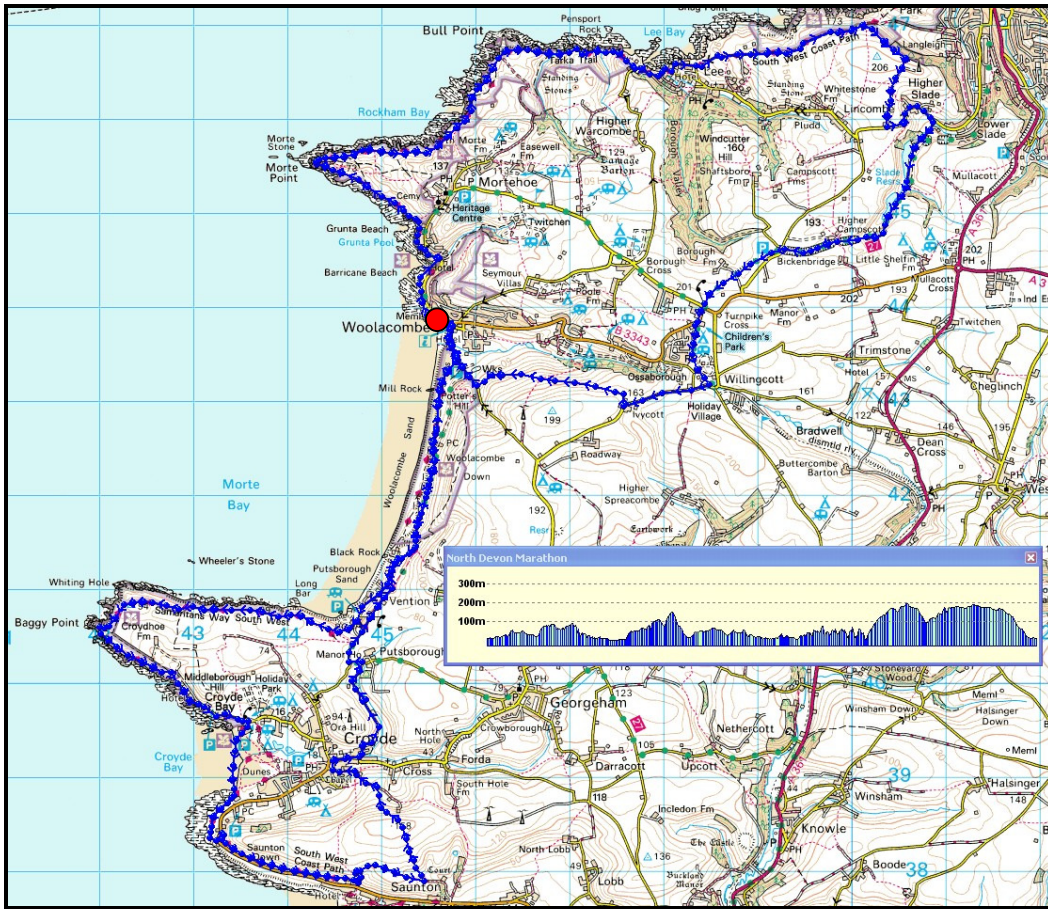
Note: Elevation plot is in reverse direction to route.



34. 17.4m Simonsbath – Alderman’s Barrow – S.Common – Badgeworthy  
Water – Lanacombe [trail mixed]



### 35. 26.2m North Devon Marathon [trail mixed]





36. 26.2m Quantock Ridgeway: North Petherton – Holford Combe [trail]

