



# South West Coast Path

Teignmouth to Dawlish

Distance: 3 Miles

Difficulty: ●●○○○

OSMaps: Landranger192/OL 44

This walk is fairly flat to begin with but becomes hilly in the latter stages.

## The Walk

The walk begins on Teignmouth sea front. While facing the sea turn left and you will arrive at the sea wall carrying the main line railway. Follow the railway track past **Sprey Point** for approximately 1½ miles as far as the tunnel. At this point you will need to walk down the steps and go under the railway line and follow the path up the road which is called **Smugglers Lane**. (Please note that you may be unable to use these steps at high tide.) When you reach the main road turn right. Keep an eye out for **Windward Lane** on your right, bear left and take the path over the stile. After a field section you are back on the road, but immediately take the **Old Teignmouth Road** until you reach the main road again. Turn right and enter **Lea Mount Park**. Walk to the end of the park. When you come to some railings follow the zigzag path down until you rejoin the sea wall at **Boat Cove**. Follow the sea wall into the centre of Dawlish.

## Getting Back

The most scenic way is to take the train back to Teignmouth. The station is on the sea front at Dawlish. Trains run at least hourly to Teignmouth, however, this is less frequent on Sundays. If the train is not convenient, there are bus services (Stagecoach 2 and 22) which run back to Teignmouth,

Newton Abbot TIC: 01626 215667

Dawlish TIC: 01626 215665



12/06/17

*Whilst every care has been taken in compiling this list, no responsibility can be taken for errors or omissions.*