

Albany House in Salcombe

Welcome to Albany House. And welcome back if you are one of our increasing number of regulars!

We have put together this folder with the aim of making your stay as straightforward as possible. Whenever we upgrade or replace equipment, as we do most years, the instruction manuals seem to get more and more complicated - maybe that's just us getting older, but technology has played its part too! So, even if you have stayed before, please spend a few minutes reading through the information in this folder as it should help you get used to anything unfamiliar.

We have also included information on local pubs and restaurants, which you may need to book in advance, especially in July and August. Our favourite walks are also here – feel free to take a copy with you.

Please take time to visit our own website – albanyhousesalcombe.co.uk – which sets out more information about Albany House, including its history, and photos of the three apartments and the garden. We value your feedback after your stay, so please let us have your comments – good and bad – via the website, Coast and Country Cottages or the guest comment book provided.

If you are staying for more than one week, remember that you are entitled to a full clean and change of bed linen and towels each Friday. Please leave a note for Lisa, who runs LA Cleaning, if you do not wish to have this service.

We hope you enjoy your stay.

Richard and Carolyn Bawden

Albany House in Salcombe

Flat 1 information

Website	www.albanyhousesalcombe.co.uk
Address	Flat 1, Albany House, Allenhayes Road, Salcombe, Devon, TQ8 8HT
Telephone	01548 842789
Wi-Fi	BTHub6-765F; access code: bvDqP4yhU7Xd



"You'll never take off flapping like that" – meet our annual neighbours between May and July.

Flat 1, Albany House

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Keeping watch – the great bear.

Flat 1, Albany House

On arrival

Parking: The parking area to the left and front of Albany House is for all three flats to share. Please park as far off the road as possible to allow access to the space in front of the house.

Main front door: Please keep this door locked at all times.

Hot water and central heating: Hot water is heated as it's drawn so will not run out, but running a bath may disrupt the flow elsewhere.

The central heating is set to 'On' on the boiler – please don't adjust this setting. Heating should be controlled via the thermostat on the landing wall outside the bedrooms, together with individual radiator thermostats. On departure, please leave the thermostat on the landing at 10 degrees.

Bathroom heated towel rails: These should be off when you arrive and, if you are using the central heating regularly, should not be needed as the central heating system includes the towel rails. The heated towel rails are switched on by pressing the central button on the control unit under the radiator.

Bathroom under floor heating: On arrival, the under floor heating should be off (the control units outside the bathrooms should be showing a suitcase sign). If you wish to turn the heating on, please open the right hand flap and press the sun button. Please do not adjust the programmed settings. On departure, please turn the heating off again by pressing the suitcase button.

Bathroom radio: The remote should be in the shelving below the basins – bizarrely, the radio comes on after a power cut!

Kitchen taps: These slide towards and away from you.

Fridge: The fridge dispenses filtered water and ice.

Dishwasher: The dishwasher does not need salt or rinse aid – the local water is very soft and the tabs provided are all you need. Please do not use the Economy setting as it is anything but – it just uses less water (not something we have a shortage of!) and carries on for hours, using loads more power. The Quick setting is normally perfectly adequate.

Nespresso machine: Please only use Nespresso (or Nespresso compatible) capsules in the machine. At the end of your stay, please remember to empty and clean the container.

Consumables: On arrival, you should find an ample supply of Fairy Liquid, Finish dishwasher tabs, soap dispensers (in the kitchen and bathrooms) and white and black waste bags. On departure, please leave behind any unused supplies which will be topped up for the next guests.

Velux windows: Please close the Velux windows when you are out – the weather can change very quickly in Salcombe! Unless it is very cold, we recommend the ventilation setting (ie closed but not fully shut). The blind in the window above the stairs is solar powered (just press the up/down arrow once to operate); the other blinds are manual.

Windows and locks: Most of the windows are fitted with window locks, given that the sills are so low. In an emergency, you will find a key in the bedside drawer nearest the window in the double bedroom. In that event, please ensure you re-lock them before you leave.

Owners' cupboards: There are locked cupboards in both the sitting room and the main bedroom, which contain our personal stuff.

Towels: We provide good quality Egyptian cotton bath and hand towels. Please do not take these from the apartment, and please take care with any products you may use. Sadly we have had towels ruined by hair dyes, tanning products and waterproof mascara. LA Cleaning will inform Coast and Country Cottages of any damaged or missing towels so their replacement cost may be recovered from your security deposit.

Flat 1, Albany House

Lighting, phone, Wi-Fi, and music

Lighting: Most of the lights are self-explanatory, except for those in the living room upstairs. The control panel on the right at the top of the stairs is pre-programmed with 4 settings for different 'moods' - just push the buttons to select the lighting you require. The top button provides maximum lighting.

Fuse Box: This is located high on the wall behind the main front door – you will need a chair to reach it. Flat 1's is the larger of the two fuse boxes. Please note that the lighting control panel upstairs may take time to reset itself after a bulb has blown.

Telephone: The telephone accepts incoming and outgoing calls. Feel free to use it for local calls. Any significant BT charges during your stay will be deducted by Coast & Country Cottages from your security deposit.

Wireless internet: Flat 1's wireless broadband network is BTHub6-765F and the access code is bvDqP4yhU7Xd. Capacity is unlimited.

Music: A Bluetooth compatible micro music system is provided – please refer to the instruction booklet in the separate folder. A Bose sound system, linked to the TV and the BT TV and Blu-ray players, is also provided. Please refer to the separate instruction acetate provided.



Flat 1, Albany House

Wi-Fi, Bose sound system and TV equipment

Wi-Fi: Flat 1 is connected to BT Infinity so you should enjoy fast broadband speeds plus HD sports and other channels via the BT YouView box. Use **BTHub6-765F** with access code **bvDqP4yhU7Xd**

Remotes: There are three boxes in addition to the TV, so four remotes to master!

Bose: We recommend you turn the sound down on the TV to zero (not muted) and use the Bose sound system for watching TV and DVDs, as it will deliver a much richer, surround sound. Turn the Bose on with the white Bose remote and ensure it is set to TV. If you wish to play a CD through this system, you will need to select CD/DVD. Otherwise, leave the Bose remote set to TV.

TV and BT YouView: The TV receives Freeview digital TV and radio channels, plus BT sports channels, Sky Sports 1, catch up TV, and On Demand services via the BT YouView box.

TV: It's generally simpler to watch/listen to everything through the BT box, in which case the only reason you'll need to use the Panasonic remote is to turn off the TV! [You can of course get the Freeview TV and radio channels, Facebook, Netflix etc via the TV alone if you prefer, in which case press the TV input button (top right hand corner of the Panasonic remote). Press GUIDE for a listing of all TV and radio channels. Press APPS, and navigate using the arrows, for alternative sources including Facebook and Netflix].

BT YouView: Use the BT remote to turn on the BT box. If the purple light on the BT box doesn't immediately turn blue, or for any other problems, see Troubleshooting below!

The TV should automatically tune itself to BT YouView but, if not, press the AV input button (top right hand corner) on the Panasonic remote and select HDMI1.

Press the blue Y button (above the four coloured buttons) on the BT remote. This will take you to a screen with a number of choices along the bottom – Guide (channel listings, including BT Sport and Sky Sports 1), Players & Apps (BBC iPlayer, ITV player, 4OD, Demand 5, Netflix), MyTV (where your recordings will be stored), BT Player (further free and Pay TV programmes) and Settings (you should not need this except for Troubleshooting). Note: navigate with the silver bit around the “OK” button!

To record a programme, choose Guide (or just press the Guide button on the BT remote), select the programme you wish to record and press the red R button in the middle of the BT remote.

BT Player provides lots of additional TV programmes and films. Some of these are free, others not. If you wish to view Pay TV programmes, the code is 5856. Please make a note, and inform Coast & Country Cottages, of any Pay TV costs at the end of your stay so that they may recover these from your security deposit. You may also need this code to watch some catch up programmes.

Troubleshooting: We have had some problems with the TV and BT box losing signal and the BT box not starting up as it should/losing sound. BT are apparently monitoring it but we have so far not persuaded them to replace it. So, in case it misbehaves during your stay, be prepared to reboot it and retune the channels, as follows.

Feel round the back of the BT YouView box on the left hand side and locate the On/Off rocker switch next to the power lead. Turn it off, wait for a few seconds and switch it back on again. It will then take a few minutes before it's ready to use. Press Guide to confirm that the Freeview channels are accessible – try 101 for example. If these channels are not working, go to Settings (see above), click on TV Channels (which should be showing approximately 60 TV Aerial and 99 Subscription channels). If you need to, navigate to and click on Retune

channels, which will take a few minutes. If this doesn't resolve all your problems, then I can't help you further!

Sony Blu-ray/DVD player: To play a DVD, use the Sony Blu-ray player rather than the Bose, as the Blu-ray player provides a better quality picture. Turn the Blu-ray player on using the Sony remote. If the TV does not automatically tune itself to the Sony box, press the AV input button (top right hand corner) on the Panasonic remote and select HDMI2. Use the Sony remote to operate the DVD.

And, as a reminder, use the white Bose remote to adjust the volume, whatever equipment you happen to be using!

DVD library: An extensive collection of film, TV and sports DVDs is provided in the entrance hall behind the main front door. This facility is shared with Flat 2, so please return DVDs after use.

Flat 1, Albany House

The garden, rubbish and recycling

Garden: The garden (i.e. everything below Flat 3's terrace) is for the communal use of all three flats. Please do not attempt to move the wavy seats at the bottom of the garden as they are very heavy and the slats will break if lifted.

There are barbecues, tables and seating in the garden. Barbecue cooking tools should be located in the barbecues. Please clean and return them after use.

There is a communal hose under the steps leading from the car park down to the garden – please mind your head.

Rubbish: Rubbish is collected early on Monday (Tuesday after a bank holiday). Please use the two large green bins provided in the car park. The brown bin is for the exclusive use of our gardener (unless of course you feel like doing some weeding, in which case feel free to use it!).

Recycling: If you wish to recycle (not currently an option for holiday homes in the South Hams) there are council facilities available - go down Shadycombe Lane (just before the church on the left), take the first road on the right and the recycling skips are opposite the entrance to the boat park.



Flat 1, Albany House

Pubs and restaurants, shops and directions

Pubs and restaurants: In case you wish to book, or to check that your chosen watering hole is open before you set off for a long walk, the telephone numbers of some local restaurants and pubs are set out below. The Salcombe entries are listed in order starting at the top of the town. The STD code is 01548.

On Fore Street

Sailor V	843555
Dick and Wills:	843408
55:	842646
The Victoria Inn	842604
The King's Arms	842202
Boatswain's Brasserie	842189
Captain Flint's	842357 (but not bookable)
The Fortescue Inn	842868

On Island Street (below Coast and Country Cottages' offices)

Island Street Bar and Grill	844007
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At North Sands

The Winking Prawn	842326
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At South Sands

The South Sands Hotel	859000
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At South Pool (accessible by boat around high tide only)

The Millbrook Inn	531581
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At Gara, East Portlemouth (see the Gara walk)

The Gara Rock Hotel	844810
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At East Prawle (see The Pig's Nose walk)

The Pig's Nose	511209
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Mill Street, Kingsbridge

Maha Bharat (Indian) 857072

Bigbury

The Oyster Shack 810876

South Milton Sands (see the South Milton Sands, Bantham and Thurlestone walk)

The Beach House 561144

Shopping: The main provisions shops are located at the bottom of Fore Street. There you will find a butcher, fishmonger (Easter to end October only), baker, grocer, off-licence, newsagent and ice cream shop. Boots is located half way up Fore Street. The Post Office is at the SPAR shop on Loring Road near the junction with Raleigh Road - from Albany House, walk down the hill to the junction, climb Acland Road opposite and keep going, crossing Bonaventure and Grenville Roads. Loring Road is the third road you come to. Turn right and the SPAR shop is on the left.

Directions to the town: You can walk down to the town from either direction via Allenhayes Road. Turn right and down the hill, and right into Onslow Road; the road winds down into Salcombe at the bottom end of Fore Street. No steps but no pavement either in places.

For a more direct route, especially if you want to get to the Ferry Inn steps (from where the ferry runs in the summer - in winter, the ferry runs from the pontoon off the main square), turn left and left again into Devon Road. Just before the road bends round to the left, you will see steps down to the right, which come out on Fore Street next to the Yacht Club. It's not so easy coming back up.

For an alternative route, bringing you out half way up Fore Street, carry on down Devon Road and take the steps on the right just after 'Ria View'. Turn right at the bottom for Fore Street, or left and down through the park, which takes you out into Courtenay Street and the bottom of Fore Street. This is a longer but gentler route home.

Flat 1, Albany House

Salcombe Harbour Hotel Spa and Gym

As a guest at Albany House, you have temporary membership of Salcombe Harbour Hotel's spa and gym - you will hopefully have collected the membership card along with your keys. The hotel is located on the waterfront - it is a five minute walk down Newton Lane (the first road on the right as you head down Devon Road).

Please note that there is no parking available at the hotel.

There should be a Harbour Spa brochure at the back of this binder and further copies in the entrance hall. This sets out the full range of facilities and treatments available.

The facilities, which are available to Albany House adults only, include:-

- Swimming pool
- Gymnasium
- Sauna
- Steam room
- Treatment rooms

Membership entitles you to free use of the pool, gym, sauna and steam room and a 10% discount on treatments and products. Please note that the pool is not large and numbers are restricted.

Sadly, the spa no longer admits children other than those staying at the hotel. However, the open air heated swimming pool at the top of Onslow Road, on the right, is open to non-members.

To book treatments or contact the spa, please call 0844 858 9187.

Flat 1, Albany House

On departure

Thank you once again for staying at Albany House. We hope you have had a lovely stay and will return soon. If you have not visited Salcombe in the quieter months from the end of October till Easter, then you really should! It's as beautiful as ever, with the same wonderful views, walks, pubs and restaurants, and places to visit, but with fewer people – it's great! We don't rent Flat 1 outside High Season, but Flats 2 and 3 are available all year round, apart from Christmas and New Year.

Before you go, we should be very grateful if you would:-

- Turn the central heating thermostat on the landing back to 10 degrees
- Turn off the heated towel rails if used (press the central button)
- Turn off the bathroom under floor heating, if used, by pressing the suitcase sign under the right hand flap
- Return any DVDs you have used to the library downstairs
- Reinstate any window locks you have removed
- Remember to empty and clean the Nespresso machine and tea pot (yes, I know, but you'd be surprised!)
- Throw away any chipped or broken glasses or plates and let us know if any stocks are running low
- Report any more serious breakages and anything not working to Coast and Country Cottages (or LA Cleaning if you see them before you leave)
- Let Coast and Country Cottages know if you have clocked up any PayTV charges or significant phone bills on the landline
- Return your keys and SHH Spa membership card, and
- Generally, leave the flat as you found it!

Finally, please give us your feedback, have a safe journey home and do visit Albany House again soon.

Flat 1, Albany House

Our favourite walks

In the following sleeves, we have provided guides to our favourite local walks. Feel free to take a sheet with you.

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Batson Creek and Snapes Point	I
Bolt Head and Overbeck's, and variants	II
Gara Rock	III
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South Milton Sands, Bantham and Thurlestone	V



Gara Beach at New Year, on the walk to The Pig's Nose

Salcombe walks

Batson Creek and Snapes Point

Ordnance Survey map OL20

Duration: approximately 1½ hours

Degree of difficulty: gentle, fine for vertigo sufferers.

Head down Shadycombe Lane (left just before the church) or Island Street (home of Coast and Country Cottages) and turn right into Gould Road. Walk past the car and boat parks to Lower Batson, noting old lime kilns on both banks. Follow the road around the head of the creek and continue up and down for 5-10 minutes, until you come to a footpath off to the left, at a bend in the road at the bottom of a slight hill, just before Snapes Manor.

Head up through the trees, turn right at the top and into the wood, across a stream, right again at the field, left into the trees and up to the top of the hill. You should now join a rough road (originally the proposed railway line from Kingsbridge to Salcombe, never built) and a signpost. Turn right and, shortly afterwards, go through the gate and into the field ahead of you. Head straight for the summit ahead of you,

where you will get fantastic 360 degree views of Salcombe and the whole estuary. Head down the hill towards the mouth of the estuary and through into the next field. There you will find a bench for taking in the views and, just below it, a gate which leads back to the rough road. Turn right and you will arrive back at the signpost, where you should turn left to retrace your steps to Lower Batson and home.

For a longer walk, after rising from the bench, carry on round Snapes Point where the path drops down to follow the field edges above the Bag (the finger of the estuary heading for Kingsbridge). Note Egremont, the large boat moored on the far side of the Bag - she was once one of the Mersey ferries but now serves as the headquarters of the Island Cruising Club.

After Tosnos Point, the path climbs around the back of some woodland. Just before the gate out of the field, turn left and follow the fence line up the hill, and then along the contour. At the signpost, turn left, then right through the next gate to the National Trust car park. From here you can turn left and down the track to the signpost, from where you should retrace your steps to Batson and home. Alternatively, go straight on along the road and turn left at the junction, signed 'Batson $\frac{1}{4}$ Salcombe $\frac{3}{4}$ ', which will take you down the road to Lower Batson.

Back at the creek, to the right of the lime kiln, there is a footpath which takes you back to Salcombe avoiding the road. It can get quite overgrown, however, so don't take it if you are wearing shorts or a skirt in nettle season!

Salcombe walks

Bolt Head and variants

Ordnance Survey map OL20

Duration: approximately 1½ hours; variants: up to an hour more.

Degree of difficulty: moderate, with a few scary bits for vertigo sufferers.

Drive (or, if you are really keen, walk) through North Sands to South Sands and beyond, and park where the road runs out at the National Trust sign. If you are NT members, take your membership card; otherwise, depending on the time of year, you may be charged. Take the rough track which follows the coast, signposted to Bolt Head, and just keep going – it is a spectacular stretch of the coastal path.

You can either continue all the way to just beyond Bolt Head (you will reach a stone wall at the top of a steep hill with a signpost - straight on for Soar Mill Cove, right for Overbeck's), or you can cut the corner off two thirds of the way there at a signpost by a stream (but you'll miss one of the best bits). Either way, follow signs to Overbeck's, which is the National Trust Youth Hostel just above where you parked. You effectively return via a path running along the top of the cliffs, with even more spectacular views. Not surprisingly, you can do the whole walk the other way round if you prefer!

If you have time and the inclination (especially if you are NT members), explore Overbeck's, which has an amazing garden, a cafe serving coffee, lunch and tea and has to be the most spectacularly sited youth hostel in Britain.

Variant 1: East Soar Farm. A footpath off to the left, as you return on the higher path back to Overbeck's (as described above), will take you to East Soar Farm, which is a NT farm run by some very enterprising tenants. As well as being an outdoor education and recreational centre for kids, the farm welcomes walkers with a barn full of teas, coffees, soft drinks, cakes and wildlife. Either return the way you came and rejoin the coast path or carry on up the track to the road, passing the airstrip (and a former WW2 airfield) and join Variant 2 at the crossroads.

Variant 2: North Sands round trip. Instead of driving to Overbeck's or just below, park at North Sands (pay for 3 hours to be on the safe side) and walk to South Sands and beyond, and head out on the Bolt Head walk. At the top of the steep hill after Bolt Head, instead of turning right back to Overbeck's, continue along the coast towards Soar Mill Cove.

If you are really energetic, continue to Soar Mill Cove where you should turn inland up the valley road. At the top of the hill, at the triangle just after Salcombe Retreat, bear right and continue to the crossroads.

Our preferred route, however, is to cut inland before Soar Mill Cove, on the footpath (signposted to Malborough and Lower Soar) which passes close by the stone obelisk. (This landmark is clearly visible ahead of you as you get to the top of the hill after Bolt Head. Don't take any of the footpaths off to the right until you get abreast of the obelisk on the coast path – then turn sharp right). Follow that footpath for some time until it comes out amongst buildings and meets the road in Soar. Walk up the hill to the triangle just after Salcombe Retreat, where you bear right and continue to the crossroads.

So, whether you have arrived via Variant 1 or 2, you are now either at a crossroads or are completely lost. Turn right (Variant 1) or go straight across (Variant 2) and take the track which heads towards a large industrial shed. Carry on past the shed (it should be on your right) following the footpath, which takes you to the right hand side of the hedge ahead of you. At the bottom of the field, turn left and you should see a caravan site on your right. When you get to the road, turn right and walk down into the pretty village of Rew. At the junction follow the road round to the right and, shortly afterwards, take the rough track up to the left. This section is a bit of a slog, as the track is so rough, but it's worth it because it is your final climb!

At the road, cross over and follow the footpath into the field with newly planted trees. Ahead of you across the valley, you will get an unusual view of Salcombe – a side that is largely invisible from car or boat. After the gate, go into the next field and turn

immediately left, hugging the hedge. The footpath takes you up a short slope, round to the right, then to the left and back down onto a bridleway. Turn right down the track, round the corner and bear left where the track forks. Then just follow this track all the way down, without deviating, until you come out just above North Sands.

Salcombe walks

Gara Rock

Ordnance Survey map OL20

Duration: approximately 2 hours from the ferry;
add 30-45 minutes to take in Gara Beach.

Degree of difficulty: mostly gentle, with one scary bit on the lower coast path.

Take the ferry over to the other side, East Portlemouth. Turn right along the road until you reach Mill Bay. Alternatively, and much quicker, go along the beach if the tide is low until Mill Bay (you will recognise Mill Bay from the WW2 slipway used by the Americans in preparation for D-Day), at which point join the road at the back of the beach. Note that the tide has to be low; otherwise, you will be wading or rock climbing; so have a good look across the estuary from the top of the road as you leave Albany House.

Just past the beach at Mill Bay you will see a car park to your left (and lavatories). Take the coastal path off to the right and shortly afterwards choose either the upper or lower path. The lower path is the official coastal path but the upper path is more gentle and shorter. Either way, after about 30 minutes of wonderful views you will see a white thatched lookout hut above you. Head uphill towards the lookout and you will come to the new Gara Rock Hotel, ideal for coffee, lunch or cream teas,

depending on time of day. For the energetic, instead of climbing up to the hotel, continue past Gara Rock to the beautiful and secluded Gara Beach. You can take in the hotel on the return path.

Once refreshed, you can either retrace your steps along the upper or lower coastal path or, for a more direct route home, head up the road away from the hotel and, after a few minutes, take the footpath off to the left, between two fields. Follow this all the way back through the woods to Mill Bay and retrace your steps home, remembering that the tide will now be either more or less favourable than when you set out!

Variant: return via East Portlemouth: As an alternative, but largely road based, route back from Gara, continue up the road from the hotel and turn left at the junction. Stay on that road (which bends to the right at the first farm), until you reach East Portlemouth. Just after the church (which is worth a visit), branch left at the junction and continue on the road until it turns sharply right and heads downhill. At that point, walk straight on in the direction of Salcombe, enjoying the spectacular views of the town and the Kingsbridge estuary. Descend the steep steps back to the Venus Cafe and the ferry point.

Salcombe walks

Prawle Point and The Pig's Nose

Ordnance Survey map OL20

Duration: approximately 4 hours plus pub time.

Degree of difficulty: moderate, with a few scary bits for vertigo sufferers.

This is effectively a major extension of the Gara Rock walk, and is not for the faint-hearted. Think of it as a full day out, especially if you plan on spending an hour or two at The Pig's Nose which, after all, is half the point of the walk. Aim to leave Salcombe mid-morning to ensure you get to the pub in good time for lunch, and make a note of the last ferry time back!

Continue past Gara, admiring Gara Beach below you, and on to Prawle Point, an active Coastguard Station. Having paid your respects to the Coastguard, continue along the coast for another few minutes and, shortly after the row of houses, take the footpath inland which ends in a small car park. Follow the road up the hill (for what seems like an age) into the village of East Prawle, where you will find the wonderful Pig's Nose pub. According to the OS map, there is a subsequent footpath from the coast which meets the road further along, but don't be tempted to follow the coast for much further as it adds considerably to the journey to East Prawle if you get it wrong.

Outward variant: avoiding Prawle Point: If you can live without visiting the Coastguard Station at Prawle Point, a shortcut (which we now always take) saves you probably half an hour. Shortly after Gammon Head, strike up the hill rather than taking the lower coast path. Follow that footpath (still heading towards Prawle Point), which brings you out part way up the road into East Prawle. Although we have never yet tried it, it looks as if you can turn left at the top of the hill coming out of Gammon Head (ie heading away from Prawle Point) and then right along a track or path which comes out even further up the road. If this works, then it will cut out the worst part of the whole walk, namely the road into East Prawle.

Whichever route you arrived by, enjoy a well-earned rest and refreshment at The Pig's Nose. When you are ready to leave, don't head back the way you came but turn right up the road. Soon afterwards, take the road to the left towards East Portlemouth. At the end of the straight, at a sharp right hand bend, go straight on down the rough track. At the end of the track, bear left when you enter the field and don't lose height too soon. You will then see the footpath heading down the valley back to the coast (and the rock called Pig's Nose), where you once again pick up the coastal path and retrace your steps to Gara and home, almost certainly via the direct route through the fields and woods!

Salcombe walks

South Milton Sands, Bantham and Thurlestone

Ordnance Survey map OL20

Duration: approximately 2 hours plus pub/restaurant time.

Degree of difficulty: easy, except for one killer climb out of Bantham.

This is a fabulous circular walk involving beautiful beaches, lovely scenery, two great pubs and a wonderful fish restaurant; so plan for, at least, a half day's outing.

Drive to South Milton Sands: take the main road out of Salcombe and, just after the garage in Malborough, go straight ahead into the village following signs for Hope Cove. Shortly after the 'S' bend, take the right turn, again signposted Hope Cove, and continue for a few miles. Just after you enter Galmpton turn right, signposted Thurlestone and, after another mile or two, turn left at the T junction. You will soon arrive at South Milton Sands where you should park in the National Trust car park.

Walk up the rise passing the Beach House (whose appearance belies the quality of its restaurant – book ahead on 01548 561144) and either take to the beach or turn left onto the public footpath just opposite the public lavatories. Either way, walk towards Thurlestone Golf Club and take the coastal path alongside the golf links. After 30 minutes or so you will see Burgh Island ahead, and Bantham and Bigbury beaches. Follow the road up the gentle hill into Bantham village, stopping at The Sloop Inn to prepare you for the challenge ahead. Ignoring stops to take in the wonderful views, it should have taken no more than an hour's gentle walk to reach The Sloop.

On leaving The Sloop, turn right immediately after the pub and follow the public footpath down to the valley floor. Turn left and follow the track round the field to the gate in the far corner (you may be able to take a diagonal route if it's very dry but the field is often marshy, so beware!). Shortly after leaving the field, take the path into the field ahead and head up the steep escarpment, reminding yourself all the way that this is the only hard bit of the walk and it will soon be over! At the top, enter the next field and, enjoying the now gentler slope, head for the gate at the top of the hill. Go straight ahead following the line of the hedge/boundary of the golf course and round the field towards the church. Take the track on the right which takes you into Thurlestone village and, at the memorial, turn left for The Village Inn, a fine gastropub, or continue straight down the road. It should have taken you approximately 20 minutes to reach the memorial from The Sloop.

At the bottom of the hill, turn right into Thurlestone Golf Club and follow the road/track/path round along the coast back to South Milton Sands (a further 20 minutes at most). Enjoy a well-earned lunch, ice cream or drink!