

No.6 Lyndale and Woodside



Grade: Access For All: Suitable for pushchairs and unassisted wheelchairs.

Directions: From the car park, join the riverside path and head upstream. Cross over the footbridge and continue upstream, first following the road and then a track, to the next footbridge (Woodside) which is the end of this easy access walk. Beyond here the path continues upstream to Watersmeet, but becomes steeper and rougher, with no options to turn a mobility scooter around. Walkers have the option to return to the car park following the footpath on the other bank (with the opportunity to visit Middleham memorial gardens), but this path is narrow (60cm / 2 feet) in places and has a flight of 22 steps to climb.

Surface and terrain: The path is tarmac. Shortly after leaving the car park, on the far side of the footbridge there is a 3m long ramp with a gradient of 1:6. The maximum gradient on the rest of the route is 1:15.

Towards the end of Tors Road there is a choice of routes; a narrow (70cm) slightly uneven path close to the river, or a smoother option along the road.



A relatively level walk beside the cascading East Lyn River.

Start point: Lower Lyndale car park, Lynmouth

Postcode: EX35 6EP

Grid Reference: SS 724 494

What3Words:
marathon.tastes.exam

Distance: From the Lower Lyndale car park to Woodside footbridge is 0.8 mile / 1.3km (there and back) with 75 feet / 22 metres of ascent and descent.

Toilets: Accessible toilets in Lower Lyndale car park.

Refreshments: Cafés and pubs in Lynmouth at the start of the walk.

- The high protective walls either side of the river were built after the catastrophic flood of August 1952 which killed 34 people and destroyed over 100 buildings.
- As you walk upstream on the far bank are the gardens commemorating the little hamlet of Middleham which was destroyed by the flood.
- Watersmeet tucked deep in the Lyn Gorge and surrounded by ancient oak woodlands, was originally built as a fishing and hunting lodge, but since 1900 has served cream teas.

