



# ITINERARY



SECTION	FROM	DATE	TO	DISTANCE (Approx)	TOTAL (Approx)
1	SOUTH HAVEN POINT	24 / 7	SWANAGE	12.2 km (7.6m)	12.2 / 7.6
2	SWANAGE	25 / 7	LULWORTH COVE	33.2 km (20.6m)	45.4 / 28.2
3	LULWORTH COVE	26 / 7	PORTLAND YHA	25.9 km (16.1m)	71.3 / 44.3
4	PORTLAND (YHA)	27 / 7	ABBOTSBURY	38.8 km (24.1 m)	110.1 / 68.4
5	ABBOTSBURY	28 / 7	LYME REGIS	30.8 km (19.3m)	140.9 / 87.7
6	LYME REGIS	29 / 7	LADRAM BAY	31 km (20.2m)	171.9 / 107.9
7	LADRAM BAY	30 / 7	SHALDON	30.6 km (19.1m)	202.5 / 127
8	SHALDON	31 / 7	BRIXHAM	35.5 km (22.2m)	238 / 149.2
9	BRIXHAM	1 / 8	TORCROSS	33.7 km (21m)	271.7 / 170.2
10	TORCROSS	2 / 8	HOPE COVE	33.7 km (21m)	305.4 / 191.2
11	HOPE COVE	3 / 8	WEMBURY	31 km (19.2m)	336.4 / 210.4
12	WEMBURY	4 / 8	PORTWRINKLE	45.2 km (28.1m)	381.6 / 238.6
13	PORTWRINKLE	5 / 8	FOWEY	31.7 km (19.7m)	413.3 / 258.3
14	FOWEY	6 / 8	GORRAN HAVEN	33.9 km (21 m)	445 / 279.3
15	GORRAN HAVEN	7 / 8	FALMOUTH (FERRY)	36 km (22.5 m)	481 / 301.8
16	FALMOUTH	8 / 8	COVERACK	37.2 km (23.1m)	518.2 / 324.9
17	COVERACK	9 / 8	MULLION	28 km (17.4 m)	546.2 / 342.3
18	MULLION	10 / 8	PENZANCE	33.9km (21.1 m)	580.1 / 363.4
19	PENZANCE	11 / 8	CAPE CORNWALL	37.2 km (23.1m)	617.3 / 386.4
20	CAPE CORNWALL	12 / 8	HAYLE	37.8 km (23.5m)	655.1 / 409.9
21	HAYLE	13 / 8	PERRANPORTH	39.6 km(24.6m)	694.7 / 434.5
22	PERRANPORTH	14 / 8	PORTHCOTHAN	35.4 km (22m)	730.1 / 456.5
23	PORTHCOTHAN	15 / 8	POLZEATH	26.5km (16.5m)	756.6 / 473
24	POLZEATH	16 / 8	BOSCASTLE	36.3km (22.5m)	792.9 / 495.5
25	BOSCASTLE	17 / 8	BUDE	27.3 km (17m)	820.2 / 512.5
26	BUDE	18 / 8	HARTLAND QUAY	24.8 km (15.4m)	845 / 527.9
27	HARTLAND QUAY	19 / 8	WESTWARD HO!	34.6 km (21.5m)	879.6 / 549.4
28	WESTWARD HO!	20 / 8	BARNSTAPLE	30.7 km (19.1m)	910.3 / 568.5
29	BARNSTAPLE	21 / 8	WOOLACOMBE	33.3 km (20.7m)	943.6 / 589.2
30	WOOLACOMBE	22 / 8	LYNMOUTH	45 km (28m)	988.6 / 617.2
31	LYNMOUTH	23 / 8	MINEHEAD	35.1 km (21.8m)	1023.7 / 639