SOUTH HAMS WAY
www.southhamsway.org.uk

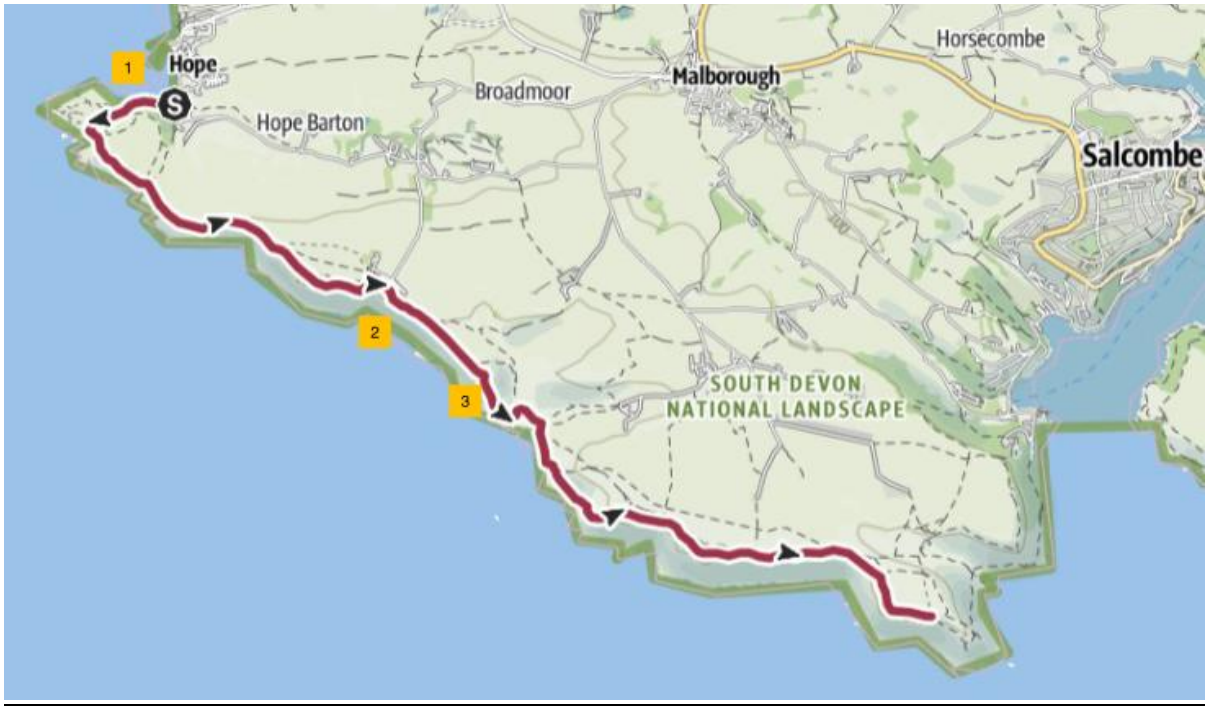
Section 7 – Hope Cove to Salcombe

Start	Old Lifeboat Station, Inner Hope, Hope Cove. Grid ref: SX 67509 39669 what 3 words: estimates.dining.online	End	Ferry point, Salcombe. Grid ref: SX 74145 38864 what3words: gain.curving.breakaway
Terrain	Coast path with some steep ascents and descents, woodland, gravel tracks, lanes and roads	Refreshments	Hope Cove, Bolberry Down, Overbecks (Salcombe)- seasonal, South Sands (Salcombe), North Sands (Salcombe), Salcombe
Distance Ascent Descent	8.1 miles / 13 kilometres 1056ft / 322 m estimated 1050ft / 329 m estimated	Toilets	Hope Cove, South Sands (Salcombe), North Sands (Salcombe), Whitestrand (Salcombe)
Difficulty	Strenuous	Parking	Hope Cove, Bolberry Down, East Soar, Overbecks (Salcombe), North Sands (Salcombe), Shadycombe Road (Salcombe)
Map	Explorer OL20	Public transport	Devon Public Transport Map

These directions are provided for guidance only. Weather, path closures and other factors may affect the route. Please take extra care when crossing roads and follow The Countryside Code at all times. All maps ©OpenStreetMap / www.openstreetmap.org

This section is entirely on the South West Coast Path.South West Coast Path. Follow the acorn signs.
Much of the coastal fringe of South Devon is part of the *South Devon National Landscape*, formerly South Devon Area of Outstanding Natural Beauty. South Devon National Landscape

Hope Cove to Bolt Head



Section 7 – Hope Cove to Salcombe

1. From the old *Lifeboat Station*, take the steps up and follow the coast path through woodland to open fields. This is *Bolt Tail* with its iron age fort. Bolt Tail - Historic environment The area is owned and managed by the National Trust. Once in open ground, bear slightly right and climb a short, steep slope. Follow a path around the headland. Leaving the headland, follow the coast path eastwards and walk steadily uphill, through two gates, until you reach the plateau of *Bolberry Down*.

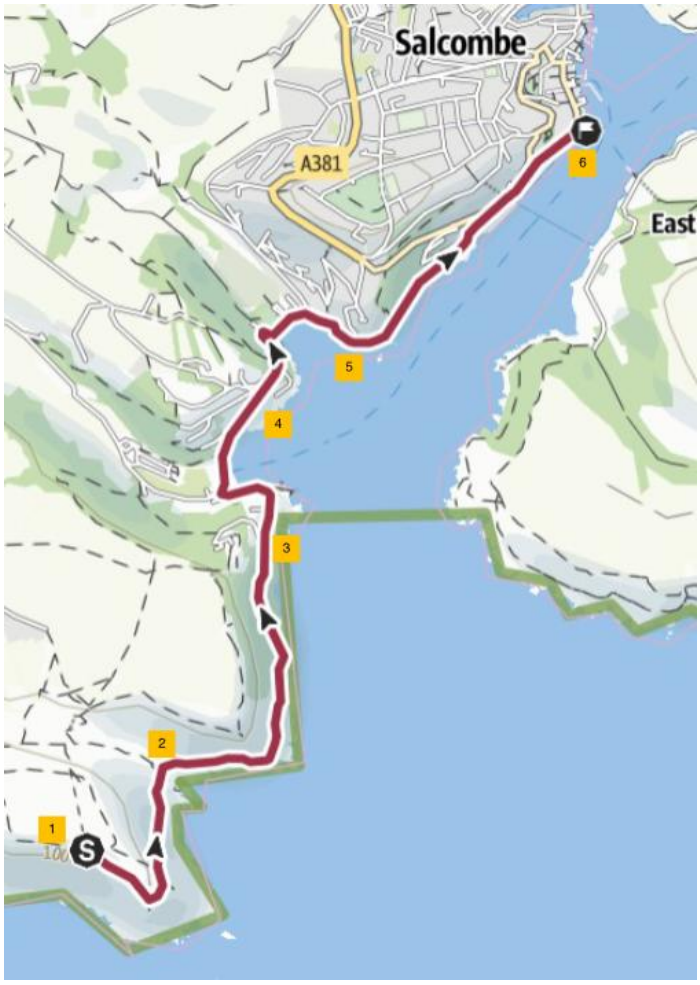
2. Take the right hand, surfaced path. Wherever there is a choice of route, keep right. Where the surfaced path bends sharply left, by a bench, the coast path bears right between gorse bushes and along a rocky footpath.

   Accessible walk: Part of the stunning coastline at *Bolberry Down* is accessible to all, thanks to an initiative by the National Trust and South West Coast Path. This relatively flat section of the coast path provides the perfect place for a smooth level trail, with plenty of benches to sit on and enjoy the view. There are disabled parking bays in *Bolberry Down* Car Park.

   Parkrun: Every Saturday morning at 9am, all year round, Parkrun is held here on *Bolberry Down*. Parkrun

3. From *Bolberry Down*, continue on the coast path downhill to *Soar Mill Cove*. The steep downhill path is rocky with loose stones in places. At *Soar Mill Cove*, cross a bridge over a stream and go through a gate. Continue slightly right up the hill, following the coast path. This section is steep, rocky and precipitous in places; a head for heights is needed. Continue along the coast path towards *Bolt Head* for about 2 miles / 3.2 km, passing through three gates until you reach another gate just before a steep, grassy gully leads down to your right. From the top of the gully there are fine views of the coastline to the east towards *Prawle Point.*

Bolt Head to Salcombe



1. Walk down the steep gully between rocks. The path veers left towards *Starehole Bay*. Continue downhill along the coast path to *Starehole Bottom*.

2. Go over the slab stone bridge and through a gate. Continue uphill and around a rocky headland. Go down a few steps and enjoy the fine view of *Salcombe* and its estuary. At the entrance to the estuary is a submerged sandbar, dangerous to shipping and the site of a lifeboat tragedy in 1916. The Salcombe lifeboat disaster Continue along the coast path towards *Salcombe*. The path eventually becomes a gravel track and a road joins from the left. (Though it is not on the South Hams Way main route, it is worth the short walk uphill to National Trust *Overbeck's*. Overbeck's)

Section 7 – Hope Cove to Salcombe

3. Follow the lane, signposted *Coast Path* and *Salcombe,* downhill (past a left hand turning). At a junction where a lane joins on the left, bear right downhill past a hotel on the right. At *South Sands* there is a sandy beach. The *South Sands Ferry* (seasonal: end March-Oct) South Sands Ferry provides water transport to *Salcombe* town centre.

4. Continue away from *South Sands* on the road, uphill. At the brow of the hill continue straight on, signposted *North Sands*. Walk downhill to *North Sands*. Pass a car park and restaurant on your left, and the beach on your right. Continue along the road, past toilets (on your left) and follow *Cliff Road*.

5. Continue along *Cliff Road* into *Salcombe*. On your way, look across the estuary to the beaches of (left to right) *Small's Cove, Mill Bay* and *Sunny Cove*. Where *Bennett Road* joins from the left, go straight on towards the centre of *Salcombe*. At a split in the road, bear right past No Entry signs. Walk past elegant *Cliff House* on the left, which incorporates *Salcombe Yacht Club*. Opposite is the *War Memorial*. *Salcombe* has many cafes, bars, restaurants, shops and a museum. Salcombe Tourist Information; Salcombe Maritime Museum

6. Continue walking to the top of ferry steps. Walk down the steps, past *The Ferry Inn* to *Jubilee Pier* (ferry embarkation point). Here the foot ferry will take you across the water to the start of the next section at *East Portlemouth*. Please check ferry times Salcombe to East Portlemouth Ferry This is also the departure point for the *Lady Mary Ferry* which runs between *Salcombe* and *Kingsbridge*, but is tide dependent and seasonal . Kingsbridge Salcombe Ferry

16 November 2025

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