



Sweetcombe Scramble Marathon

Route Description

STAGE ONE

Exmouth to White Bridge, Budleigh Salterton (10 miles)

From the start at the Foxes Holes car park the route goes along the seafront to the end, then left up a winding path to the top, then turn right. This path is quite narrow so we ask the slower runners to let the quicker ones forge ahead. There is an awfully long way to go so no point in sprinting away at the start. You will then pass by the Geo Needle at Orcombe Point. It is 5 metres tall and marks the start of the World Heritage Site that you are about to run through. The only tricky navigational bit is through the Sandy Bay Holiday Camp. It is signposted but not always where you can see it. Just keep heading East with the sea on your right and skirt left round the Rifle Range which juts out to sea. Going down into Budleigh you reach a tarmac path, a short way down you take a right turn, this can be easily missed. **See photo 'A' below.**

Carry on along the Promenade to the Lime Kiln Car Park (beware of traffic, it is a car park) at the Eastern end of the Prom. This is quite an easy stretch but do not get complacent. The route gets tougher as you progress.

Please note, there is a slight diversion to the route on your tracker. Due to the ongoing work on the Lower Otter Restoration Project Footpath EB3 and Big Bank off the old South Farm Road (which has now been dug up) will be closed.

As you enter the Lime Kiln car park at the East end of Budleigh Salterton beach there will be a marshal directing you up Granary Lane. Follow this lane all the way to the top and keeping the hedge to your right this will take you onto the NEW South Farm Road all the way to the bridge over the river. **DO NOT GO OVER THE BRIDGE.** Turn left onto the riverside path, there will be an arrow there, this will take you to where you would have met up with this path had you taken the original route to Otterton.

Arriving at the main road in Otterton, go straight across the road and continue to follow the path beside the river, still on your right. On reaching the next foot bridge, cross over to the other side of the river. Turn right and follow the path back into Otterton.

At the main road turn left and follow the pavement for a short while before crossing the road and heading up Maunders Hill then right into Park Lane. Follow this path all the way back to the White Bridge.

Go straight ahead. In a short distance you will come to Check point 1 and water station.

White Bridge. Check point 1 and water station opens 0945hrs closes 1200hrs

STAGE TWO

White Bridge to Sidmouth. (a little over 6 miles with some great views)

Continue along the Coast Path and follow all the way to the cliff edge. Continue to follow the path through Ladram Bay and beyond.

As you start the descent into Sidmouth there is a tricky right turn onto Peak Hill road at the bottom of a long flight of steps. Take extra care. Please be on the lookout for traffic at this point.

After a short distance on the road take the tarmac path on your right which leads onto a grass path and shortly afterwards the coast path sign directs you through a gate onto the grassy slope that gives you a glorious view. At the bottom of the grass turn right down the zig zag path to Jacob's Ladder beach, go along the walkway under the cliff and along the Esplanade to the check point on the Ham.

Sidmouth the Ham. Check point 2 and water station opens 1030hrs closes 1400hrs

STAGE THREE

Sidmouth to Branscombe Mouth (a little over 6 miles and where it starts to get serious)

Leave the check point and cross over the footbridge and up the zig-zag path to the road. Go straight ahead up Cliff Road to the top, follow it around to the left, at the junction go to the right and up Laskey's Lane to the top. Turn right along the path then left into the field and go up. As you descend towards Salcombe Mouth you will see the way up ahead of you. You will come across a sign to Salcombe Beach, **DO NOT TAKE THESE STEPS DOWN**. Head up the field in front of you.

Once you start the decent to Weston Mouth beach the path leads you through a wooded area, at the junction turn right, **DO NOT GO STRAIGHT AHEAD**. Carry on down to the beach, turn left and go along it for 10 to 15 metres. Go up the steps, into the field and carry on up to the right hand corner, then up some more steps to the top, turn right go through the gate then follow the coast path..

Branscombe Beach. Check point 3 and water station opens 1115hrs closes 1545hrs

FINAL STAGE

Branscombe Mouth to Seaton (a little over 4 miles)

Near the top of the first field after the check point at Branscombe turn right. **See photos B, C, D below.** The Coast Path follows the road through the caravan site and stays level for some distance before the Stairway to Heaven takes you up to the cliff top. Turn right to Beer. At the bottom of the hill bear right crossing the slipway to the beach and pass the toilets on the left, it is well signposted with the Acorn and by now you are nearly there. The landslip on the Old Beer Road several years ago is not passable.

There is now a new path connecting the Old Beer Road with the new one which has been signposted as the Coast Path. This is now the route of the race.

This means a right turn as you come down the steps onto Beer Hill Road. Down to the bottom of the hill and then it is a left, almost U-turn into the Old Beer Road where just round the corner is the path through the woods on your right. At the top you come onto the new Beer Road. Turn right. Continue briefly up Beer Road and then it is a nice downhill towards Seaton. It sounds complicated, it's not. By now you will be very tired so pay attention so you don't add any unnecessary distance.

Coming down the road into Seaton look out for a sharp right turn, down a passage **just before Wessiters on your left**, that will take you to the Esplanade. The final stretch along the seafront is around 750 metres to the finish line at the Axe Yacht Club.

Finish. Water station opens 1145 hrs closes 1700hrs

Photos A,B,C,D next pages

Photo A



Photo B



Photo C

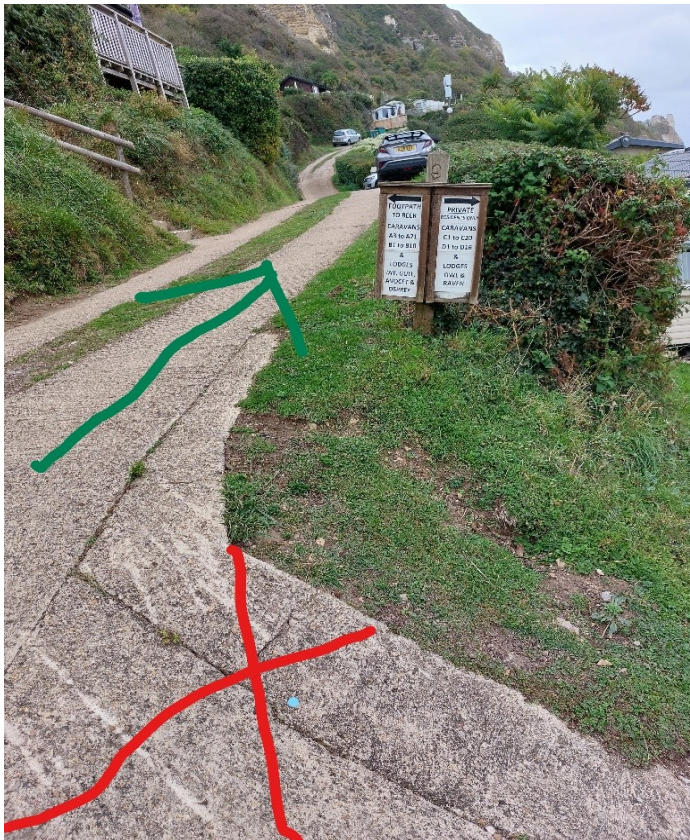


Photo D