



Grade:
Car park to base of Castle Rock - **Access For All:** Suitable for pushchairs and unassisted wheelchairs.

Coast Path - Access For Some: The path along the coast is only suitable for pedestrians and prams due to the narrow width of the path, unprotected drops and lack of passing spaces, making it unsafe for mobility scooters.

Directions: From the car park follow the road gently downhill. As you approach the roundabout, divert onto the grassy area at the foot of Castle Rock. From here turn right onto the tarmac path and follow it along the cliff top. When you reach a path junction take the steep path over the ridge signed to 'Hollerday Hill'. This will take you to the road by the higher car park, turn right here and follow the road back to your car.

Surface and terrain: This walk is all on tarmac, apart from the area of uneven, but firm short grass at the foot of Castle Rock. Descending from the lower car park to Castle Rock is a gentle 1:10 slope. Returning via the Coast Path (unsuitable for mobility vehicles) the path undulates (max 1:5, but generally 1:10) but there are fairly regular seats. The steepest part is the 100 metre stretch of path over the ridge which is up to 1:4 - but again with a seat at the top. From here it is downhill all the way back to your car.

A walk through the iconic Valley of Rocks with dramatic scenery and feral goats.

Start point: Valley of Rocks lower car park
Postcode: EX35 6JH
Grid Reference: SS 709 498
What3Words: hologram.conductor.doll

Distance: 0.4 mile (600 metres) to Castle Rock (there and back)
 The loop walk is 1 mile (1.6km)

Toilets: Accessible toilets in the Valley of Rocks higher car park.

Refreshments: Mother Meldrum Café (seasonal) at the start of the walk and a wider selection of refreshments in nearby Lynton.

- With its natural amphitheatre of ancient stone, the Valley of Rocks has been inspiring poets, writers and visitors for hundreds of years. Archaeological evidence reveals that people were living and farming in the valley around 3500 years ago.
- Goats have grazed the valley for thousands of years and were mentioned in the Domesday book. The current herd, although originally from domesticated stock live wild or "feral" in the valley, although they do sometimes wander into town tempted by the delights of delicate garden plants.
- The café is named after Mother Meldrum, the white witch who lived in the Valley of Rocks in the famous novel 'Lorna Doone'.

