

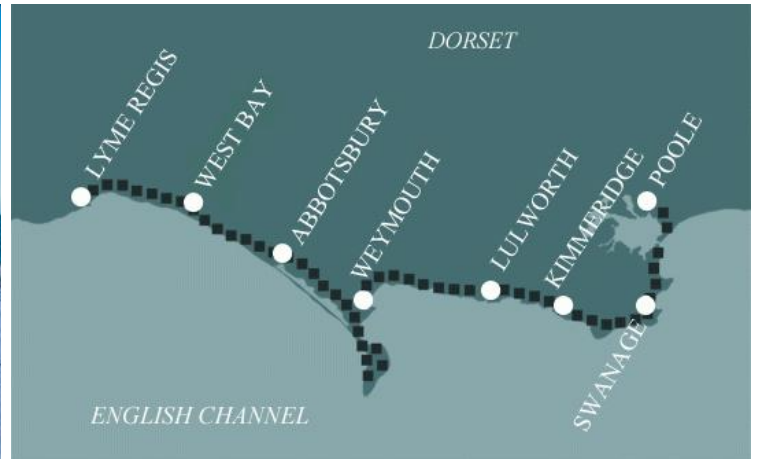


Walking Holidays in Britain's most Beautiful Landscapes

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South West Coast Path - Dorset

The South West Coast path is England's longest waymarked long-distance footpath and National Trail. The area is full of interesting wildlife and birdlife, and you may even spot dolphins and seals. Our Dorset holiday covers a stunning section of the path with amazing geology and scenery as you walk along the Jurassic Coast World Heritage Site. Near Weymouth there is a choice of routes, either stay on the coast or follow the South Dorset Ridgeway through one of the UK's most significant ancient ceremonial landscapes.



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Summary

Why do this walk?

- Walk along the Jurassic Coast, England's first World Heritage Site.
- Spectacular clifftop walking between idyllic sandy beaches.
- See amazing geology and scenery.
- Stay in delightful seaside towns and old fishing villages

Length	7 - 8 nights
Full Route Length	81 miles/ 129 km

Essential Info Grade



Moderate

This is not a technically difficult walk and should be easy to tackle for most reasonably fit people.

Terrain: The paths are good, and there are no major route finding challenges.

What's it like underfoot? Generally good paths and tracks, although a few sections can get muddy after heavy rain

How much up & down? More than you'd think! Although you never reach more than 400m above sea level (and most of the time not more than 200m) there are many short steep sections. Most days involve ascents of 200-400m metres, although no section is very steep for very long.

Signposting: Good – the path is well waymarked.

Navigation: Pretty straightforward – good signposting, and generally well defined tracks.

Weather: You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry paths and tremendous views, but you must be prepared because the weather can change quickly. Good clothing and waterproofs are essential, but don't forget you sunhat, sunblock and shorts!

Route

Lyme Regis to West Bay Bridport

High cliffs and ancient settlements. The first day walking has some steep ascents and descents as you make your way along the coast to West Bay. There are a few diversions to take you around areas of landslip. The landslides often release fossils from the ground, leading to the Jurassic Coast being designated England's

first Natural World Heritage Site. After leaving Lyme Regis seafront you go uphill and there are great views of the Black Ven landslip. Passing over Fern Hill you then descend to Charmouth Beach, you can look out for fossils on the beach. The path now has more ups and downs before the steep climb to Golden Cap. Along the way you will pass close to the ruins of the 13th century St. Gabriel's chapel. Golden Cap is the highest point on the South Coast of England (191m) and the views along the coast are stunning. From Golden Cap it is downhill to Seatown before climbing again to Doghouse Hill the site of Dorset's oldest human settlement. The path continues along the cliffs to reach Thorncombe Beacon, one of a chain of beacons used to warn of the approaching Spanish Armada in 1588. From here there are a few more undulations before reaching West Bay.

West Bay to Abbotsbury

Long pebble beaches and summer wildflowers. There are a few short steep ups and downs at the start of this section followed by flatter walking by Cogden Beach and Chesil Beach. The path passes through West Bexington Nature Reserve, a stop off for migrating birds and home to many others. The long pebble bay of Chesil Beach was the site of many shipwrecks, particularly sailing ships,



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blown onto the beach by the prevailing wind. There is a climb to reach the charming village of Abbotsbury, opening up views along the beach and passing near to Abbotsbury Swannery. The Swannery was established by Benedictine Monks in the 11th century and is now a sanctuary for a colony of Mute Swans.

Abbotsbury to Weymouth

Tidal lagoon wildlife havens and a ruined castle. Today the walking is easier. Leaving Abbotsbury you cross fields and low hills with open countryside views, before the path meets the Fleet Lagoon. Lying between Chesil Beach and the mainland coast of Dorset, The Fleet is tidal, creating an environment rich in wildlife both above and below the water. You walk by the Fleet to Ferrybridge where it links to Portland Harbour and the sea. The path from Portland Harbour follows a disused railway line for a short distance, passing the ruined remains of Sandsfoot Castle, one of Henry VIII's coastal castles, before continuing into Weymouth.

Weymouth to Lulworth

Chalk cliffs and rock arches. You start today with a flat walk along Weymouth seafront and then begin to climb. Your

walk takes you through fields along the cliff tops, with many shorter undulations, through a few coastal villages and pretty Ringstead Bay. From Ringstead there is a long climb, passing St. Catherine's wooden chapel to Burning Cliff and White Nothe with fantastic views along the coast. The path now has many steep ups and downs as you walk along the clifftops to Lulworth. This is a very fine stretch of coastline, passing Durdle Door and St. Oswald's Bay, be sure to take a look back along the cliffs at the route you have walked before descending to Lulworth.

Lulworth to Kimmeridge

Stunning Cove and Armaments or Woodland, Fields and Wildlife. There is a military firing range on almost the whole path between Lulworth and Kimmeridge. The range is most likely to be open at the weekend or on a public holiday. When the range is closed you will need to follow the inland alternative route. There is a diversion for cliff fall at the start of the path through the range -you can cross Lulworth Cove to re-join the path on the other side of the bay except at high tide when some road walking is required. The route is then along the cliff tops with steep climbs, rusting military machinery

from target practice and Flowers Barrow, the site of both an iron-age hill fort and WWII gun emplacement. When the range is closed the alternative route passes through woodland and country estates. There is more wildlife around this path than along the coast, it is a scenic walk following a longer but less undulating route. The paths meet again at Kimmeridge Bay.

Kimmeridge to Swanage

From Clifftops to Seaside Town. After leaving Kimmeridge Bay you pass Clavell Tower, a distinctive folly built in the 1830's and moved back from the cliff edge when it was in danger of falling into the sea. There is a long steep ascent up Houns Tout cliff, then more climbing for Emmett's Hill and a steep section both down and up to reach St. Aldhelm's Head where there is a small 12th century stone chapel. The route continues more gently up and down through fields and an old quarry. As you near Swanage you will pass Anvil Point lighthouse and Durlston Nature Reserve. The seaside town of Swanage has a long sandy bay and Victorian pier. It is also home to the Wellington Clock Tower, one of several monuments, large and small, moved here



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from London by George Burt, a former Swanage resident who moved to London in the 19th century but retained his interest in his birthplace.

Swanage to Poole

Sandy Bays. After a flat amble along the seafront at Swanage the path climbs over Studland Hill, your final climb before descending to Old Harry Rocks, and down again to Studland Bay and South Haven sands. The walk over the sands to South Haven point is flat but quite hard going for around 2.5 miles. The statue marking the end of the South West Coast Path is shortly before the ferry landing at South Haven Point. From South Haven Point you will use the ferry and/or bus to travel to Poole.

Travel from South Haven to Poole. To reach your final destination of Poole, cross to Sandbanks using the regular ferry service from South Haven Point, this ferry runs 3 times an hour. You can then take the pleasant Brownsea Island ferry service from Sandbanks to Poole Harbour via Brownsea Island. The last ferry runs at 4.30pm. The Breezer 60 bus also runs from Sandbanks to Poole.

Additional Days

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. We recommend Lyme Regis, Weymouth and Poole:

Lyme Regis

A rest day in Lyme Regis is a must as the scenery is breath-taking in any weather. Its historic Cobb and harbour are iconic to the area. Lyme Regis is home to a number of historical landmarks and education attractions. If you have the time to add a rest day on your holiday Lyme Regis is a great spot to explore!

Weymouth

Weymouth is an ideal destination to visit on a rest day. It's fine Georgian promenade is an inspiring setting to the long arc of fine, golden sands. A gateway to the UNESCO World Heritage Site the Jurassic Coast offers spectacular views, stretching across the horizon. If that's not enough, it's just a short distance to the Isle of Portland which offers a whole range of activities and attractions to people of all ages. Portland Castle offers a historic adventure as well as great views over the horizon. There are also some lovely nature reserves. Not only is it a beautiful spot to visit, Weymouth offers

many outdoor activities, made possible by its setting.

Poole

Poole is an active tourist resort in the east of Dorset, known as Europe's largest natural harbour. It has award winning blue flag beaches including the world-famous Sandbanks Beach, a lively quayside and a stunning historic old town. Poole's waterfront is a paradise for sailors, wildlife and water sports. With Poole's natural coastal setting you are sure to find plenty of superb beachside cafes, restaurants, pubs and bars making it a great place to relax.

Getting There and Away

General travel information on the Dorset area will be in your holiday pack including train and bus timetables where available. Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps. To view train times please visit trainline.com where you can also purchase tickets in advance. For information on bus timetables please visit traveline.info

If you require secure car parking whilst walking this route, please contact us for information.



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Getting There:

By Air: If travelling from overseas the main airport to fly to is London Heathrow. To travel from the airport to London Waterloo station takes around 1.25 hours. From London Waterloo train station you can travel by train to Axminster, it may be possible to travel from Heathrow airport to other stations on the Waterloo/Axminster line at Richmond or Feltham depending on the timing of your journey. Buses X51 and X53 travel between Axminster and Lyme Regis, there is also a taxi rank at Axminster station if preferred. The journey from London Waterloo Station to Lyme Regis takes approx. 3.5 hours. If you prefer to fly to Bristol Airport the journey to Lyme Regis takes approx. 3.5 hours using buses, or by bus and train.

By Road: Lyme Regis is located just off the A35 between Honiton and Charmouth. Travelling from the East you would leave the M3 at Junction 8 then follow the A303, A358 and A35 before finishing your journey on the B3165 into Lyme Regis. If travelling from the North on the M5 you would leave the motorway at Junction 25 then follow the A358, and A35, finishing your journey on the B3165 into Lyme Regis.

Returning from Poole:

By Public Transport: There is a railway station at Poole with direct trains to London Waterloo. If travelling to Bristol airport you would take the train from Poole to Southampton Central and change for Bristol Temple Meads, then take the bus to the airport.

By Road: Leave Poole on the A350 towards Ringwood/Dorchester. If travelling East or North, after approx. 1 mile take the A349 which does have a few turns to look out for and then joins the A341. After approx. 4.5 miles take the A31 towards Ringwood, this will become the M27 which will take you to join the M3. If travelling West follow the A350 for a further 0.5 miles after leaving Poole, then take the A35 towards Dorchester. At Axminster follow the A358 to join the M5 at junction 25, Taunton.

How our holidays work

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures and history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation,

move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday. You just turn up and walk!

Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please.

You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. You can book part of a walk if you don't have the time to complete the entire distance.

How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed or posted. We will get in touch with you once we have received your booking to confirm your holiday details.



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Alternatively, you can either book online using our website at mickledore.co.uk or telephone us during office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We understand this and go out of our way to find the best. We put a great deal of effort into hand picking our accommodation and matching it to individual customer requirements. In selecting the accommodation, we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, and on a working farm. Occasionally we may use a chain hotel.

We always try to arrange en suite accommodation, i.e. rooms with their own bathrooms, for each night of your stay. However, in some of the more remote locations accommodation is limited and occasionally we may have to book rooms with shared bathrooms for one or two nights of your holiday, (especially if the booking is made at short notice), but we will always let you know if this is likely to be the case.

Single Rooms

We are happy to book single rooms on this walk but cannot normally book more than two for any one group. Single room bookings include a supplement.

What We Provide

All Holidays

Accommodation Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs including a Full English or Continental breakfast.

Guidebook A guidebook with route information, maps, photos and background information.

Information of Services Along the Route

A comprehensive service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafés and taxis.

Maps One waterproof 1:40000 Harvey map covering the whole route.

Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

12.5% discount at Cotswold Outdoors We will issue you with a 12.5% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

Packed Lunches Packed lunches are not available for SWCP routes. We will provide you with a guide to local places to pick up lunch before you set off or on the route, your hosts will also be happy to advise you.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

Arrangement of return transport We can also arrange your transfer back to your car, (or advise you when public transport is a better option).

What's not included

Evening Meals Your evening meal isn't included in the package, but we include



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full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £30.00 per night.

Transport to the start & away from the finish

Taxi or bus transport if you need to miss a stage (but we'll help you organise it if you need help)

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website mickledore.co.uk

About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm. If you've got any queries, we're always happy to help,

so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.

We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years' experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and the Association of British Travel Agents (ABTA). We have

arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at aito.com. Visit the website to find out more about



the Association or call 020 8744 9280.



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Dorset Coast Path: Lyme Regis to Poole

When planning your holiday, it is worth noting that the path between Lulworth Cove and Kimmeridge Bay is frequently closed due to live firing on the Lulworth Range. This is a lovely section of coastline and it is worth making every effort to plan your walk at a time when the path is likely to be open. However, as firing times are subject to last minute changes, there is no guarantee that the path will be open, no matter how carefully you have planned your holiday. You should be prepared for a diversion involving public transport if the range is closed to the public at the time of your walk. Please call us if you have any questions about this and for up to date information go to gov.uk/government/publications/lulworth-firing-notice

Lyme Regis to Poole in 6 Days Walking Code: DO7				Lyme Regis to Poole in 7 Days Walking Code: DO8		
		miles	km		miles	km
Day 1	Travel to Lyme Regis for your first night of accommodation			Travel to Lyme Regis for your first night of accommodation		
Day 2	Lyme Regis to West Bay	13	21	Lyme Regis to West Bay	13	21
Day 3	West Bay/Bridport to Abbotsbury	11	18	West Bay/Bridport to Abbotsbury	11	18
Day 4	Abbotsbury to Weymouth	15	24	Abbotsbury to Weymouth	15	24
Day 5	Weymouth to Lulworth	11	18	Weymouth to Lulworth	11	18
Day 6	Lulworth to Worth Matravers then transfer to Swanage	15	24	Lulworth to Kingston	12	19
Day 7	Transfer back to Worth Matravers then walk to South Haven Point. Ferry to Poole	14	23	Kingston to Swanage	11	18
Day 8	Depart from Poole after breakfast			Swanage to South Haven Point then ferry to Poole	8	13
Day 9				Depart from Poole after breakfast		



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Booking Form

Contact Details

Address

Mobile Telephone..... Landline telephone.....

Email.....Emergency Contact no

Your Holiday

Holiday Code.....Holiday Name.....

Date of First Night.....Date of Last Night.....

Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required	Rest Days (give date & location)
Luggage Transport	Y/N No. Double Rooms	
Packed Lunches	Y/N No. Twin Rooms	
Off Street Parking	Y/N No. Single Occupancy Rooms	
Return Transfer required (additional charge)	Y/N	

Comments (special diets, other requirements etc):

Upon receipt of your booking form Mickledore will send by email a confirmation with the full price and 20% deposit cost required. You can pay by card or cheque (GBP only for cheque).

How did you hear about Mickledore Travel?



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