

HEALTHY SELFIE TRAIL

GEOPARK
JOURNEYS

BRIXHAM HARBOUR AND BREAKWATER

2.2 miles



Use the what3words codes to follow a circular route (or follow the map and directions) and learn some extraordinary facts about the English Riviera Unesco Global Geopark along the way.



Why not take some selfies (we've suggested a few picturesque spots along the way) and tag us at #healthyselfie, #extraordinarygeopark and #englishriviera? We would love to see your photos. Have fun!

These trails have been created with the help of Living Options to be as accessible to as many people as possible. With this in mind, we point out parking (and public transport options), toilets and Changing Places Toilets (where available). We have also tried to use wide and flat walkways and avoid any areas that tend to get overly busy or loud.

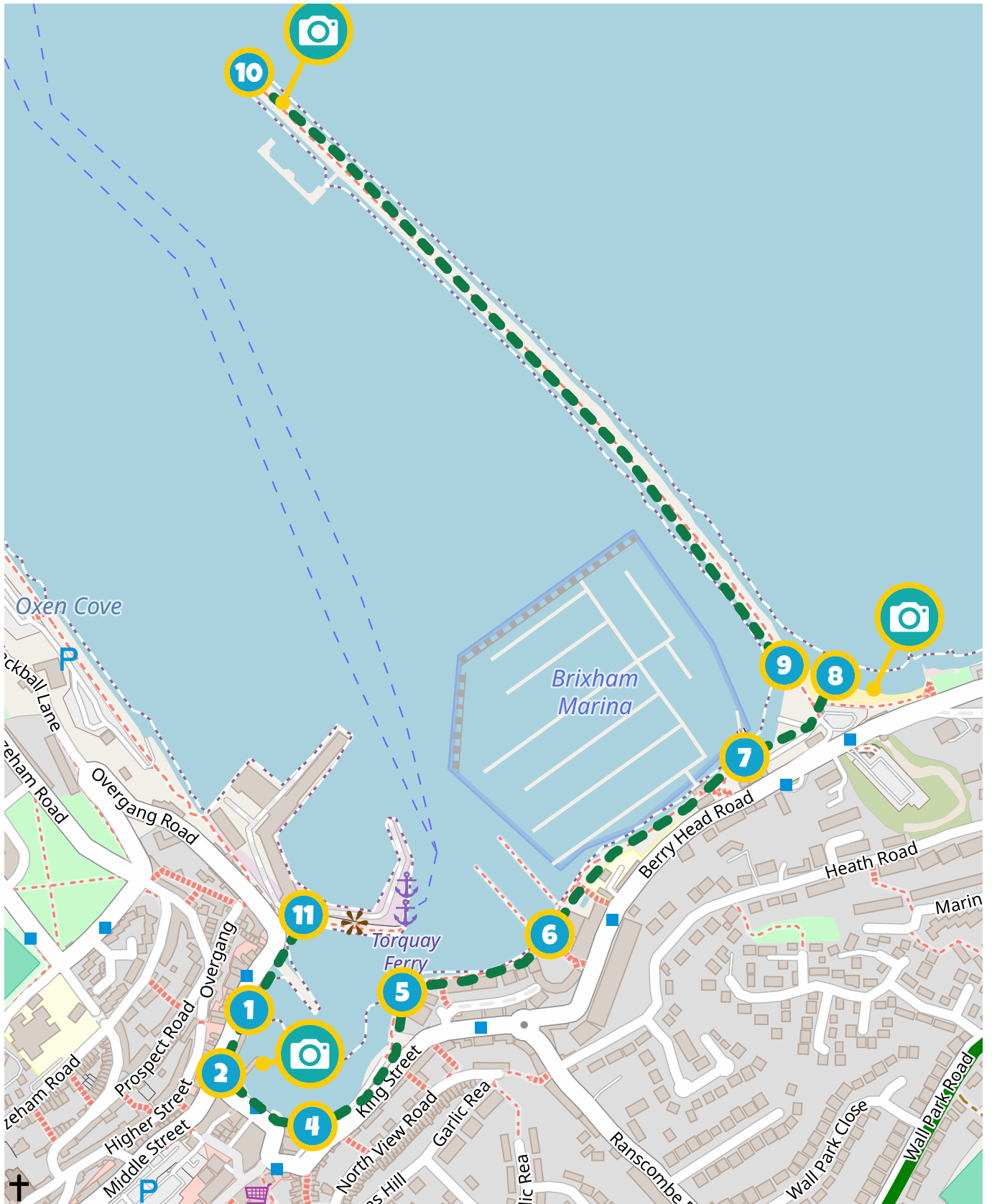
This route doesn't cross any roads and has a number of benches on the route to allow people to rest along the way.



www.healthy-selfie.co.uk

BRIXHAM HARBOUR AND BREAKWATER

2.2 MILES



This walk starts outside Rockfish Seafood Restaurant (what3words: growl.honeybees.barstool). The nearest car park is Freshwater Quarry Car Park (what3words: decisions.gravest.pads), which is a 10 minute level walk away, walking past the fish market with the sea on your left. It is also possible to park at Breakwater Car Park (what3words: resonates.inform.escaping) and begin the walk from there. If you are travelling by bus, the nearest bus stop is Town Square Stand C, which is about a 10-minute walk to the start. Please see the Stagecoach website for route information (www.stagecoachbus.com).

There are pay toilets, including an accessible one just to your right if you are looking towards the restaurant (**what3words: opens.unless.bitter**). These take contactless payment. A Changing Places toilet is planned to open in the Town Square (what3words: kept.courts.excavated) in summer 2024.

1. Walk away from the restaurant, with the harbour on your left towards the Golden Hinde (**what3words: reclined.burst.handlebar**).

EXTRAORDINARY FACT!

Brixham is now England's largest fish market by value of fish sold, which was more than £60 million in 2022. The current fleet is a mix of local day boats and trawlers who remain out in the English Channel for up to a week at a time. They land over 40 different species of fish, with the main catches including Cuttlefish, Lemon and Dover Sole, Squid, Monkfish and Turbot. Around 70% of the fish is exported to Europe, but there is still plenty to be enjoyed in the restaurants and fish and chip shops around the harbourside.

2. Walk past the covered fish market, before turning left at the Old Market House (**what3words: overt.buzzards.arrow**).

EXTRAORDINARY FACT!

Look out for the original fish market, which was built in 1804 and today is a place where you can browse local crafts or even enjoy a drink of two. As well as being famous as a fishing town, Brixham was once a major importer of fruit, which would arrive on timber schooners from the Azores and Lisbon in Portugal. The main imports were oranges and lemons, but mixed fruit including melons and grapes would also arrive from the Mediterranean. Between 1846 and 1884 there were over 300 schooners built and registered in Brixham, but trade died out when steam ships replaced the sailing boats and fruit merchants began to snub them due to cleanliness.



The Golden Hinde

EXTRAORDINARY FACT! CONT.

While the replica of the Golden Hinde might be the most iconic ship on the harbour these days, back in the 1950's, a replica of the Mayflower was built in Brixham using traditional methods. It then sailed from Plymouth in 1957, recreating the original voyage, arriving in Plymouth Massachusetts two months later. More recently, the ship spent five years being restored in time for the Mayflower 400 commemorations in 2020 (many of which were cancelled due to the Covid-19 pandemic) and can now be visited at its permanent home at the Plimoth Plantation, a living history museum in Massachusetts. A replica model can be seen in Brixham Heritage Museum (free entry).

3. With the restaurant on your left, walk down the side of the harbour until you reach the harbour entrance. (**what3words: notes.expecting.shredding**)
4. Walk past the Golden Hinde and the William of Orange Statue before following the harbour around to the left by Albero Restaurant (**what3words: splat.brain. efficient**).
5. Continue until you reach the Man and Boy Statue (**what3words: Fiery.raking. acid**).

EXTRAORDINARY FACT!

The Man and Boy sculpture features men from two generations at the wheel of a fishing boat and has become an evocative and much-loved symbol for the people of Brixham since it was unveiled in 2016. It commemorates lives lost at sea, as well as celebrating Brixham's fishing heritage and was created by local sculptress, Elisabeth Hadley. She based it on an etching called 'The Wheel' by Arthur Briscoe (1873 – 1943) and created it in clay before it was sent to Shropshire to be cast in bronze. Residents of the town coordinated a long fundraising drive to pay for its construction.

6. Continue following the harbour around until you get to the marina and the Prince William. Continue along the path, looking out for Grenville House on your right (**what3words: hoot.grumble.driftwood**).

EXTRAORDINARY FACT!

The striking outdoor education centre at Grenville House (look for the scary looking high ropes course) was built as the British Seamen's Orphan Boys' Home in 1863. It was founded by William Gibbs as an orphanage for the sons of seamen who had died or were chronically ill and was set up as an alternative to the poor house. It catered to boys from the age of eight and once they had reached 14-years-old, they were helped to join the Royal Navy or the Mercantile Marine. Today it welcomes schools, colleges and community groups to take part in an exciting range of outdoor activities, many of which are water-based.

7. Continue following the harbour on your left and past the Brixham Marina offices and the RNLI Lifeboat (**what3words: crossings.moons.typed**).

EXTRAORDINARY FACT!

See if you can spot Pilgrim of Brixham, a wooden ketch-rigged sailing trawler and Vigilance of Brixham, which are the port's two heritage boats. The use of ochre to preserve the sails from the effects of seawater gave the boats their characteristic red sails, using a preservation treatment known as "barking." A mixture of oak bark, beef tallow, wood tar and red or yellow ochre was boiled in cauldrons before being painted in the sails. Another iron paint manufactured in Brixham was used to rust-proof railway tracks and bridges, including the one over the Zambezi River at Victoria Falls.

8. Continue past Brixham Gig Club and through the car park till you get to Breakwater Beach (**what3words: tiny.outbid.severe**). You can enjoy unobstructed views of the beach from the left-hand side as you face the sea. There are toilets outside Breakwater Bistro (**what3words: utter.required.surfer**), including an accessible toilet via a shallow ramp.

EXTRAORDINARY FACT!

At the far end of Breakwater Beach, you will be able to see the Brixham Time and Tide Bell, which is one of 13 bells located around the coast and tidal waters of Great Britain. Created by Devon-based artist, Marcus Vergette, the bell produces a gentle musical sound that varies according to the different wave patterns, or a much louder sound if children throw pebbles at it. Bells have been used for centuries to celebrate, summon, or warn local communities and the artist hopes the piece will stimulate thought, discussion and action, "whether to remind us of the threat of rising sea levels, coastal erosion or simply to contemplate the nature of time and our place within it."



BREAKWATER BEACH

9. Head to the arm of the Breakwater (**what3words: anchorman.cans.party**). Please note there is quite a steep slope up onto the breakwater and non-motorised wheelchairs may need assistance. However, it is then flat along the route.

EXTRAORDINARY FACT!

The Breakwater extends for half a mile, providing protection for the historic fishing port from the ravages of the sea. It was built in sections from 1843, with an elongated rubble mound being faced with jointed limestone (which was quarried from Berry Head) and granite boulders on its seaward side. It was extended to its current length between 1909 and 1916 and then reinforced with Cornish granite just a few years ago. Following the Great Gale in Brixham in 1866, it is said that local fishermen's wives lit a bonfire to try to guide their husbands safely home. The current lighthouse was built in 1916.

10. Continue along the Breakwater until the lighthouse at the end (**what3words: whispers.meanwhile.wolf**) taking in the amazing views across Brixham and the rest of Torbay.



THE END OF THE BREAKWATER

EXTRAORDINARY FACT!

See if you can spot All Saints Church on your return along the Breakwater, whose tower looks out over the harbour. The Rev Henry Francis Lyte was the first vicar of the church which serves an area of Brixham dubbed "Fishtown." He was very well respected by the local fishermen and their families and even went out on their boats preaching about Jesus on the Sea of Galilee. He was also a poet and hymn-writer and wrote Abide with Me a few months before his death. The lyrics are a prayer for God to stay throughout life's journey, with life and death compared to the ebb and flow of the tide. The bells of the church ring out three of Lyte's hymns every day, including Abide with Me at 8pm.

11. Retrace your route back to the start. Arrive back at Rockfish Seafood restaurant (**what3words: growl.honeybees.barstool**).

Walk End!