



More people, more active, more often

An event funded by Torbay Council and delivered by Tonic Creatives

### USE THE WHAT3WORDS CODES TO FOLLOW A CIRCULAR ROUTE. TAKE SELFIES ALONG THE ROUTE, INCLUDING A PICTURE AT EACH OF OUR THREE "SELFIE STOPS" TO BE ENTERED INTO OUR MAIN COMPETITION. HAVE FUN!

#### **ACCESSIBILITY**

Please note, the route follows coast paths and is therefore tricky for those with limited mobility. Stick to the main paths to complete the circular route which visits Maidencombe with the sea on your right and returns to the car park following a higher route with the sea on your left. If in doubt, there are a number of signs and signposts along the way.

# 1. START AT WATCOMBE CAR PARK PRICES.PIGS.OWNERS

# 2. GO THROUGH THE GATE AND FOLLOW THE PATH TO...

GREEN.EMAIL.DENY



#### **DID YOU KNOW...?**

You are now in Valley of the Rocks, which was once one of the biggest tourist attractions in the Bay. The towering rocks made it a stunning setting for social gatherings including a Grand Gala back in 1853. Organised by the Torbay Choral Society, the celebration featured a 1000-strong choir enjoyed by more than 7000 spectators. The climax saw the Giant Rock (which is now overgrown) illuminated while a Highland Regiment with bagpipers beat a retreat from the summit.

# 3. AT CIVIL.ROBE.ANGLE, KEEP LEFT FOLLOWING THE COAST PATH SIGNS AND UP THE STEPS

#### 4. REACH OCEAN. HANDY. SCOUT

# SELFIE STOP!

#### 5. TURN LEFT AND WALK ALONG PATH.

At brow of hill, at wooden gate turn right through the stile **ROOTERS.NITRATE.PANS** (gate)

#### 6. AT THE JUNCTION VALUES.KINDS.BYPASSES

... turn left following the signs to "Coast Path Maidencombe" - follow the path around the edge of the field.

#### 7. REACH BROWSER.CRUMPLE.OBSERVES



Congratulations on finishing the walk and we hope you had fun exploring Torquay and getting a few selfies along the way. Don't forget to tag us #HealthySelfie

The first 100 people to pop into the Thatched Tavern (please check opening hours) and show a photo from each of the first three SELFIE STOPS will get a limited-edition badge. There is a different badge to collect for each walk.

## 8. AT THE END OF THE PATH, TURN LEFT UP TOWARDS THE THATCHED TAVERN.

Please note, event though you have only taken two selfie's so far, you can still collect your limited edition postcard and badge as you pass the pub (first 100 people).

#### **DID YOU KNOW...?**

Rudyard Kipling, the author of The Jungle Book once lived in Rock House in Maidencombe. However, the Kiplings started hating the spooky house complaining about "a gathering blackness of mind and sorrow of the heart" when they entered. He also hated the conservatism of the town, saying "Torquay is such a place as I do desire to upset it by dancing through it with nothing on but my spectacles. Villas, clipped hedges and shaven lawns, fat old ladies with respirators..."

# 9. ONLOOKERS.TWIRLS.CHERISHED - GO OVER THE SMALL BRIDGE AND TURN RIGHT

- turn left and go over the stile at the wooden gate

#### **10. NOSE.VERVE.BIRDCAGE**

- keep right following the John Musgrove Trail

# 11. YOU REACH THE SMALL COMMUNITY ORCHARD DEVOURS.ANCHOVIES.DECIDING



#### **DID YOU KNOW...?**

The woods at Watcombe were once valued for the fine red Devon clay that can be found here. Mr Allen, a retired headmaster noticed the natural clay and started the Watcombe Pottery Company that manufactured ornamental terracotta for almost 100 years. The novelty items and seaside souvenirs reflected the fashions of the time. You can learn more and see examples at Torquay Museum.

## 12. GO OVER THE STILE AND LEFT UP ROCKHOUSE LANE...

...at brow of hill turn left back onto the John Musgrove path towards Watcombe. Follow this all the way back retracing steps to the car park.

Don't forget to enter our competition at www.healthy-selfie.co.uk to be in with the chance of winning some amazing prizes for you and your family.

Good luck!