

# HEALTHY SELFIE TRAIL

FREE!



**TRAIL #7**

**BRIXHAM HARBOUR CIRCULAR  
(APPROX 2.7MILES)**



*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 MAIN TOP PHOTO SPOTS TO BE ENTERED INTO OUR MAIN COMPETITION.

## HAVE FUN!

### 1. START NEAR ROCKFISH

#### (ANGLE.PRINCES.CLINCHER)

- Head around the Harbour towards the Golden Hind heritage boat

#### DID YOU KNOW...?

The Golden Hind is one of only two full sized replicas in the world of 16th century explorer and privateer Sir Francis Drake's famous ship, which circumnavigated the globe in the 1st century. One of the most iconic ships from the age of exploration, a replica of the the Golden Hind has been moored in Brixham since 1963 following it's use in a TV series called Sir Francis Drake. The ship sank in heavy seas in 1987 whilst being towed to Dartmouth for restoration. A second replica was built in 1988 and since then thousands of people have stepped upon her decks and visited down below. It is based on a steel barge and could never sail.

### 2. ADJUSTED.SLACK.BALANCE

- Take a selfie showing you and the Golden Hind



### 3. KEEP FOLLOWING THE PATH...

- ...around the Harbour towards the Man & Boy statue

#### (SCARY.OCTAGONAL.CURVING)



#### DID YOU KNOW...?

See if you can spot one of the Brixham heritage trawlers with their distinctive red sails. Back in the late 18th century, Brixham fishermen and boat builders created faster boats that could fish in deep water. Such was the success of these Brixham Trawlers, the design was copied around the UK and by the end of the 19th century there were more than 3000 sailing trawlers based in British ports and a fleet of 400 at Brixham. The distinctive red sails are the result of a treatment called 'barking' to protect them from the harsh effects of seawater. Locally mined red acre was boiled with tar, tallow and oak barn and then painted on the sails which were then hung up to dry. Today just two heritage trawlers are based in Brixham, Pilgrim (1895) and Vigilance.

### 4. KEEP FOLLOWING THE PATH...

- around to Breakwater Beach

#### (DABBLING.VIEWS.VANILLA)

### 5. WALK THE FULL STRETCH OF THE BREAKWATER...

- ...and take a selfie at the Lighthouse right at the very end!



### 6. RETRACE YOUR STEPS BACK...

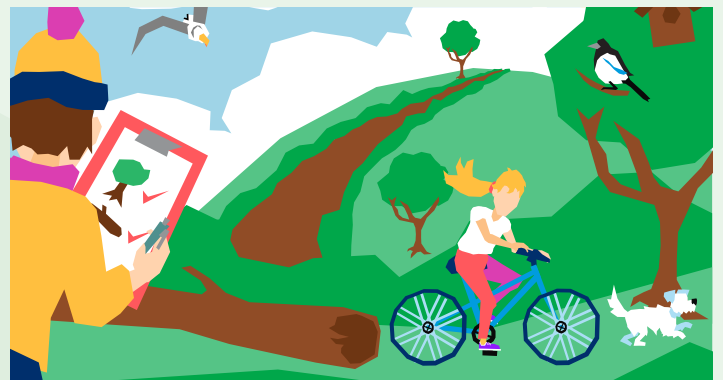
- ...around the Harbour to Rockfish.

#### DID YOU KNOW...?

Brixham is the UK's most valuable fishing port, landing more than £40 million in fish a year. However, fishing remains a perilous profession. The Man and Boy statue was created by local artist Elisabeth Hadley to commemorate lives lost at sea and to celebrate Brixham's fishing heritage. It's a half a mile walk to the end of The Breakwater, which was created as a protective "arm" for the fishing port. 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.

#### ACCESSIBILITY

This is a flat walk around Brixham Harbour and should not present any accessibility issues.



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

The first 100 people to pop into The Bay Coffee Company and show a photo from each of the three Top Spots will get a limited edition badge. There is a different one for each walk.

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

## Good luck!