



English Riviera



UNESCO GLOBAL
GEO PARK

Associate Partner

 **TORBAY**_{ON}
THE
MOVE

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 IN THE CAR PARK AT KENTS CAVERN (COUCH.CLOSET.RANKS)

- Please note, this is a pay car park, but you can park for free on the road outside.

DID YOU KNOW...?

Did you know that Kents Cavern featured in an episode of Doctor Who? It was called Revenge of the Cybermen and was screened on BBC TV in 1975. However the episode wasn't actually filmed in the caves, a photograph was taken in the Rocky Chamber and then enlarged to be used as a backdrop. However, you can watch films in Kents Cavern. Each year, they host the world's biggest underground film festival, screening dozens of films in the atmospheric setting of the caves, with the audience sitting on deck chairs. Keep an eye out for Cyber Men though...

2. FOLLOW THE FOOTPATH PAST THE SHOP...

- ... and cafe, keeping right (don't go down the Woodland Trail).

3. GO DOWN THE STEPS AND FOLLOW A WOODLAND PATH FOLLOWING THE YELLOW ARROWS.

- At the junction, take a left following the signs for "Meadfoot Beach".

4. THE PATH TAKES YOU THROUGH THE EDGE OF THE WOODS...

- ...with the green on your left and down to the sea.

5. TURN LEFT ONTO GREEN AT THE BOTTOM. TRIBES.TWIGS.ACTORS

6. CROSS THE ROAD WITH CARE AND ENTER THE CAR PARK

SELFIE STOP! PULLED.TEND.FLYING

DID YOU KNOW...?

Meadfoot Beach was one of the first to allow mixed bathing. In Victorian times, men and women weren't allowed to swim from the same beach and had their own designated areas. . Meadfoot was a favourite swimming spot for a young Agatha Christie, who would spend her summers with her sister Madge and her nephew Jack on what was considered a very aristocratic and fashionable beach. Today, the beach is still really popular with swimmers and an annual race takes place, with competitors racing across the Brixham and back, a distance of 8 miles!

7. FROM THE FAR LEFT OF THE CAR PARK (WITH THE SEA STRAIGHT AHEAD) FOLLOW

THE YELLOW COAST PATH ARROW UP A SET OF STEPS.

8. TURN RIGHT WHEN YOU REACH THE ROAD, STAYING ON THE PAVEMENT.

9. TURN RIGHT AT THE SIGN FOR "HOPES NOSE".

PASTA.RANDOM.WHITES

10. TURN RIGHT TO WALK TO VIEWING SPOT FOR HOPES NOSE / THATCHER ROCK

SELFIE STOP! VENT.AWARE.BEGIN

11. WALK BACK TO THE PATH AND TURN RIGHT.

- The path eventually rejoins the road, where you turn right again.

12. AT THE TOP OF THE HILL...

- ...follow the yellow arrow and walk along the footpath adjacent to the road.

13. EVENTUALLY YOU WILL COME TO A GREEN SIGN FOR "BISHOPS WALK & ANSTEYS COVE". TURN RIGHT

ACUTE.ENHANCEMENT.WIDER

DID YOU KNOW...?

The bit of path is called Bishop's Walk after a man called Henry Philpotts, who was the Bishop of Exeter for 38 years in the 19th century. He built a grand mansion called Bishopstowe, which later became the much-missed Palace Hotel. Although he had 25 acres of private land stretching down to the sea, he enjoyed a walk in the fresh air so much that in 1840 he created this path (which winds from Ansteys Cove to the bottom of Ilsham Valley) as " a place of quiet repose and for the good of the constitution". Thanks to his love of walking, we can now still enjoy this beautiful path today.

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ACCESSIBILITY

As this walk follows the coast path, it also features steps, rough terrain and slopes. We would also accept entries that follow the road (and pavement) down to the beach and back, or a shorter route along Meadfoot Sea Road. Just remember to take three selfies along the way!

14. CARRY STRAIGHT ON AT THE FINGER POST

#SELFIE
STOP!

CHINS.TRUCKS.CHILL

15. GO THROUGH THE GATE AND CROSS THE ROAD INTO THE CAR PARK ON YOUR LEFT.

16. ENTER THE FIELD AT REAR BY THE PARKING MACHINE AND PROCEED ACROSS THE PLAYING FIELD.

17. TURN RIGHT ONTO ROAD, YOU ARE BACK AT KENTS CAVERN ON YOUR LEFT

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 Kents Cavern (please check opening hours) and show a photo from each of the three SELFIE STOPS will get a limited edition badge. There is a different badge to collect for each walk.

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!

