



English Riviera



UNESCO GLOBAL  
GEOPARK  
Associate Partner

 **TORBAY**<sub>ON</sub>  
**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 COCKINGTON VILLAGE CAR PARK (OR CLOSE BY)**

**SPRINTER.EMPHASIS.GLAZE**

- Walk out of the car park, turn left and head up the hill (by the side of Cockington Gallery)

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

The crossroads in Cockington Village was once an important trade route, as there wasn't a coast road between Torquay and Paignton until the 1840's. The 14th century Cockington Forge would no doubt have had a busy trade providing horseshoes and other iron implements. In mediaeval times, there was a pond in front of the forge, as well as a ducking stool for gossiping women. Meanwhile, men would be placed in the stocks, with plenty of rotten vegetables and manure available to throw at them.

## **2. WORKED.WIZARD.STREAMERS**



## **3. WALK UP THE HILL.**

- At the fork in the road turn right, go through the gate up the main driveway to Cockington Court.

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

On your left as you walk along the carriageway you will spot an arboretum. This is basically a tree museum which contains the squire's collection of different species of trees. There's a sign that lists all of the various trees you can look out for. The tree museum is bounded on one side by a ha-ha, which is a sunken fence that stops animals getting in without obstructing the view. There is also an avenue of lime trees planted in 1951 as part of a trade conference, with a tree planted for each of the 42 countries who attended.

## **4. POUNCES. SPECTACLE.DIPLOMATS**



## **5. WALK UP THE DRIVEWAY AND UP THE PATH TO THE LEFT OF COCKINGTON COURT.**

- Continue up to the Seachange Craft Studios

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

Apple Day was started at Cockington back in 1993 and at the rear of Cockington Court there are acres of apple trees that were traditionally used for making cider. Look out for the wooden cider press near the artisan craft studios that is used to make apple juice and cider for the Cockington Apple Day celebrations every autumn. Later on your walk as you return down the carriage drive you will spot a pound at the junction. This is a round granite stone once used for crushing apples using horsepower.

## **6. SPEND SOME TIME SHOPPING OR VISITING THE MAKERS IN THEIR STUDIOS.**

- If you have young children with you, there is a lovely play park at the top of the studios.

## **7. CABLE.PRESSING.PERFECTLY**



## **8. RETRACE YOUR STEPS TO THE ROSE GARDEN...**

- Go straight through into the Stable Yard Craft Studios - spend some time here if you are able.

## **9. CONTINUE OUT OF THE STABLE YARD THROUGH THE ARCHWAY...**

- turn right and go past James Murch's Art Studio - follow the path around to the front of Cockington Court.

## **10. GO PAST SEVEN DIALS CAFE OR POP IN FOR A HOT CHOCOLATE!**

- Don't forget to visit the shop and gallery here to pick up your free badge and postcard!

## **11. NOTHING.ACCLAIM.GOODBYES**

- Feel free to pop up to visit the Church here (please note this section is only accessible by steps)

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

St George and St Mary church dates back to about 1069 and it's believed that its 20 metre tower, with walls almost two metres thick in places, doubled as a refuge from the very real threat of pirates. There were once three bells in the tower, all cracked until they were recast in 1908. An Old Time Village Fair was held to raise the funds, which was so successful four bells were installed. This was the forerunner of the Cockington Fair, that is still held today.

## **12. HEAD BACK DOWN THE DRIVEWAY AND BACK OUT THROUGH THE GATE BY THE THATCHED COTTAGE...**

- ...and return to your starting point. If you have time perhaps a visit to one of the tea rooms or the Drum Inn might appeal?

### **ACCESSIBILITY**

We have designed this walk to be accessible as possible, staying on surfaced paths throughout. There are some gentle inclines, but these should be accessible to most people. There are a range of disabled parking options at Cockington, while if you decide to do a shorter route due to mobility issues we will of course still accept your entry.

**CONGRATULATIONS ON FINISHING THE WALK AND WE HOPE YOU HAD FUN EXPLORING THE STUDIOS AND GETTING A FEW SELFIES ALONG THE WAY. DON'T FORGET TO TAG US #HEALTHYSELFIE**

**THE FIRST 100 PEOPLE TO POP INTO THE MAIN SHOP AND GALLERY IN COCKINGTON COURT (BY THE SEVEN DIALS CAFE) 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.HEALTHYSELFIE.CO.UK](http://WWW.HEALTHYSELFIE.CO.UK) TO BE IN WITH THE CHANCE OF WINNING SOME AMAZING PRIZES FOR YOU AND YOUR FAMILY.**

**GOOD LUCK!**

