

Bike Hire

Bike hire is available at a number of points along the Trail including Braunton, Barnstaple, Fremington, Bideford and Torrington. Bikes are usually available with children's trailers if requested. For further information please contact the Tourist Information Centres.

Tourist Information Centres

- **Barnstaple**
01271 375000
- **Bideford**
01237 477676
- **Braunton**
01271 816400
- **Torrington**
01805 626140



Lapwing



Sustrans



John Grimshaw/Sustrans

Car parking

There are limited free car parking places available for Tarka Trail users at Fremington Quay, The Puffing Billy near Torrington, Watergate, Yarde and Petrockstowe. Parking is also available at Braunton, Barnstaple, and Instow although there may be a charge.



Sustrans



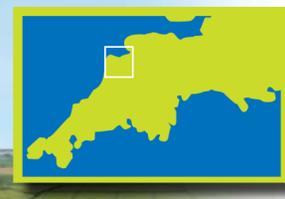
Braunton Burrows

This internationally important sand dune system is a short detour from the Tarka Trail at Braunton and forms the core of North Devon's UNESCO designated Biosphere Reserve. Find out more at: www.northdevonbiosphere.org.uk



Taw Torridge Estuary

Designated as a Site of Special Scientific Interest, the estuary is important to a wide range of birds, attracted by the rich food supply to be found in the mud and sand. The estuary is also an important nursery area for fish.



Eating and Drinking

The Tarka Trail passes through a number of towns and villages where a range of refreshments and other services can be found. These include Braunton, Barnstaple, Fremington Quay, Instow, Bideford, Torrington and Yarde.

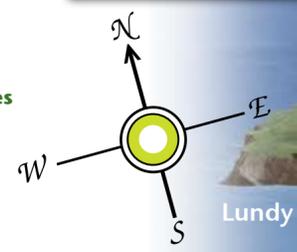
See Tourist Information numbers under bike hire for more details.



Lisa Harty/Sustrans



Sustrans



Lundy Island



Bideford

A short detour from Bideford Station, across the historic bridge will take you to the port of Bideford. Once a major trading centre with ships bringing cod from Newfoundland and Tobacco from the colonies, today it is the embarkation point for the ferry to Lundy Island. (01271 863636 for bookings).



River Torridge

South of Bideford the Trail follows the River Torridge, passing through woodlands and over bridges to the heart of Tarka Country.



John Grimshaw/Sustrans



www.nationalcyclenetwork.org.uk



The Tarka Trail forms part of National Cycle Network routes 3 and 27

National Cycle Network route 3 passes through Devon on its way between Land's End and Bristol. The Padstow to Bristol section via Bude, Barnstaple, Tiverton and Taunton is known as: 'West Country Way'

National Cycle Network route 27 is known as: 'Devon Coast to Coast' and runs between Ilfracombe on the north coast of the county and Plymouth on the south coast via the western edge of Dartmoor.

For more information on the National Cycle Network visit: www.sustrans.org.uk

For more detailed mapping of the area we would recommend Ordnance Survey 'Explorer' series maps. Sheet no's, 126,127, 139 and 113 - visit: www.ordnancesurvey.co.uk/oswebsite/



Tarka trail walking route

The route between Braunton and Meeth is only one part of the entire Tarka Trail, a 180 mile figure of eight stretching south to Dartmoor and linking Barnstaple with Exmoor and the coast. The other sections are mainly way-marked footpaths and therefore not suitable for cyclists. Find out more at: www.discoverdevon.com

Keith Rand/Sustrans



Lisa Harty/Sustrans

Art on the Tarka Trail

Between Barnstaple and Meeth are a number of artworks ranging from shelters and seats to giant otters - so keep a look out.



Barnstaple

Barnstaple has a long and interesting history as a centre for trade and remains a thriving town today. Why not find out more at the Museum of Barnstaple and North Devon (01271 346747)



Discovery Trail

Between Braunton and Meeth are 21 'discovery points' where you can find out all about the Trail's history and wildlife. Linked to these is an audio trail to find out even more. Download or listen at: www.devon.gov.uk/tarkatrail

Contact Numbers

Discover Devon Holiday Line
Tel: 0870 608 5531
Email: tourism@devon.gov.uk
www.discoverdevon.com

Devon County Council
Tel: 0845 155 1015
Email: info@devon.gov.uk
www.devon.gov.uk

Traveline Public Transport Information Service
0871 200 22 33
www.traveline.org.uk

North Devon's Biosphere Reserve
Tel: NDCCS 01237 423655
Email: ndccs@devon.gov.uk
www.northdevonbiosphere.org.uk



Code of Conduct

- Cyclists slow down when approaching other people using the Trail.
- Keep your dog under control, especially where livestock are present. Please clean up after your dog.
- Do not light fires.
- Take your litter home.
- Do not disturb wildlife and please leave Wild flowers growing for others to enjoy.
- No unauthorised motor vehicles.



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