

COUNTRYSIDE TEAM  
DEVON COUNTY COUNCIL  
LUCOMBE HOUSE  
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EXETER  
EX2 4QW



## Discover Devon Differently....

**Devon has the most fantastic natural environment and we all want it to stay that way.**

Why not leave the car behind for the day and explore Devon by foot, by bike or even by canoe! You can visit places 'off the beaten track' and experience the heart and beauty of Devon at a different pace of life.

Much of Devon's coast and countryside is accessible by public transport and it can be great fun! Why not see the Jurassic Coast, England's first natural World Heritage Site, from the top of a double-decker or enjoy the spectacular birdlife on the Exe Estuary from a ride on the Avocet Line?

### 10 reasons why you should leave your car behind and *Discover Devon Differently*:

- A bus or train ride can be part of your day-out experience
  - Save money – petrol and parking are expensive
  - Save even more money – many attractions offer discounted tickets for visitors arriving by sustainable modes of transport
  - Nobody enjoys sitting in a hot car in a traffic jam
  - Walking, cycling and other sustainable activities are great fun and can help to keep us healthy
  - Car parking can be hard to find and often stressful
  - Walking, cycling or horse riding allows you to travel at a more leisurely pace of life allowing you to take in the scenery.
  - High volumes of traffic on rural roads discourages other users such as cyclists, walkers and horse-riders
  - Enjoy the fresh air, improved by less congestion
- And most importantly...
- You are reducing your impact on the environment. This is especially important in Devon with its special and sensitive areas such as National Parks and Areas of Outstanding Natural Beauty.

Why not download a Discover Devon Differently Itinerary from [www.discoverdevondifferently.com](http://www.discoverdevondifferently.com) and enjoy a car-free day out in Devon.

For visitor information including holiday accommodation availability visit [www.discoverdevon.com](http://www.discoverdevon.com) or call the Discover Devon Holiday Line **0870 608 5531**

For up-to-date information on bus and train times call the Traveline on **0870 608 2 608** or visit [www.traveline.org.uk](http://www.traveline.org.uk)



## Ride & Stride

...a walk through history - The Iron Age, Saxons, Normans, Jacobean, Victorians

A walk through Devon's past - an Iron Age hill fort, ancient standing stones, Saxon battle ground, Norman church and castle, Jacobean house and Victorian manor.



118180 Devon Design & Print: 01392 383276



The Two Castles Trail is one of Devon's network of long-distance walks. The trail stretches 24 miles/38 km through West Devon from Okehampton to Launceston, just over the county boundary in Cornwall. It gets its name from the two impressive Norman castles which are found in the end towns.

As well as the Two Castles, this walk also features a variety of other historical elements. It covers seven miles between Bridestowe and Lewdown during which a range of Devon's history will be experienced - an Iron Age hill fort, ancient standing stone, Saxon battle ground, Norman church and castle, Jacobean house and Victorian manor.

This day out includes a bus ride from Lewdown to Bridestowe followed by a walk back to Lewdown through beautiful Devon countryside.

**Getting there:** Lewdown is served by frequent buses from Exeter, Okehampton and Launceston as well as occasional ones from Tavistock.

**Walk Length:** 7 miles/11 km; 3 stiles; one long steady climb of 250ft/80m, a shorter one of 125ft/40m.

**Facilities:** Bridestowe - 2 pubs, post office/stores; Lewdown - pub, post office/stores.

## The Walk

To begin this walk, catch the bus from Lewdown to Bridestowe. At the time of writing they operate every 2 hours. For up-to-date information contact Traveline on **0870 608 2 608**. The bus stop in Lewdown is on the main road almost opposite the War Memorial. Alight at Bridestowe - few buses go into the village itself so you will actually alight on the old Bridestowe by-pass. Cross the road and follow the lane into the village.

**Bridestowe gets its name from the dedication of its church to St. Bridget, an interesting survival of a possible Celtic dedication to this Irish Saint and the pointer to a very old settlement. The present church dates from the 15th Century but the gateway to the churchyard is a Norman arch. This is thought to be the only surviving part of the chapel of the older church which was moved here in Victorian times.**

Follow the road round to the right past the church, where you pick up the route of the Two Castles Trail coming from Okehampton down the lane on the left. Continue on past the Norman church gateway and leave the village along Station Road. Follow Station Road for just over half a mile (1km). At the brow of the hill turn right along a narrower lane, signposted to Coryton.

**Follow this quiet lane until it descends through the hamlet of Watergate to a crossroads at a green. Continue on the lane opposite and cross the bridge. Almost immediately after the bridge turn right up the track and continue ahead on this. Keep going past Burley Wood Cottage and onto the woodland track beyond. Just after the path rises slightly it forks. Keep right here.**

This is Burley Wood, where the historical theme continues. The wood clothes the slopes of an important historic defensive site. At the top of the hill on the left was a large Iron Age defensive fort, one of the biggest in West Devon. Later, after 1066, the Normans built one of their own castles in a corner of the hill fort site. Its strategic position gave control over the road to Cornwall and, together with the castles at Okehampton and Launceston, would have kept the population from rising against the new Norman lords. Note that there is no public access to this site.

**Keep on the path until, just after passing through a gate, it arrives at a hard track. Turn left here, uphill. At the next junction bear left, still going uphill. Where the track uphill ends, bearing right to private property, keep ahead uphill on the old deep sunken lane.**

Shortly after the trackway turns right, it reaches the level of Iron Age Burley Hill Fort and the Norman Castle, in the field on the left of the track. Unfortunately there is no public access to them. On the right of the field can be seen one of the earth ramparts of the Iron Age fort, while the Norman Castle would have been in what is now woodland to the left. This castle was of the "motte

and bailey" type - an earth mound with a wooden tower on top, with a timber palisade encircling an open area around the mound.

**Continue through the gate at the top and bear slightly right on the obvious sunken track, keeping the old barn to your right. When the track opens out keep ahead and slightly to the left, to follow the right hand edge of a large area of open pasture.**

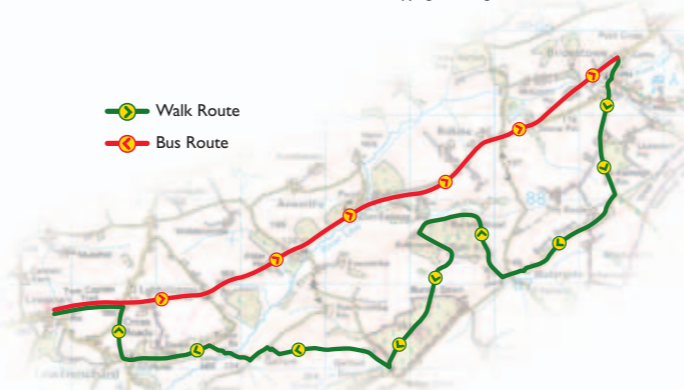
This is Burley Down. To the left it offers a superb view of Dartmoor's western fringe. Keep along the right hand edge of Burley Down to the gate into the forestry plantation ahead. Go through this and continue along the forest track. Follow this wide and obvious path through the forestry until it arrives at a timber barrier at a lane. Turn right along the path just before the lane and parallel to it, going left at the first fork. Turn left at the Two Castles Trail waymark after about 200m and cross the lane to the stile.

**Cross the stile and go straight ahead onto the open land for about 100m. Turn right onto a faint track by some gorse bushes and follow this to a gate. Go through the gate and follow the now clearer track ahead and bearing left.**

This is Galford Down, a location giving superb views. This atmospheric spot was the site of a battle between Saxons and Celts, which took place in 825. The victor was King Egbert of Wessex, who moved west against a revolt and invasion from Cornwall. The battle spelt the end of Celtic influence east of the Tamar.

**Follow the track to another gate and then on down to join a track next to a hedge. Continue on down the steep hedged track. At the bottom go through two gates and cross the yard ahead to a lane. Turn left along the lane. At a junction follow to the right, signed to Lew Mill. Keep on the lane across the River Lew to Lew Mill.**

On the green at the corner is an old standing stone. It is thought to be the upright of an old cross and has been dated to the 13th Century. It was originally found nearby and erected here around 1900.



**Go up the lane to the T-junction and turn left. The lane now passes an old quarry and then a little further on passes Lewtrenchard Manor on the left. Pass the church to the road junction, then turn right up the track just before the major road. Continue uphill on the green lane. Cross the stile at the top and follow the edge of the field uphill, keeping the hedge on your right. Cross the stile at the top of the field. Walk up the road to the crossroads at the top. Here, at Lewtrenchard School, cross the main road to the pavement and turn left. Continue alongside the road to return to the Lewdon Post Office.**

For further information on the Two Castles Trail or the wider network of walking routes in Devon, obtain a free brochure 'Discover Devon Walking' from local Tourist Information Centres or visit the website [www.discoverdevon.com](http://www.discoverdevon.com) which has lots of walking information plus brochure request page.

### OS maps for this walk:

- Landranger No.191 Okehampton and North Dartmoor (Bridestowe-Galford Down) and No.201 Plymouth and Launceston (Galford Down-Lewdown) (1:50,000 scale)
- Explorer No.OL28 Dartmoor (Bridestowe - Watergate) and No.112 Launceston and Holsworthy (Watergate - Lewdown) (1:25,000 scale)

## Do you enjoy the fresh air out in the countryside?

Have you ever been walking, horse riding or cycling in Devon? If so, where do you turn for information?

Information about the best places and times to walk, ride or cycle in Devon is very important for everyone. Devon County Council is constantly looking to improve the information provided to the public and we would like you to tell us how we can do this... By answering the 6 questions below you will be entered into the **FREE PRIZE DRAW** with an opportunity of winning a **Luxury Devon Food Hamper worth £100**. (See Terms & Conditions below)

- How satisfied are you with current information about using countryside paths, bridleways and cycle tracks, e.g. leaflets and guides.
 

very satisfied	<input type="checkbox"/>	satisfied	<input type="checkbox"/>	dissatisfied	<input type="checkbox"/>	very dissatisfied	<input type="checkbox"/>
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- How satisfied are you with information about these routes from our website [www.devon.gov.uk](http://www.devon.gov.uk) and [www.discoverdevon.com](http://www.discoverdevon.com)

very satisfied	<input type="checkbox"/>	satisfied	<input type="checkbox"/>	dissatisfied	<input type="checkbox"/>	very dissatisfied	<input type="checkbox"/>
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- How satisfied are you with information on regional walking and cycling routes e.g. Tarka Trail, Two Castles Trail, East Devon Way.
 

very satisfied	<input type="checkbox"/>	satisfied	<input type="checkbox"/>	dissatisfied	<input type="checkbox"/>	very dissatisfied	<input type="checkbox"/>
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- What information do you find useful in walking, cycling or horse riding literature?
 

Maps  Local history  Local wildlife  Photographs

Detailed description of the route (e.g. turn left after the stile)

Other (please detail) .....
- How do you normally access the Devon countryside?
 

Public transport  Private vehicle  From home on foot/horse/bike/other

Other (please detail) .....
- How frequently do you visit the Devon countryside for recreation?
 

Daily  Weekly  Monthly

Other (please detail) .....

Thank you for completing the questionnaire. Please complete the following section with your details.

Mr/Mrs/Miss/Ms ..... Address .....

Postcode ..... Email address .....

Recreational interests (please detail) .....

Age: Under 16  16-24  25-34  35-44  45-54  55-64  65+

What ethnic group do you belong to? .....

Do you have a disability? Physical  Sensory  None

We may wish to contact you again to monitor your satisfaction with new countryside information. Please indicate if you are happy for us to contact you. Yes  No

**Terms and Conditions:** The draw closes on 20/09/06. The prize winners will be selected at random within five days of the closing date. The decision of the promoter (Devon County Council) is final. The £100 Hamper is subject to availability. The prizes are non-transferable, and no cash alternative is available. By entering into the promotion all participants are deemed to have accepted and agree to be bound by these terms and conditions. Winners may be required to participate in publicity. The prize on offer is not open to negotiation and is subject to availability. Entries limited to one per household. Promoter: Devon County Council, Topsham Road, Exeter, EX2 4QD