

The Tarka Trail

Braunton to Meeth

The Tarka Trail is a 48km, car-free, recreational route for use by walkers, cyclists, and horse riders. It follows the route of a former railway line and has become one of the 'must visit' places in North Devon. The Trail traces the journeys of 'Tarka the Otter', taking in locations which are featured in the classic 1927 novel by Henry Williamson.

The Tarka Trail runs around the Taw-Torridge Estuary, starting in Braunton and passing through Barnstaple, Fremington, Instow and Bideford before travelling inland to Torrington and ending at Meeth.



The Tarka Trail Guide

Divided into 6 sections, our user-friendly guide gives you details of surface conditions, parking facilities, cycle hire, bridleways, toilets, cafes and restaurants, camping and accommodation and accessibility for less able users.

- Braunton to Barnstaple
- Barnstaple to Fremington
- Fremington to Instow
- Instow to Bideford
- Bideford to Torrington
- Torrington to Meeth

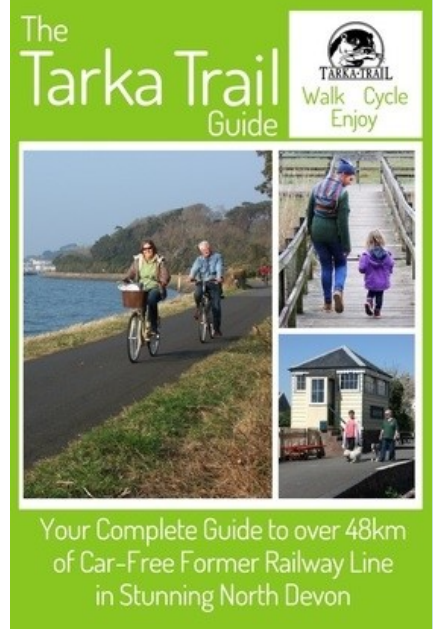


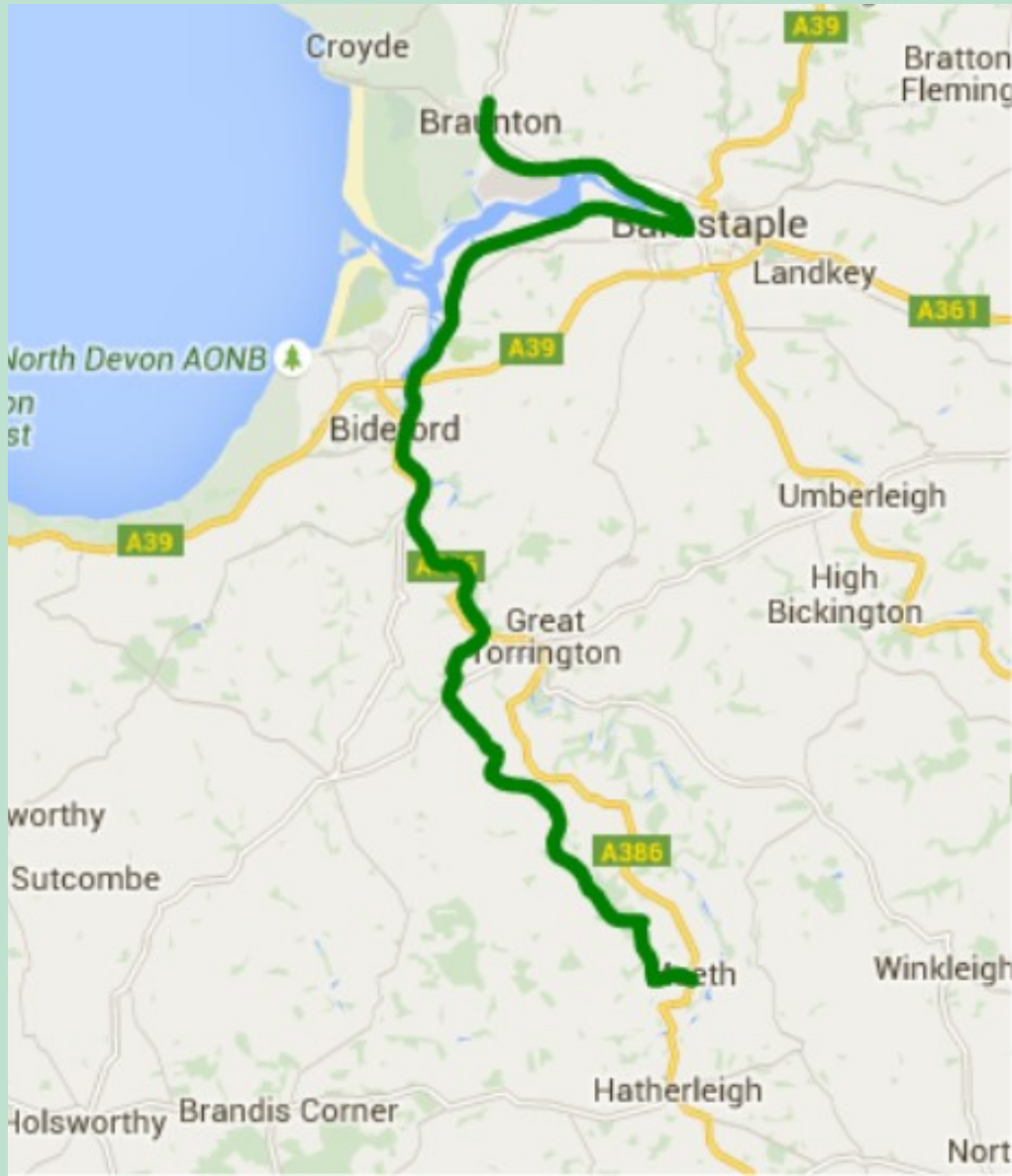
With easy to use coloured icons indicating various facilities along the Trail, the guide is available at local bookshops, newsagents, museums, Tourist Information Centres and online at: tarkatrailguide.co.uk



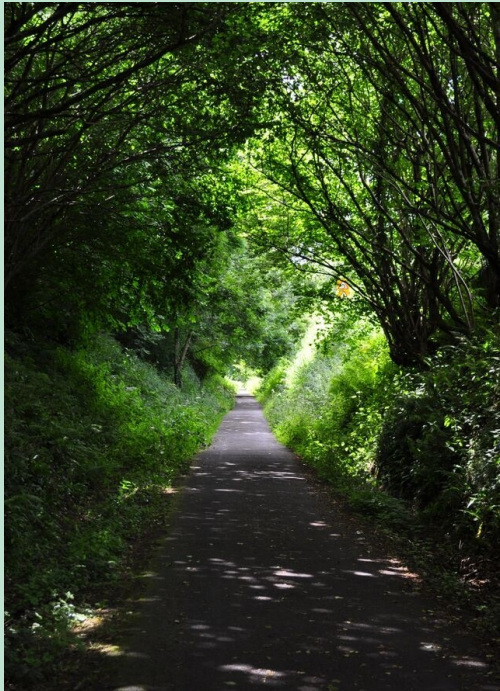
Here are some simple things we can all do so that everyone can enjoy the Tarka Trail:

- Please keep to the left when using the Trail at busy times.
- Cyclists should always give way to all other users.
- Be polite and considerate. If someone lets you pass, thank them.
- Travel at a speed that is appropriate to the conditions, taking extra care when the Trail is busy.
- Bikes are quiet - do let people know you are coming - ringing your bell or a friendly "Hello" works wonders.
- Take care when passing others, especially children and older or disabled people, and allow them plenty of room.
- The Tarka Trail is used by horse riders between Torrington (Service Farm) and Meeth Halt, so please approach and pass considerately.
- Dogs should be kept under close control and on a short lead. Don't cycle with a dog on a lead, or with your dog loose. Dogs are best exercised with both you and your dog on foot.
- Owners must clear up after their dogs. All bins for dog waste are clearly marked in the Tarka Trail Guide. Please don't throw filled bags in the hedges.





The Tarka Trail
All users are asked to consider others when using the Trail.



Town-to-town distance miles (km)

	Ilfracombe	Braunton	Barnstaple	Fremington Quay	Instow	Bideford	Torrington	Watergate	East Yarde	Petrockstowe
Braunton	15 (24.1)									
Barnstaple	21 (33.8)	6 (9.7)								
Fremington Quay	23 (37.0)	8 (12.9)	2 (3.2)							
Instow	27 (43.5)	12 (19.3)	6 (9.7)	4 (6.4)						
Bideford	30 (48.3)	15 (24.1)	9 (14.5)	7 (11.3)	3 (4.8)					
Torrington	35 (56.3)	20 (32.2)	14 (22.5)	12 (19.3)	8 (12.9)	5 (8.0)				
Watergate	37 (59.5)	22 (35.4)	16 (25.8)	14 (22.5)	10 (16.1)	7 (11.3)	2 (3.2)			
East Yarde	39 (62.8)	24 (38.6)	18 (29.0)	16 (25.8)	12 (19.3)	9 (14.5)	4 (6.4)	2 (3.2)		
Petrockstowe	43 (69.2)	28 (45.1)	22 (35.4)	20 (32.2)	16 (25.8)	13 (20.9)	8 (12.9)	6 (9.7)	4 (6.4)	
Meeth	46 (74.0)	31 (49.9)	25 (40.2)	23 (37.0)	19 (30.6)	16 (25.8)	11 (17.7)	9 (14.5)	7 (11.3)	3 (4.8)



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- 2.
- 3.
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- 5.

Thank you and enjoy the Trail

