

Walk 3: Berrow Beach Circular



Length: 2 ¼ miles / 3.5 km or longer

Good for: All walkers

Theme: Beach, Nature

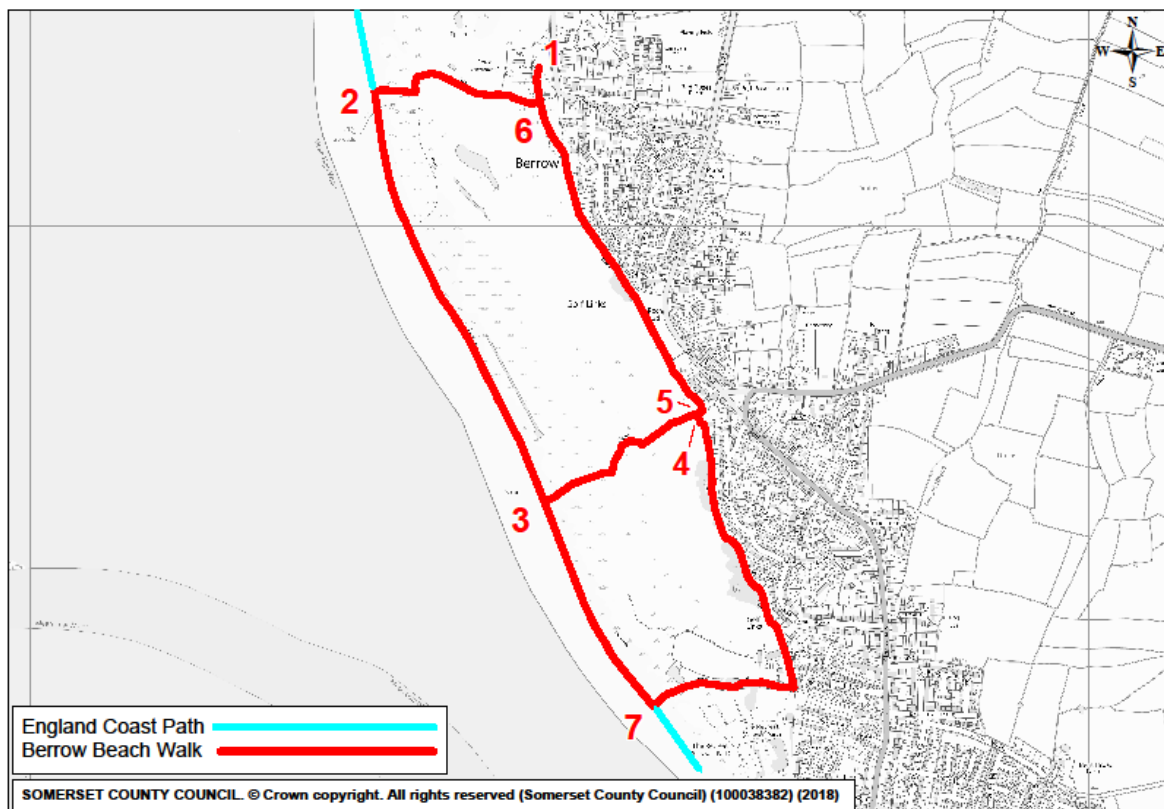
Duration: 2 ½ hours

Notes: *This walk is tidal - please check tide times before setting off. Berrow is part of one of Europe's longest strips of sand and there are dunes which growing rarer. They occur when sand, dried out at low tide, is blown inland and forms mounds that become anchored by grass growing on them.*

Points of interest:

- St Mary's Church
- Sand dunes
- Steep Holm and Flat Holm
- Brean Down Fort
- Film sets (many filmmakers have used this beach as a backdrop)

Map:



Directions: The path starts at the car park of St Mary's Church, Berrow (1), this 13th century church nestles amongst the sand dunes. In the past, it was whitewashed and acted as a beacon for sailors. Now it is usually open during the day and once inside you can admire the beautiful stain glass windows. On summer weekends cream teas are available in the afternoon.

From here head south and cross the sleeper bridge, follow the footpath for a short distance until you come to a junction of paths. Turn right and follow the public bridleway and signs for the beach until you reach the beach (2).

The view opens up to Steep Holm, an uninhabited island in the middle of the Bristol Channel that is home to the only wild peony in the UK. It is said the plant might have been introduced, for its medicinal properties, by the monks living on the island in the 13th century. It is in private ownership, is a protected nature reserve and Site of Special Scientific Interest (SSSI) and home to large numbers of European herring and lesser black backed gulls as well as a small population of muntjac deer.

In the summer, visits can be made from Weston Super Mare. Wales is in the distance to the right and to your left is Hinkley Point Power Station – the first new nuclear plant in 20 years to be built in the UK and said to be the largest construction site in Europe.

Beyond are the Quantock Hills and Exmoor. The Bristol Channel has the second highest tidal range in the world after the Bay of Fundy in Canada.

Turn left and follow the England Coast Path along the beach for about 15 minutes- approximately $\frac{3}{4}$ mile (1.4 km) until you see a post with an arrow and a used path (3).

Turn left and follow the path over the boardwalk, veering left onto the track through the Golf Course heeding the various signs about golf balls. Continue straight on until another footpath joins from the right (4).

Continue straight on until you go through a metal kissing gate, which leads onto a tarmac road. Turn immediately left onto the road and after a short distance take the fork to the left (5) for approximately $\frac{1}{2}$ mile (800 m) then veer left following the public footpath sign until you come to a track (6).

Turn right and follow the track, continue straight on eventually retracing your steps to the Car Park.

To make a longer walk, do not leave the beach at point 3 but continue along the beach for approximately 0.4 mile (700 m). Turn left (7) onto the path and follow it. The path passes the Club House on the left. Burnham Golf Club opened in 1891 and was extended to the church and beyond in 1901 when the name was changed to Burnham and Berrow Golf Club. The first professional J H Taylor went on to win the Open championship five times.

Follow the path which takes a sharp left turn then go straight ahead keeping the club house on your left. Go straight on following the footpath in a northerly direction until you come to (4) where you re-join the footpath just before the metal kissing gate.

This can be joined to Walk 4 for an even longer trail.

Facilities: There are public toilets and a café at Berrow Beach.

All information correct at the time of publication.