

Walk - Seaton to Lyme Regis through the Undercliffs - Part 2

Difficulty

◆ Challenging - A challenging walk over uneven terrain, and due to the clay soils sections of the path can be muddy and slippery after wet weather. Note, once you have entered the Undercliff there are no paths leading inland (or seaward) and it generally takes about 3½-4 hours to reach Lyme Regis.

Start

Undercliff National Nature Reserve - EX12 4AS

Finish

Lyme Regis - DT7 3BS

Length

4.0 miles (6.4 km)

Summary

Part 2 of a challenging walk (7.0 miles / 11.2km in total), passing through the Axmouth to Lyme Regis Undercliffs National Nature Reserve, one the highlights of the Jurassic Coast. The landscape is a unique, wild area of landslides, tumbled coastline and luxuriant vegetation. It is a delightful route in spring, when the fresh-leaved woodland is carpeted with bluebells and wild garlic, with 'hosts of golden daffodils', and the bright air is full of birdsong.

This is a dog-friendly walk. Have a look at our [Top Dog Walks on the South West Coast Path \(/top-dog/\)](/top-dog/) for more dog-friendly beaches and pubs.

This walk from Seaton to Lyme Regis has been split in half so that users of the printed map can see all parts of the walk. Part 1 can be seen [here \(/walksdb/81/\)](/walksdb/81/).

Public Transport

The Jurassic CoastLine x53 bus runs regularly between Seaton and Lyme Regis and stops at the seafront, Castle Hill, Seaton and outside the Co-op, Broad Street, Lyme Regis. For timetable information, zoom in on the interactive map and click on the bus

stops, visit [Traveline \(http://www.travelinesw.com/\)](http://www.travelinesw.com/) or phone 0871 200 22 33.

Nearest car park Seaton (Postcode for Sat Nav: EX12 2LX), Lyme Regis (Postcode for Sat Nav: DT7 3BS).

Nearest toilets Seaton and Lyme Regis.

Nearest refreshments Seaton and Lyme Regis.



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Route Description

The Undercliff National Nature Reserve, which is managed by Natural England, is one of the largest active coastal landslide systems in Western Europe. The National Nature Reserve forms part of the 95 mile long Jurassic Coast World Heritage Site and contains rocks from the Triassic, Jurassic and Cretaceous periods of geological time. The rocks get younger as you walk from Axmouth in the west to Lyme Regis in the east.

In addition to the geological interest, the reserve is important for wildlife. It forms part of the Sidmouth to West Bay Special Area of Conservation (SAC) and is also part of the East Devon Area of Outstanding Natural Beauty (AONB). Woodland covers the majority of the reserve and the unstable terrain is dominated mainly by ash and field maple woodland. The reserve is sheltered, south facing and often relatively hot and humid providing ideal growing conditions for ferns including the characteristic Hart's tongue fern. Away from the path the cliffs and unstable terrain also provide a haven for a variety of specialist insects and other plants. In some parts of the reserve non-native species including holm oak, rhododendron and laurel can be seen and the spread of these is being controlled.

Keep following the South West Coast Path heading towards Lyme Regis.

Walkers should keep to the footpath through the Undercliff. There are deep fissures hidden by dense vegetation and no means of access away from the coast path.

2 *After emerging from the Undercliff the Coast Path turns right and descends through fields to Lyme Regis seafront.*

You may recognise the harbour at Lyme Regis from its starring role in the film of the French Lieutenants Woman. It dates from the 13th century and over the years has seen many real dramas, including its role in the defeat of the Spanish Armada, it was fought over during the 1st Civil War, in the 17th century was a major trading port with the American colonies and in the 18th century was the port of departure for many emigrants to America.

3 *The Coast Path continues along the seafront to the main part of town from where you can catch a bus back to Seaton.*

However, rather than rush back it is worth visiting the award-winning [Lyme Regis Museum](http://www.lymeregismuseum.co.uk/) (<http://www.lymeregismuseum.co.uk/>) where you can find great displays on fossils and the history of Lyme Regis.

Nearby refreshments

Seaton and Lyme Regis.

If you spot any problems or changes to this walk please email the details to hello@southwestcoastpath.org.uk so we can get it fixed for those that follow in your footsteps.



If you enjoyed this walk, please help us keep it fantastic. Text **SWCP88 £2 / £5 / £10** to **70070** to donate now. Eg: SWCP88 £5



It costs at least £1,000 per year to keep a mile of the Coast Path maintained, accessible, improved and promoted for everyone to enjoy. If you would like to support us please become a member, it's less than the price of a pasty or a pint per month.

www.southwestcoastpath.org.uk

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