

## Teign Estuary Teignmouth Devon Moderate to Challenging Trail

### Route Summary

The Teign Estuary runs eastwards from Newton Abbot to the sea at Teignmouth, possibly more sheltered and smaller than some of the other S West Estuaries.

There are many options and intermediate access points, but the estuary is ideal for simple one way trips with a shuttle, or return journeys starting and finishing at the same point, if possible taking advantage of the in-going or out-going tides. At low water there is a great deal of mud and whilst it might be possible to follow the channel this is not a very satisfactory situation.

Tidal estuary – it is suggested that any trip is carried out by leaving Teignmouth on a flood tide about an hour and a half before high water. If returning, the return trip should be made immediately, to miss the strongest tide on the ebb. Tides can run strongly (up to 7 or 8 knots).

The safest option is the one-way trip upstream.

Tides are -0450 Dover

**Nearest Town** - Teignmouth

**O.S. Sheets** - Exeter & Sidmouth, Exmouth & Teignmouth - OS Landranger Map 192

**Start** - From Teignmouth Beach with Car Parking - SX 941 7230 in the Public car park (paying) at the Point

**Finish** – Newton Abbot Town Quay - SX 866 718

**Waterways Travelled** – R. Teign

**Type of Water** - Tidal estuary

**Distance** – 6 miles one way (12 miles – return journey)

**Licence Information** – No licence required – tidal water

**Local Facilities** – In Teignmouth and Newton Abbot

**Vehicle Shuttle Required** - Yes - via the A381 along the north bank, to Newton Abbot

**Portages and Locks** - None

### Description

A start is recommended from Teignmouth Beach, but there is also parking and a launching ramp at Polly Steps, (SX 932 728) on the North Bank of the Estuary adjacent to the Docks. It is easily reached from the Docks access road, but don't forget to pay for your car park, and this area is often very busy with other boats. Launch from the built by the Teignmouth Harbour

---

*We have taken great care to ensure the currency, accuracy and reliability of this information. We cannot accept responsibility for errors or omissions but where such are brought to our attention, the information will be amended accordingly. Users should be aware that environmental conditions outside of our control can change the nature of the Trail within a short space of time. It is recommended that weather and water conditions are checked beforehand, and tide timetables where applicable.*

Commissioners. Paddle up stream and under the multi-arch Shaldon Bridge. You need an incoming tide here as the current runs at seven or eight knots and is very powerful. Beware the anglers who regularly fish from the bridge.

You can follow the mid-line of the estuary, but most will want to keep to one or other side. On the right you will pass a number of boat yards before the banks open out to waterside fields. There are some small outcrops of red sandstone rock and one or two waterside chalet type properties, especially prominent is a large house complete with its own extensive grounds right adjacent to the waterside.

On this northern bank is the main Exeter to Plymouth railway and the road from Teignmouth to Newton Abbot is also close by. Continuing along the northern bank, as you come level with a cluster of buildings and a huge car park on the southern bank, you might wish to cut across and take advantage of the Coombe Cellars Inn (SX 902 722) in the village of Combeinteignhead. There is a public slipway here in the grounds of this popular pub. This can be muddy at low tide. The home of a popular dinghy sailing club and immediately opposite the pub is the water ski permitted area.

Some might wish to return to Teignmouth following the South Bank. Here are moderate sandstone cliffs with splendid houses, many of which have their own private landing stages and mooring arrangements.

For those wishing to continue towards Newton Abbot, resist the temptation to try the water ski ramp and look out for water skiers, dinghy sailors and windsurfers who come out from Coombe Cellars. On your left are more holiday type chalets and a modern sewage treatment works which as part of South West Waters Clean Sweep Project has made a tremendous difference to the water in the estuary. On the right hiding behind some rushes is the Passage House, another waterside pub, which is in a side creek of the estuary, and can be difficult to reach at low tide. Pass under the bridge which carries the dual carriage road from Exeter to Torquay and follow the channel until you arrive at a launching ramp on your left. This is Newton Abbot Quay. Almost the upper limit of paddling, above here is possible but in most conditions the water is not very clean, however people have paddled up to Teign Bridge but only to be able to say you have done it once.

At the Quay there is some parking and this is a good starting point for a one way run with shuttle, ending at Polly Steps or the Beach. From the end of the Newton Abbot by pass roundabout, follow the road towards the town centre, after 50 yards turn right at Traffic Lights and follow the road through the industrial estate, gradually working left as you go. There is free parking here but do not leave valuables visible in your vehicle.

### Useful Information

The Teign Estuary runs eastwards from Newton Abbot to the sea at Teignmouth, possibly more sheltered and smaller than some of the other South West Estuaries.

There are many options and intermediate access points, but the estuary is ideal for simple one way trips with a shuttle, or return journeys starting and finishing at the same point, if possible

---

*We have taken great care to ensure the currency, accuracy and reliability of this information. We cannot accept responsibility for errors or omissions but where such are brought to our attention, the information will be amended accordingly. Users should be aware that environmental conditions outside of our control can change the nature of the Trail within a short space of time. It is recommended that weather and water conditions are checked beforehand, and tide timetables where applicable.*

taking advantage of the in-going or out-going tides. At low water there is a great deal of mud and whilst it might be possible to follow the channel this is not a very satisfactory situation.

Teignmouth is a popular holiday resort and the quaint town has many back lanes running to the estuary water's edge. There are numerous cafes and ice cream shops. On the sea front there is a Pier with numerous attractions. There is a long beach with lifeguard facilities during summer months.

For the non-paddlers in your party again this is a full on holiday area and there are the usual holiday attractions, including many fine walks in the surrounding country.

Just south of here is Torbay, with the resorts of Torquay, Paignton and Brixham.

[www.teignmouthtown.co.uk/](http://www.teignmouthtown.co.uk/)

[www.teignmouthonline.co.uk/](http://www.teignmouthonline.co.uk/)

[www.visitsouthdevon.co.uk/site/](http://www.visitsouthdevon.co.uk/site/)

### **Recommended Next Trail**

If you have enjoyed this trail why not try out one of the many trails available.

### **Safety Information**

Spending an afternoon canoeing can be a fun way to experience nature, get a great workout and spend time with family and friends. However, it can also be a dangerous journey, if safety guidelines are overlooked. Always follow these basic rules and comply with navigation rules- keep to the right of on-coming boats. Please be careful at points along the trail where there are sharp bends on the waterway and keep a look out at these points for oncoming traffic.

### ***Wear appropriate clothing***

Always wear shoes. Rocks, rough terrain and river beds present serious hazards to boaters without the proper attire. Nearly 90per cent of all boating injuries are attributed to lack of proper footwear. Other canoe safe clothing includes hats, additional dry clothing towels, and layered items which can easily be removed.

### **Be sure to**

- Know the weather forecast before you set out canoeing.
- Familiarise yourself with the local area, it's sensitive places and protected areas.
- Leave the environment as you found it. Please read [You, Your Canoe and the environment](#)
- Take your litter home with you.
- Follow the navigation rules for the waterway you are on.
- Keep noise to a minimum.
- Do not damage bank side vegetation when launching or landing. (No Seal Launching)
- Where possible keep to any designated paths or launching points.

---

*We have taken great care to ensure the currency, accuracy and reliability of this information. We cannot accept responsibility for errors or omissions but where such are brought to our attention, the information will be amended accordingly. Users should be aware that environmental conditions outside of our control can change the nature of the Trail within a short space of time. It is recommended that weather and water conditions are checked beforehand, and tide timetables where applicable.*

- Canoe a safe distance away from wildlife.
  - Check your equipment.
  - Observe the navigation rules for this waterway.
  - Check to see if there are any events on the waterways when you wish to travel.
- Use the checklist below to make sure you have everything you need.

Checklist:

1. Boat
2. Paddle
3. Buoyancy Aid
4. Bailer/sponge
5. Small First Aid Kit
6. Penknife
7. Mobile telephone (in a waterproof bag....Please note that in some areas due to the location mobile telephone reception might be nonexistent)
8. Fresh drinking water
9. Sun cream, hat and sunglasses
10. Light waterproof jacket
11. Footwear
12. Licence

ALWAYS be certain to let others know where you're going and when you're expected to return.

**Specific Environmental Information:**

Please ensure you don't remove or damage any plants or animals from the waterway as they may be protected or harmful if transferred to other catchments.

Canoeists and kayakers take very seriously environmental concerns and already follow existing voluntary environmental codes of conduct, including Canoe England's own guidance notes outlined in the "You your canoe and the environment" publication.

By following the simple steps below you can ensure your presence is not detrimental to the freshwater environment, minimize and avoid accidentally disturbing wildlife and their habitats.

- Find out about the area before you go, noting its sensitive places, species and breeding seasons.
- Leave no trace of your visit and take your litter home with you.
- When clearing litter left by others, handle it with care.
- Leave the environment as you find it
- Keep noise to a minimum.
- Do not "seal" launch or drag boats to avoid wearing away natural banks. Float your canoe for launching, lift out when landing and carry it to and from the water.
- Do not damage bank side vegetation when launching or landing.
- Where possible keep to any designated paths or launching points.
- On rivers, avoid paddling over gravel banks in low water conditions – they may contain fish spawn.

*We have taken great care to ensure the currency, accuracy and reliability of this information. We cannot accept responsibility for errors or omissions but where such are brought to our attention, the information will be amended accordingly. Users should be aware that environmental conditions outside of our control can change the nature of the Trail within a short space of time. It is recommended that weather and water conditions are checked beforehand, and tide timetables where applicable.*



- Constantly assess wildlife. If you see signs of disturbance move away quietly.

Be the eyes and ears on the water. Report pollution, wildlife problems, damage, incidents etc to the relevant authorities.

Canal & River Trust - Emergencies- Telephone 0800 47 999 47

RSPCA for wildlife and animals in distress – Telephone 0990 55 59 99 (24 hours)

Environment Agency - Telephone 0800 80 70 60 (24 hours)

(Jan 2013)

---

*We have taken great care to ensure the currency, accuracy and reliability of this information. We cannot accept responsibility for errors or omissions but where such are brought to our attention, the information will be amended accordingly. Users should be aware that environmental conditions outside of our control can change the nature of the Trail within a short space of time. It is recommended that weather and water conditions are checked beforehand, and tide timetables where applicable.*

© BCU copyright 2013

*This material may be freely reproduced except for sale or advertising purposes provided it is reproduced accurately and not used in a misleading context. The material must be acknowledged as BCU copyright and the title of the publication specified.*