

THE TEIGN ESTUARY CANOE TRAIL

General Information

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.



OS Map

The Estuary is largely covered by O S Landranger 192 1: 50,000

Types of Canoe/kayak

As a deep water estuary all types of canoe or kayak including sit ons are suitable, however there are strong currents up to 7 knots and the water can become choppy with wind against tide.

Start/Finish

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.

There are choices

- 1) **From Teignmouth Beach** with Car Parking (SX 941 7230 in the Public car park (paying) at the Point, with public toilets nearby. Very Strong tide up to 8 Knots in the mouth. Beware in certain conditions there is surf here. Inside the estuary there is a sandy beach area.
- 2) Close to Harbour masters office there are public landing steps, but little parking.
- 3) On the North Bank is **Polly Steps Public Slipway** and Trailer Park (SX 932 728). Approach, through the Teignmouth Docks area, over the weighbridge and follow the road as it runs adjacent to the main railway line. Very busy slipway with speedboats, water skiers and fishing boats. A gently sloping pebbly beach or concrete slipway. Very convenient starting point, but there are no public toilets. A paying car park which becomes blocked with laid up boats during the winter months. A Good starting point for a round trip , perhaps on a fine sunny evening.
- 4) On the South Bank, at **Coombe Cellars Inn** (SX 902 722) in the village of Combeinteignhead. There is a public slipway here in the grounds of this popular pub. 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.
- 5) On the North Bank, **The Passage House Inn**. On a side creek of the estuary can be difficult to reach at low tide. Not recommended.
- 6) **Newton Abbot Town Quay** SX 86* 71* . 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 TeignBridge but only to be able to say you have done it once. At the Quay there is some parking (free). 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.

The Route

To make full use of the available water, paddlers are recommended to follow on or other bank, on a round trip you might wish to follow the North Bank, before crossing at a suitable point to return following the South Bank. For a one way trip you may choose either bank. Beware the tide which **can** be very strong especially through Shaldon Bridge and between The Point and The Ness. The area where most of the boats are moored , opposite from Polly Steps is known as The Salty. There are many thousands worth of sailing boats and yachts here. Check the tide times and weather conditions before you set out.

Familiarise yourself with Canoe England's You, Your Canoe and the Environment at <http://www.canoe-england.org.uk/access-and-environment/environment/you-your-canoe-and-the-environment/> and <http://www.canoe-england.org.uk/access-and-environment/canoeing-on-the-sea/>

Beware quite large ocean going freighters which use the Teignmouth Docks.

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.