

Eight Coastal Challenges; Test Your Body and Mind

This fifth instalment in our series, featuring over fifty ways to enhance your life, invites you to take on a unique coastal adventure

WALK

Walk 80 Miles in Eight Days - Join the [Somerset & Exmoor Coast Festival](#) challenge and walk the length of the Somerset and Exmoor Coast starting at Brean Down and ending in Porlock going via County Gate. Walk leaders will ensure you keep on track and transport is available. Each morning meet at the end of the walk, where you will be taken to the start by minibus, allowing you to return to your vehicle at the end of the day. In 2024 it starts on 22 September and tickets can be booked [here](#). If you prefer to DIY and walk in your own time you can follow the route [here](#).



Photo credit: Isobel Pring

The race is on, how many stamps can you collect? The 75 mile Somerset and Exmoor Coast Path has its own pocket-sized passport with route information, maps and spaces to collect commemorative stamps. Pick up your copy from one of the collection points, plan your walk, pack a picnic, then begin your stamp collecting adventure. With nearly 50 participating cafes, hotels, shops and galleries, each offering unique stamps (and some special offers for passport holders), all you have to do is show your passport. Find out where to pick up your copy and get details of all the stamping points, along with exclusive offers for passport holders [here](#). Let the race begin!



Bag Five Beacons/Hills all with stunning coastal views

1. We start with the highest point on Exmoor, Dunkery Beacon, at 519.9m/1706ft choose from an 11 mile/18 km circular walk from Exford or an easy 1.5 mile/2.4 km ascent offering opportunities to spot the iconic red deer and rare birds such as the Dartford warbler and merlin.
2. Located west of Minehead, Selworthy Beacon (308.5m/1012ft) is accessible by car or via a more rewarding 3 mile/4.2 km National Trust circular route starting from Selworthy Village.
3. Wills Neck is the highest hill on the Quantocks (384.6m/1262ft) and can be reached from a variety of routes; the closest start point being Triscombe Stone, followed by Lydeard Hill then Ramscombe (Great Wood).
4. Brent Knoll (139m/456ft) is a prominent landmark, inland from Burnham on Sea, rising abruptly from the Somerset Levels. The climb from St Michael's Church is short (around 1.5 miles/2.4 km round trip) and steep and strenuous at the top but with magnificent 360° views.
5. Complete your challenge with this 3 mile/4.3 km circular walk around the striking promontory of Brean Down, rising 97 metres/318 feet above the coast. Enjoy breathtaking views across the Bristol Channel to Wales and keep an eye out for the rare flora and fauna that thrive in this unique coastal environment.



Selworthy Beacon - Photo credit: National Trust images, John Miller

Complete the King Charles III England Coast Path Storywalks

Along the length of the Somerset and Exmoor Coast are twenty walks each with their own audio soundtrack sharing intriguing stories about the myths, history, nature and folklore unique to this coast. Access them all [here](#) to start your adventure.



RUN



Photo credit: Paul Rubery, Image Works

Steaming to the Coast - this unique trail run starts with a journey on the longest standard gauge steam railway line in the UK, [the West Somerset Railway](#). Taking the train from Minehead to Bishops Lydeard participants alight to start their marathon back to the start point. Alternatively there are two shorter routes, 11 kms or 11.5 miles, both finishing in Minehead. This annual event is organised by Channel Events, the next one taking place on Saturday 12th April 2025 and can be booked [here](#).

Track the Train and Bus Coastal Challenge - take the [West Somerset Railway](#) from Minehead to Doniford Halt then run back along the King Charles III [Coast Path](#) through the charming harbour town of Watchet, past the expansive sandy and pebble beaches of Blue Anchor to the bustling seaside town of Minehead. You can either stop here or for those craving a bigger challenge and some serious hill climbs, keep going on the [South West Coast Path](#). Run just over 17 miles through scenic Porlock Weir, ascending the heights of Exmoor before reaching County Gate. Relax at Britain's highest coastal road tea room, [the Ramblers Rest](#), before catching the open top [Exmoor Coaster](#) bus back to Minehead.



Photo credit: Harry Singer

CYCLE

Challenge yourself to a 66 mile cycle ride - join the annual [Great Exmoor Ride](#), from Taunton across Exmoor to Blue Anchor in early September. This spectacular route is challenging but the organisers say it is not a race and everyone is welcome as one of its main aims is a relaxed day out with the added bonus of the stunning scenery of Exmoor and the Somerset coast. It finishes at the beach where you collect your medal and enjoy well-earned food and drink.



Photo credit: SportivePhoto

TRIATHLON

The Minehead Triathlon takes full advantage of its stunning coastal setting. Starting with a 750m open-water sea swim beneath the imposing North Hill, then a 20km bike ride on a picturesque out-and-back route towards the village of Porlock, finishing with a 5km run. This popular annual event takes place early in October; book early to secure your place.



Photo credit: Paul Rubery, Image Works

For more exciting challenges visit [Get Outside In Somerset](#).

Visit our friendly, knowledgeable, local experts, to find out more about the Somerset and Exmoor coast, guided walks and more unique experiences on offer:

- [Burnham Information Centre and Rescue Support](#)
- [Watchet Visitor Centre](#)
- [Dunster National Park Centre](#)
- [Minehead Information Centre](#)
- [Porlock Information Centre](#)