**Trail Running Weekend with Trail-Run Explorers in Exmoor**

**19th – 22nd May 2023**

Join us in North Devon for a fantastic weekend of trail running on some of the most spectacular trails in the Exmoor National Park. We will be staying in a National Trust bunkhouse in Countisbury, which is situated very close to the South West coastal path, with its breath-taking views of Lynmouth Bay and South Wales across the Bristol Channel. Surrounded by dramatic valleys, rugged moorland and an impressive rocky coastline, the bunkhouse is ideal for exploring the area, as well as relaxing with likeminded people after a day of trail running.

**Day 1**

Check in at the bunkhouse is from 4pm, where a welcome drink will be waiting. We will then head out on a short 3 mile run, through the picturesque Watersmeet with its dramatic river gorge, down to the seaside village of Lynmouth. During the run we will get to familiarise ourselves with the different terrains and begin to discover some of the National Park’s hidden gems, as well as getting to know each other. This run will then end with fish and chips on the harbour front, before a short (but fairly steep) walk back up to the bunkhouse on the winding SW Coast path.

**Day 2**

On Saturday, we will make an early start (after a hearty breakfast) for a trail run of two halves: the first 10 miles will see us make our way along the undulating SW Coast path, under shaded woods, towards Porlock Weir, where we will have time to refresh, refill water and enjoy an ice cream on the sea front. A steep ascent will follow, offering glimpses of Porlock Bay through the ancient woodland, before we join the Coleridge Way and start the 11 miles back through the Doone Valley to County Gate, where Exmoor ponies can often be seen grazing on the moors. Finally, our run will end at Watersmeet House, where you are welcome to celebrate with a drink or cake in the tea garden. This will be a fairly challenging 21 mile run with approx 4700ft of elevation, but we will walk the hills, stay together as a group and stop for many photos along the way.

**Day 3**

On Sunday, we have an 8 mile run (approx. 2000ft of elevation) along the Tarka Trail, taking in the magnificent views of the national park, before dropping down into the historic harbour town of Lynton. We will then head out towards the Valley of Rocks, a dramatic section of coastline with its steep craggy cliffs rising either side of the deep valley floor. Here, you might decide to climb the cliff tops and breathe in the fresh salty air, or just amble around admiring the spectacular views of the seascape, whilst avoiding the feral goats. The last part of our run will take us along the cliff walls back in to Lynmouth, where you can choose to stay and have lunch, ride the unique Cliffside railway, and peruse the many quaintly packed shops on the narrow streets.

**Day 4**

Sadly, on Monday, we have to check out, but not before a run up Butter Hill to Foreland Point, in order to watch the sunrise over the Bristol Channel.

All in all, it’s going to be an unforgettable weekend aimed at anyone who enjoys running on the trails in breath-taking locations. The terrain will be a mixture of rocky coastal path, winding forest tracks and grassy moors with some steep hills, but we will support each other and complete all runs together.

**The four runs over the weekend will be social paced; we are there to have fun, admire the views, make friends and take photos. This is not a race so please expect to stop and wait for others. However, you must have a good level of fitness, be capable of covering the distances at a pace of 12 - 13 min/miles and should have previous experience of trail running with elevation in order to enjoy and successfully complete all runs over the weekend.**

The accommodation is made up of three rooms of bunkbeds, which sleep 18 people, and both this and all breakfasts are included in the price. Two dinners are also included, with one being the first night in Lynmouth, and the second will be a celebratory dinner in The Blue Ball Inn on Saturday night, which is conveniently located only 100m from our accommodation.

For the full weekend, the price is £330 person, but to avoid missing out, you can reserve your space now with a deposit of only £100. Balance due 8 weeks before the long weekend.

We look forward to running with you!

**Exmoor, 19th – 22nd May 2023**

**Prices**

Single in bunkbed dormitory - £330

Non-refundable deposit of £100 required upon registration (deducted from balance).

**Itinerary**

**Friday**

Check in from 4pm.

Settle into your room and meet other guests.

Short 3 mile trail run, where full guidance and advice will be given on how to tackle the trails, before dinner in Lynmouth.

Dinner and welcome drink included.

**Saturday**

Self-serve Breakfast provided.

8am - Approx 21 mile trail run along the undulating South West Coastal path to Porlock Weir, before returning through the impressively scenic Doone Valley and Watersmeet.

The beautiful Porlock Weir is 10 miles into our run, where you will have options to buy a light lunch, coffee, or an ice-cream before continuing the run.

Fruit provided on return.

Afternoon free time.

Celebratory dinner at The Blue Ball Inn – first drink, starter and main included.

**Sunday**

Self-serve breakfast provided.

9am – Approx 8 mile run to the mountainous Valley of Rocks before finishing in Lynmouth or back at the bunkhouse.

Free time to explore, have lunch, shop, or relax at the bunkhouse.

Dinner (not included) will be up to you but we are happy to book a restaurant if there are a group of us wanting to eat at the same place.

**Monday**

Optional sunrise run (weather permitting).

Self-serve breakfast provided.

Check out at 10am.

**Please note: all runs and itinerary are subject to last minute changes, if necessary, depending on weather, trail closures etc.**

**Included**

* Bunkhouse accommodation consisting of 3 bedrooms with bunkbeds.
* Breakfast each day.
* Two dinners.
* Welcome drink.
* Guided trail runs by qualified run leaders.
* Advice and guidance throughout the weekend on how to tackle trails, nutrition, fuelling etc.
* Snacks and water.
* Video and photos.

**Not included**

* Additional drinks and snacks.
* Lunches.
* Transport to and from the Bunkhouse.

**If you have any questions, please get in touch via Instagram, through the website or email.**