



Braunton

Heanton  
Punchardon

Ashford

A361

Chivenor  
Airfield

River Taw

Fremington

Fremington  
Quay Café

Barnstaple

Salt  
Marshes

A361

Braunton  
Burrows

Isley  
Marsh

Penhill

Bickington

Tarka Trail  
Cycle Hire

A3125

A3125

Appledore

Instow  
Beach

Yelland

Fremington

A39

Instow  
Arms

Instow

Signal Box

A377



River  
Torridge