

28 Lake River And Beach Days Out In South West England

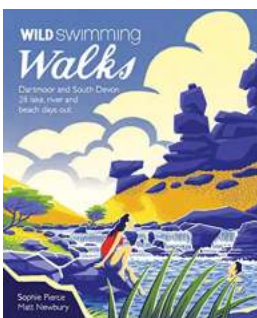
Welcome to the stunning South West England, known for its breathtaking landscapes, picturesque lakes, winding rivers, and beautiful beaches. If you're looking for the perfect getaway or simply want to explore the natural wonders this region has to offer, we've got you covered. In this article, we present 28 incredible lake, river, and beach destinations that will leave you in awe.

1. Bournemouth Beach

Start your adventure at the iconic Bournemouth Beach. With its golden sand, clear blue waters, and a vibrant atmosphere, it's the ideal spot for a relaxing day by the sea. Don't forget to bring your beach towel and sunscreen!

2. Lake Windermere

Travel to the stunning Lake District and immerse yourself in the beauty of Lake Windermere. Surrounded by rolling hills and lush greenery, this is the perfect place for a peaceful boat ride or a leisurely stroll along the shore.



Wild Swimming Walks Dartmoor and South Devon: 28 Lake, River and Beach Days Out in South West England by Darla Mayberry (Kindle Edition)

★★★★☆ 4.8 out of 5

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3. River Dart

Embark on a kayaking or paddleboarding adventure along the scenic River Dart. Enjoy the tranquility of the flowing river and take in the breathtaking views of the surrounding countryside.

4. St. Ives

Head down to the picturesque town of St. Ives and explore its beautiful beaches. Whether you want to soak up the sun or try your hand at surfing, St. Ives offers something for everyone.

5. Tamar Lakes

Escape to the peaceful Tamar Lakes and enjoy a day of fishing, sailing, or simply basking in the peaceful surroundings. Pack a picnic and make the most of this hidden gem.

6. River Avon

Discover the stunning River Avon and its charming riverside towns. Take a boat trip along the river and marvel at the historic architecture and natural beauty that surrounds you.

7. Weston-super-Mare Beach

Spend a fun-filled day at Weston-super-Mare Beach, known for its vast sandy shoreline and family-friendly attractions. From donkey rides to amusement arcades, there's plenty to keep everyone entertained.

8. Wimbleball Lake

Visit Wimbleball Lake and enjoy a wide range of water sports, including sailing, paddleboarding, and windsurfing. With its stunning views and peaceful atmosphere, it's the perfect place to unwind.

9. River Exe

Explore the scenic River Exe and its picturesque estuary. Take a leisurely walk along the riverbank or hop on a boat tour to discover the hidden treasures of this beautiful waterway.

10. Fistral Beach

If you're a fan of surfing, Fistral Beach is a must-visit. Located in Newquay, this beach is known for its consistent waves and vibrant surfing community. Grab your board and hit the water!

11. Wistlandpound Reservoir

Experience the serenity of Wistlandpound Reservoir, surrounded by woodlands and rolling hills. Enjoy a peaceful walk around the reservoir, spot wildlife, or try your hand at fishing.

12. River Camel

Discover the enchanting River Camel and the charming town of Padstow. Rent a bike and cycle along the Camel Trail, stopping to take in the beautiful views along the way.

13. Porthcawl Beach

Escape to Porthcawl Beach and indulge in sandcastle building, beach games, and picnics with your loved ones. With its stunning coastal scenery, it's the perfect place for a family outing.

14. Wimborne Minster

Explore the historic town of Wimborne Minster and its nearby riverside walks. Admire the stunning architecture, visit the beautiful minster, and take a relaxing stroll along the river.

15. Lyme Regis

Head to the charming coastal town of Lyme Regis and spend a day exploring its beautiful beaches. Hunt for fossils along the Jurassic Coast or simply relax and enjoy the stunning views.

16. Hengistbury Head

Take a trip to Hengistbury Head and enjoy jaw-dropping views of the coastline. This nature reserve and beach area is a haven for wildlife enthusiasts and nature lovers.

17. River Frome

Meander along the idyllic River Frome and soak up the peaceful atmosphere of the Dorset countryside. Enjoy a riverside picnic or try your hand at fishing in the clear waters.

18. Polzeath Beach

Experience the beauty of Polzeath Beach, a popular destination for surfers and beach lovers. Whether you're a beginner or an experienced surfer, you'll have a

great time catching the waves here.

19. Roadford Lake

Escape the hustle and bustle at Roadford Lake, a tranquil spot where you can go sailing, windsurfing, or kayaking. Enjoy the stunning views and make the most of the peaceful surroundings.

20. River Teign

Explore the picturesque River Teign, known for its crystal-clear waters and scenic walks. Discover hidden waterfalls, relax by its banks, and immerse yourself in nature.

21. Southbourne Beach

Southbourne Beach offers a calm and serene setting for a day out. Bring your bucket and spade, build sandcastles, and enjoy a leisurely stroll along the unspoiled coastline.

22. Burrator Reservoir

Unwind at Burrator Reservoir and take in the stunning surroundings. Go for a walk, cycle around the reservoir, or simply sit back and enjoy the peaceful ambiance.

23. River Tamar

Discover the beauty of the River Tamar, which forms the natural border between Devon and Cornwall. Take a boat trip along the river and marvel at the stunning landscapes.

24. Perranporth Beach

Spend a day at Perranporth Beach, known for its vast sandy beach and stunning dunes. Explore the rock pools, take a dip in the sea, or enjoy a refreshing drink at one of the beachfront cafes.

25. Stourhead

Visit the majestic Stourhead gardens and take a leisurely stroll around its stunning lake. With its landscaped gardens, classical architecture, and breathtaking views, it's a true paradise for nature enthusiasts.

26. River Taw

Embark on a scenic journey along the River Taw and discover its many charming towns and villages. Enjoy a peaceful boat ride or simply relax by the riverbanks and enjoy the tranquility.

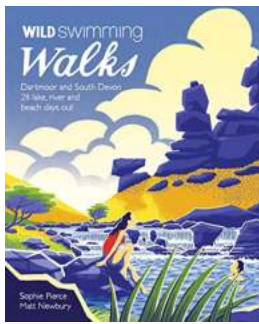
27. Chesil Beach

Chesil Beach is a stunning pebble beach stretching for miles along the Dorset coastline. Take a walk along its unique shingle shoreline and marvel at its beauty.

28. Weymouth Beach

Conclude your South West England adventure at Weymouth Beach. With its golden sands, shallow waters, and vibrant seaside atmosphere, it's the perfect place to unwind and reflect on your unforgettable journey.

South West England is a true haven for nature lovers, beach enthusiasts, and those seeking tranquility. From stunning lakes to meandering rivers and beautiful sandy beaches, this region offers an array of destinations to explore. Plan your next trip to South West England and create memories that will last a lifetime!



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Wild swimming walks leads you on 28 adventures into the beautiful scenery and wild swimming paradise of Dartmoor and South Devon. Discover wooded river pools and tumbling waterfalls, secret coves and amazing sea caves, safe in the company of Devon's two most intrepid and fun-loving explorers. All the walking routes include places to swim and ideas for pubs and refreshments along the route. Join the adventure with this inspirational guide to one of England's most popular walking and wild swimming regions - Dartmoor and the South Devon coast. This is an iconic landscape of haunted lakes, ancient woodland, hidden rivers and one of the most beautiful coastlines in Britain. Complete with photos and practical guidance, and rich with local history and legend, this book will appeal to wild swimmers, family explorers, nature lovers and walkers alike. Including detailed directions, maps and downloadable route information to print out or take with you on your phone or tablet.



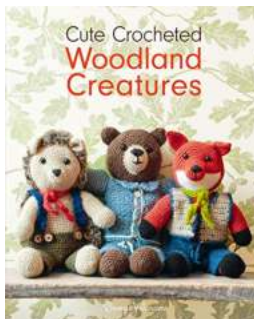
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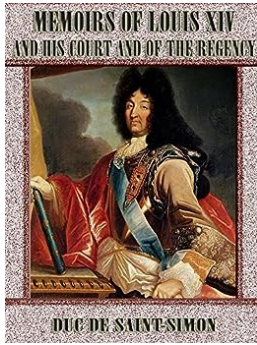
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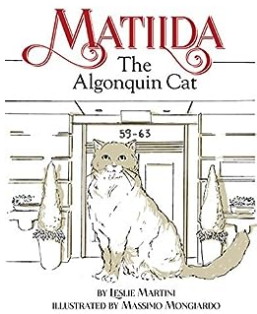
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