Advice on coastal walking from Lyme Regis

Going west

Coast Path (Undercliff Walk) to Seaton

This walk, passing through the Axmouth to Lyme Regis Undercliffs National Nature Reserve, is one the highlights of the Jurassic Coast. Managed by Natural England, the landscape is a unique wild area of landslides, tumbled coastline, luxuriant vegetation and woodland. It is a challenging walk over uneven terrain with a number of steps in places and sections of the path can be muddy and slippery after wet weather. Note, once you have entered the Undercliff there are no paths leading inland (or seaward) and it generally takes about 3½-4 hours to reach Axmouth.

Monmouth Beach

Continual landslides have come down across the beach from the cliffs above and these can happen at any time. If you do visit Monmouth beach do so only around low tide and be particularly aware of being cut off by an incoming tide. Rockfalls occur all year so keep well away from the cliffs at all times and recognise that you walk here entirely at your own risk.

Going east

Coast Path to Charmouth

Currently this route is a combination of main road and crossing part of the golf course. It is better to travel by bus or car to Charmouth and pick up the eastward Coast Path from there.

Beach walk to Charmouth

This walk, which begins along the top of the new eastern seawall, should only be undertaken with great care, on a falling tide. Tide times are available at the Harbormaster’s Office, the Jubilee Pavilion, the Museum, the Tourist Information Centre and Charmouth Heritage Coast Centre. Parts of the beach are very rough and strewn with boulders. If fossil hunting, particularly with children, you are strongly advised to take one of the regular guided walks arranged by Lyme Regis Museum or by the Charmouth Heritage Coast Centre.

There is a new path (steps) from the Charmouth Road car park onto the new sea wall.

General advice

The place to find fossils is on the beach. Always stay on the beach and away from the cliffs and mudflows: this offers greater safety in the event of a sudden slippage.

Plan your walk so that you know where you are going, how long it will take and what you can expect to find on your route. Tell someone where you are going and when you expect to be back, especially if you are travelling alone. Please confirm your safe arrival to avoid unnecessary alerting of the Emergency Services. Mobile phone coverage can be patchy along the coast or in secluded areas of the countryside.

Check the weather forecast and wear appropriate clothing and footwear. If you are walking along beaches check tide times before you leave. It is safer to walk beaches on a falling tide. The tide can come in quickly, so it is very easy to become cut off.

Warning and path closure signs are there for your safety. Please pay attention to them and avoid any informal paths which may be treacherous. If walking the coastal path during strong winds, be aware of the impact that strong gusts can have on the human body. It can be easy to be blown over the edge and there have been a number of incidents during the recent severe weather.

Landslides and rock falls can happen quickly and without warning, especially following severe weather. You are advised not to walk or climb over debris.

In an emergency phone 999 or 112 and ask for the coastguard. If you get into difficulty the emergency services need to locate you quickly, so keep an eye out for location or grid reference signs along pathways.

This leaflet is prepared to help you enjoy our coast safely. Each individual is entirely responsible for his or her own safety when walking. Lyme Regis Town Council accepts no liability in publishing this advice as a public service.