

Activity Guide

Diving

The Exe Estuary and Lyme Bay provide a wide ranging variety of dive sites, from pretty shore dives full of sea life to wrecks nearly 100 years old!

Sea Angling

A variety of species can be targeted from both boat and shore. Charter boats are available for hire and fishing clubs provide facilities for members. The Exe Estuary is a designated Bass Conservation Area from April 1st to October 31st each year. For more information on restrictions and bylaws please contact Devon & Severn Inshore Fisheries and Conservation Authority on **tel: 01803 854648** or **visit: www.devonandsevernifca.gov.uk**

Boating/Sailing

Water activities in the Exe Estuary generally take place 2-3 hours either side of high water. During this time the estuary offers good opportunities for sailing. The entrance of the Exe suffers from strong currents and shifting sand banks and navigation should not be undertaken without consulting local advice.

Wakeboarding, Water Skiing and Tow Inflatables

A designated area for World class Water skiing and Wakeboarding. Ringo rides and banana rides are also available. Suitable for all levels and most ages.

Kite Surfing/Land Boarding

A combination of kite flying and surfing this activity is very popular off Exmouth with local shops available to give advice and hire equipment. Due to concerns regarding the impact to wildlife and the danger to navigation a voluntary code has been agreed with local clubs and a designated area marked for this activity. Check the website (www.exe-estuary.org) or ask in local outlets for more information and please abide by the code of conduct.

Rowing, Canoeing and Kayaking

From Exeter you can take a leisurely route down the canal negotiating traditional locks. The canal joins the Exe at Turf Hotel where the more experienced can confront tidal waters. Rowing clubs operate from Exmouth and Exeter. Canoe loops are being developed to link the River Exe and Exeter Canal, see www.exe-estuary.org for more information.



Leisure Training

Powerboat Training courses are a very popular activity on the Estuary, and are vital to anyone looking to own, drive or tow water-skiers. Expert tuition can be found at various centres.

Cycling

Devon County Council are part way through constructing a cycle path around the whole of the Estuary making paths more accessible to walkers, cyclists and wheelchair users. Cycle hire facilities and clubs are available in Exmouth and Exeter.

Running

The footpaths and cycleways around the Exe Estuary offer some beautiful traffic-free and mostly flat miles of running.

Walking/Rambling

Guided walks are available at the RSPB, Dawlish Warren and Devon Nature Walks.

Bird Watching on the Exe Estuary

For wildlife enthusiasts there are some key areas to visit, but timing is crucial, with high tide during August to mid March the best opportunity. Dawlish Warren regularly attracts around 180 to 190 species per year. Exminster Marshes & Bowling Green Marsh are RSPB Reserves which lie on opposite sides of the northern end of the estuary. At low water on the Exmouth LNR it is possible to walk out across the sand banks and get closer to birds feeding in the channel. The Old Sludge Beds are an extensive reedbed habitat and open water area. Special wildlife cruises with expert guides on board are run from Exmouth, Starcross and Topsham (contact RSPB **01392 432691** or Stuart Line **01395 222144**).

Wildfowling

All wildfowling areas on the Estuary, such as the 30 acres of freshwater marsh at Exminster, are controlled by the Devon Wildfowling & Conservation Association. Certain duck and geese quarry species are pursued during the season of September 1st - February 20th.

Family Attractions

There are various family attractions around the Exe from leisure centres to amusement arcades and a magnificent 600 year old castle to explore.



@John Morton, DCC

Exe Estuary Water Code

BE SAFE - Plan your activity carefully and be aware of weather, tides, safety equipment and emergency procedures. Advise someone on shore of your plans and seek local advice if you are unsure of anything.

Be Considerate to other users, including wildlife - Avoid blocking access points and keep noise and wake to a minimum.

Observe Estuary Bylaws and Warning Signs - Check Information at access points and local beach safety advice. Adhere to the Estuary speed limit of 10 knots

Keep to the appropriate area for your activity - Boats and swimmers don't mix.

Don't Disturb Wildlife - Keep your distance and leave animals and plants where you found them.

Prevent Litter - Bin it or take it home.

Prevent Pollution from your boat - Use a ground sheet for maintenance, don't dump overboard and do not use your inboard toilet in the Estuary.

Fish Sustainably - Only take as much bait as you need and return any unused worms or unwanted fish to the sea.

Dive Carefully - Avoid damaging the seabed with trailing fins or equipment. Always use a surface marker buoy to alert others to your position.

Exe Estuary Management Partnership

Protecting our Estuary for Future Generations

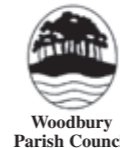
Exe Estuary Officer

Tel: 01392 382236 Fax: 01392 382135

c/o Devon County Council, Lucombe House, County Hall, Topsham Road, Exeter, EX2 4QW

exeestua@devon.gov.uk www.exe-estuary.org

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Thanks to David Pick for Images supplied: www.exepics.co.uk

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Exe Activities

A Guide to Recreational Activities on the Exe Estuary



www.exe-estuary.org

Contact Details for Clubs on the Exe

See map on centre pages for locations

Diving

- Jurassic Coast Diving:** Royal Avenue, Exmouth, EX8 1EN **tel:** 01395 268090 **web:** www.jcdiving.co.uk
- Exeter BSAC:** Exe Water Sports Centre, 62 Haven Road, Exeter, EX2 8DP **web:** www.exeterbsac.org
- Aquanaut:** 17 Clifton Rd, Exeter, EX1 2BR **tel:** 01392 218825

Fishing

- Exmouth Sea Angling Association:** Club H.Q. Rear of R.N.L.I. Building, The Esplanade, Exmouth, EX8 2AY **tel:** 07970 267619 **web:** www.exmouthsaa.co.uk
- Exmouth Deep Sea Fishing Club:** **tel:** 07789472002
- Tiger Charters:** - Exmouth Seafront (opposite Queens Drive), Exmouth **tel:** 07836 792626 **web:** www.tigercharters.co.uk
- Exmouth Tackle & Sports:** 20 The Strand, Exmouth, Devon, EX8 1AF **tel:** 01395 274918
- Starcross Fishing & Cruising Club:** Brunel Tower, The Strand, Starcross, Exeter, EX6 8PR **web:** www.starcross-fcc.com
- Cockwood Boat Club:** 35 Cofton Hill, Cockwood, Starcross, EX6 8RB **tel:** 07770 440235
- Take The Bait:** 13 Park Rd, Dawlish, Devon, EX7 9LJ
- Exeter Angling Centre:** Smythen St, Exeter, Devon, EX1 1BN **tel:** 01392 435591 **web:** www.exeterangling.co.uk

Charter Boats

Various available such as:

- Tiger Charters:** See  3

See www.deepsea.co.uk/ports/exmouth for full listings.

Boating

- Cockwood Boat Club:** See  6
- River and Canal Office:** Haven Road, Exeter, EX2 8DU **tel:** 01392 274306 **web:** www.exeter.gov.uk
- Trouts Boat Yard:** Ferry Road, Topsham, EX3 0JJ **tel:** 01392 873044 **web:** www.troutsboatyard.co.uk
- Retreat Boat Yard:** Retreat Drive, Topsham, EX3 0LS **tel:** 01392 874720 **web:** www.retreatboatyard.co.uk
- Exmouth Marina:** Marina Office, Pierhead, Exmouth, EX6 8JJ **tel:** 01395 269314

- M S Marine:** 15 Holly Mount Close, Exmouth, EX8 5PQ **tel:** 01395 275648 **web:** tinyurl.com/635aga
- Roswell Mossison:** 24 Camperdown Terrace, Exmouth, EX8 1EH **tel:** 01395 263911
- East Devon Training:** Various locations and at Exmouth Sports Centre **tel:** 07878 543413 **web:** www.eastdevontraining.org.uk
RYA Powerboat training, RLSS UK Beach Lifeguard training, First Aid at Work courses & Beach Fitness sessions.
- Sailexmouth:** 5 Shelly Court, Pierhead, Exmouth, EX8 1ER **tel:** 01395 274556 **web:** www.sailexmouth.com
Sailing and Powerboating.
- Exe-Calibre Dragon Boat Club:** **tel:** 07921 554378 **web:** www.execalibre.co.uk

Scenic Tours


- Stuart Line Cruises:** **tel:** 01395 222144 **web:** www.stuartlinecruises.co.uk

Sailing All private, membership only.

- Exe Sailing Club:** 'Tornado', Shelly Road, Exmouth, Devon EX8 1EG **tel:** 01395 264607 **web:** www.exe-sailing-club.org
- Lympstone Sailing Club:** The Harbour, Lympstone, EX8 5JL **web:** www.lympstonesailingclub.org.uk
- Topsham Sailing Club:** Hawkins Quay, Ferry Rd, Topsham, Exeter, EX3 0JN **tel:** 01392 877524 **web:** www.topsham-sc.org.uk
- Starcross Yacht Club:** Powderham, Exeter, EX6 8JJ **tel:** 01626 890470 **web:** www.starcrossyc.org.uk
- Starcross Fishing & Cruising Club:** See  5
- Sailexmouth:** See  9

Kite Surfing and Wakeboarding

- Exe Power Boat & Ski Club:** 5 Shelly Ct, Pier Hd, Exmouth, EX8 1ER **web:** www.exmouthskiclub.com
Water Skiing and Wake Boarding.
- Exewake:** 5 Shelly Court, Exmouth, EX8 1ER **tel:** 07825 539450 **web:** www.exewake.com
Wake Boarding, Water Skiing and Tow Inflatables.
- Edge Watersports:** 3 The Royal Avenue, Exmouth EX8 1EN **tel:** 01395 222 551 **web:** www.edgewaterports.com
Water Skiing, Wake Boarding, Kite Surfing, Land Boarding, Windsurfing and Leisure Training.
- Waterfront Sports:** The Seafront, Exmouth EX8 2AY and at The Recreation ground. **tel:** 01395 443464 **web:** www.waterfrontsports.co.uk
Water Skiing, Wake Boarding, Kite Surfing, Land Boarding and Windsurfing.

- South Coast Power Boats:** See  1
Leisure Training.

Rowing, Canoeing and Kayaking

- Exmouth Rowing Club:** The Esplanade, Exmouth, EX8 2AZ **tel:** 01395 274393 **web:** www.exmouthrowingclub.co.uk
- Exeter Rowing Club:** Exe Water Sports Association, 62 Haven Road, Exeter, EX2 8DP **tel:** 01392 250740 **web:** www.exeterrowingclub.com
- Exeter Canoe Club:** Exe Water Sports Association, 62 Haven Road, Exeter, EX2 8DP **tel:** 01392 438676 **web:** www.exetercanoeclub.org.uk
- Haven Banks Outdoor Education Centre:** 61 Haven Road, Exeter, EX2 8DP **tel:** 01392 434 668 **web:** www.haven-banks.co.uk **Sail Training.**
- AS Watersports:** 1-3 Waterside, Piazza Terracina, Exeter, EX2 8GX **tel:** 01392 219600 **web:** www.aswatersports.co.uk **Retail.**
- Saddles and Paddles:** 4 Kings Wharf, The Quay, Exeter, Devon, EX2 4AN **tel:** 01392 424241 **web:** www.sadpad.com **Hire shop and retail.**
- Canoe England:** **web:** www.canoe-england.org.uk

Bird Watching

- RSPB (Exe Estuary Reserves):** **tel:** 01392 824614 **web:** www.rspb.org.uk
- Dawlish Warren National Nature Reserve:** **tel:** 01626 863980 **web:** www.teignbridge.gov.uk
- Exmouth LNR:** **tel:** 01395 517557 **web:** www.eastdevon.gov.uk
- The Old Sludge Beds:** Devon Wildlife Trust. **tel:** 01392 279244 **web:** www.devonwildlifetrust.org

Family Attractions

- Powderham Castle:** Kenton, Exeter, EX6 8JQ **tel:** 01626 890243 **web:** www.powderham.co.uk
- Dawlish Leisure Centre:** Sandy Lane, Dawlish, EX7 0AF **tel:** 01626 215637 **web:** www.teignbridge.gov.uk
- Amusement Arcades:** Dawlish Warren
- Riverside Leisure Centre:** Cowick St, Exeter, EX4 1AF **tel:** 01392 221771 **web:** www.leisure-centre.com
- Exmouth Sports Centre:** Royal Avenue, Exmouth, EX8 1EN **tel:** 01395 266381 **web:** www.ledleisure.co.uk

Wildfowling

- Devon Wildfowling and Conservation Association:** Estuary wide. **tel:** 01395 268837


Golf

- Dawlish Leisure Centre:** See  2
- Warren Golf Club:** Dawlish, Devon, EX7 0NF **tel:** 01626 862255 **web:** www.dwgc.co.uk
- Oak Meadow Golf Club:** New Road, Starcross, Exeter, EX6 8QG **tel:** 01626 891918
- Exminster Golf Centre:** Exminster Hill, Exminster, Exeter, EX6 8GA **tel:** 01392 833 838 **web:** www.exminstergolf.com
- Northbrook Approach Golf Course:** Topsham Road, Exeter, EX2 6EU **tel:** 01392 667010 **web:** www.northbrookgolfcourse.co.uk
- Phear Park:** Marpool Hill, Exmouth **tel:** 01395 277514

Cycling Clubs

- CS Dynamo:** The Scout Hut, Marpool Hill, Exmouth **tel:** 01395 273512 **web:** www.csdynamo.org.uk
- Cyclists' Touring Club:** Flat 5, Trews Weir Mill, Old Mill Close, Exeter, EX2 4DD **tel:** 07783 672516 **web:** www.ctcdevon.co.uk
- Exeter Wheelers:** **web:** www.exeterwheelers.co.uk
- Cycle Exeter:** **web:** www.devon.gov.uk/cycleexeter

Cycle Hire

- Exmouth Cycle Hire:** Victoria Road, Exmouth **tel:** 01395 225656 **web:** www.exmouthcyclehire.com
- Saddles and Paddles:** See  3

Running/Walking/Rambling

- Iron Bridge Runner:** 15 Bartholomew Street East, Exeter, EX4 3BG **tel:** 01392 436383 **web:** www.ironbridgerunner.co.uk
- Dawlish Coasters:** c/o Dawlish Leisure Centre, Sandy Lane, Dawlish, EX7 0AF **web:** www.dawlishcoasters.co.uk
- Exmouth Harriers:** **tel:** 07796 826404 **web:** www.exmouth-harriers.co.uk
- South West Road Runners:** **tel:** 01392 493981 **web:** www.swrr.co.uk
- RSPB at Darts Farm:** **tel:** 01392 879438 **web:** www.rspb.org.uk **Small Charge applicable.**
- Dawlish Warren NNR:** See  2
- Nordic Walking:** Dawlish Warren and along the Exe. **tel:** 01626 890120 **web:** www.hillcat.co.uk
- Devon Nature Walks:** Nigel Pinhorn **tel:** 01392 211247 or 07784 190571 **web:** www.devonnaturewalks.co.uk **Small charge applicable.**
- Rambler's Association:** Estuary wide. **web:** www.devonramblers.org.uk

Activities on the Exe

The Exe Estuary is a lively, vibrant and busy place with thousands of birds, hundreds of boats, and numerous water activities on view. The towns and villages around the Estuary offer clubs and shops to help you get more out of your activities and meet other enthusiasts. The map is a simple guide to finding which activities occur where, with each activity linked to useful contact information on the other side of the leaflet. For additional information about the

Estuary please visit the Exe Estuary website www.exe-estuary.org

Safety First

The Estuary can be hazardous so whatever activity you are enjoying please think of your safety and plan ahead. On the water please always use buoyancy aids and ensure someone is aware where you are going and how long you intend to be. If you do get into trouble then call the Coastguard on 999. First timers to the Estuary should contact one of the Harbour Masters on 01395 269314 or 01392 274306 and obtain navigation charts from local Chandlers before going on the water. The National Coastwatch Institution (NCI) is a voluntary organisation which provides a visual watch along UK shores to look out for danger and help to ensure safety on the water, providing an emergency contact link to emergency services. Contact the Exmouth Lookout Station on 01395 222492 for enquiries.

Avoid Disturbing Wildlife

The Exe is recognised as being of international importance for wildlife and as such is designated as a Special Protection Area. It is a criminal offence to knowingly damage the Estuary or to disturb wildlife.

Whilst enjoying all that the Estuary has to offer please be aware of your impact on this fragile environment.

- Take all litter home with you
- Do not disturb birds and other wildlife
- Use the designated area for your activity
- Be aware of relevant bylaws such as species restrictions when fishing

From September to March the Estuary is home to over 20,000 over wintering species, which use the Estuary as a refuge for these winter months. Please take extra care at this time not to disturb the wildlife. The birds use different parts of the estuary in a variety of ways including for feeding and roosting which are critical to their survival.

Dawlish Warren is a particularly important site for birds and as such they have a boat non landing policy from September to April. Barbeques are not allowed on the Warren at any time and various restrictions apply to accessing some parts of the reserve at certain times and on dog walking. Contact the Rangers for more details on 01626 863980.

Getting Around

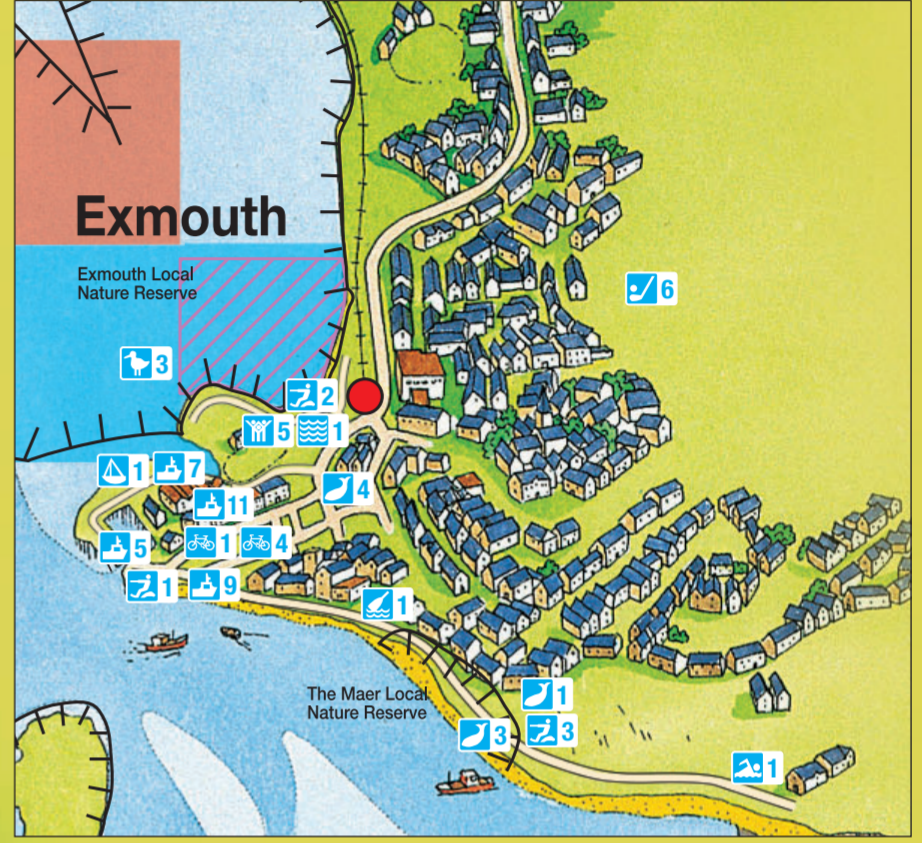
For information on the cycle ways, footpaths, ferry routes, and public transport around the Estuary please see the Exe Explorer leaflet, which is available from local Tourist Information Centres or by contacting the Exe Estuary Officer, 01392 382236.

For the water taxi service to and from moored boats please call ExePlorer on 07970 918418 or vhf Channel 37.

Beaches

Family friendly beaches are available at Exmouth www.eastdevon.gov.uk and Dawlish Warren www.teignbridge.gov.uk for a variety of activities such as swimming and surfing. Dawlish Warren is a Blue Flag beach and Exmouth has been awarded a Quality Coast Award. Both offer ample parking, life guard supervision at peak times and facilities suitable for disabled visitors.

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Symbols and Icons

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| Activities
Bird watching
Boating
Cycling
Diving
Family attraction
Fishing
Golf
Life saving
Rowing, canoeing and kayaking
Running/walking
Sailing
Water skiing, wake boarding, kite surfing, windsurfing and leisure training | Slipways
Concreted
Unsurfaced
Height restrictions
Steep concreted
Private
Tide Restricted |
| Designated areas
Water ski area
Wind/kite surfing area (voluntary)
Power boat area
Personal water craft area (voluntary)
Bathing area (patrolled by lifeguards)
Nature Reserves
Areas of high use where particular care is needed to avoid harming wildlife | |

Boat Access to the Water

There are several slipways on the Exe. Some are concrete, initially. All, except the Mamhead slip (Exmouth), lead on to mud or sand. Many are unusable at low tide. The Mamhead slip requires special care. It is unusable on low Spring tides, and has some demanding cross currents. Around two hours either side of high tide, it can be extremely rough and unusable in an onshore wind.

The key rule is, whenever you go out, be sure you know how, where and when you can get back. Always remember to take care not to damage this highly designated site by driving vehicles on to the foreshore.