



Stunning views from Sand Point

Walk information

Distance: about 4 miles

Difficulty: medium to hard: narrow, rugged paths, a couple of wooden stiles. Wear suitable footwear

Duration: allow 2-2.5 hours at a leisurely pace

Map: OS 153 Explorer

How to get there

Start at map ref: ST332646

By car: Two car parks in Sand Bay have recently been improved. The Sand Road (bus terminus) car park – where this walk starts – has been resurfaced and redesigned. Drainage has also been improved and electric vehicle charging points installed. Charges are 20p for 30 mins, 50p for one hour, £1 for two hours, and £2 all day

By bus: Service 1

Refreshments: Available from the Sand Road car park kiosk (open 10am-5pm every day, weather permitting), and Sand Bay Tea Rooms on Beach Road

Sand Point is an extension of the Mendip Hills and walkers trekking across the peninsular will be rewarded with wonderful views across the Bristol Channel.

Head onto the beach from the Sand Road car park. The sand dunes are man-made sea defences, installed in 1983/4 after a major storm in 1981.

More than 600,000 tonnes of sand was dredged up from the Severn Estuary to raise the beach by about three metres. Fencing was also installed to help stabilise the dunes and encourage vegetation.

Head north on the beach, towards Sand Point. The sand becomes



grassy and it can get a bit muddy so you might want to step up onto firmer ground, next to the trees.

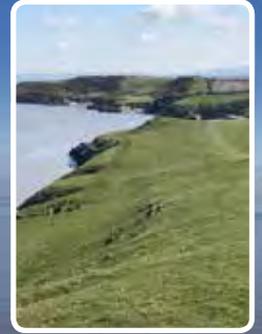
You will come to a wall, the remains of concrete forts which were used as a line of defence during World War 2 by local troops and the Home Guard.

Walk alongside the wall and at the end there are a couple of steps leading to a path and the National Trust car park.



Take the steep steps on your left, signposted Sand Point. At the top of the steps the path forks. Take the left-hand route, through the wooden fence and gate at the top.

Keep going on this rugged track past the trig point, which continues on until the end of the peninsular.



The path is quite rocky and slippery in places so take extra care. It also becomes quite narrow so be courteous to walkers going in the opposite direction.

Sand Point is one of just three places in England where volcanic rock can be found within a layer of limestone.

On a clear day you can see for miles around.

On the return leg, keep to the left to walk on the other side of the peninsular. It's a well-trodden path, with Middle Hope ahead of you.

Exit the path over a wooden stile, above a pebbly beach.

Continue up and over the grassy expanse. It has been grazed by local farmers since the Middle Ages and stock grazing still takes place so keep dogs under effective control.

You will have far-reaching views over the mudflats, sand banks, rocky platforms and saltmarsh which form the Site of Special Scientific Interest.

If you veer up and over the grassland, you'll be above the coastal path below you. Head to the top of the highest mound for wonderful views.

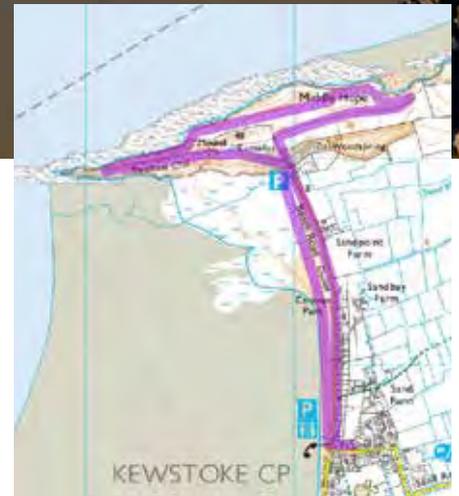
Start veering downhill and see the remnants of an old stone hut on your left. This hut, from the 1850s, was used by shrimp fishermen.

Continue onwards and you'll see three more pebbly beaches ahead of you. Walk to the first one, which is another picturesque place to rest.

Ahead of you is a drystone wall and a stile. You can continue through here to explore more of Middle Hope.

However for this walk, cross back over the headland towards the wire fence.

Continue with the fence on your left-hand side. Eventually you'll reach a stile, signposted to the car park. Follow these steep steps down and you can return to Beach Road and your starting point.



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