




## Aveton Gifford to Bantham Return Trip on the River Avon and Estuary

<b>Route</b>	A quiet, sheltered paddle from the village of Aveton Gifford to Bantham Beach return or one way if vehicle pre placed at either end.
<b>Distance</b>	10km return plus any extra exploring up creeks or playing at the beach.
<b>Duration</b>	Allow 2 to 3 hours each way.
<b>Skill Level</b>	Aveton Gifford to Bantham Quay easy paddling, Bantham Quay and on to the beach some experience required depending on beach conditions.
<b>Key Locations (What Three Words)</b>	Aveton Gifford Parking – <a href="#">///described.phantom.undertone</a> Aveton Gifford Slipway – <a href="#">///draw.fatherly.grain</a> Bantham Parking – <a href="#">///evoked.warp.tell</a> Bantham Slipway – <a href="#">///notifying.caressing.drivers</a>
<b>Parking</b>	Parking at Aveton Gifford, free parking in field next to the village car park, right next to the put in. Parking at Bantham car park if trip started/finished at the other end, parking charge applies. Please park courteously at Aveton Gifford.
<b>Extra Route Options</b>	In Aveton Gifford, you can paddle up to the weir on the Avon where the sea meets the river. Get on at the slipway in AG, paddle 200m down stream then turn left to take the river back under the road, weir is about 1km: <a href="#">///graceful.removable.unity</a> In Bantham, you can paddle past the Quay where we suggest you get out, to the beach, past some quaint little cottages, however, dependent of the tide level, you may encounter some faster flowing water, so should only be tackled by more experienced paddlers – the get out point if you do this extension is: <a href="#">///fabric.mallets.ballparks</a>
<b>Weather and Water Conditions Required</b>	From Aveton Gifford plan an outgoing/dropping tide if possible for the trip to Bantham (i.e. get on the water at high tide or a maximum of 3 hours after high tide). Ideally incoming on the return from Bantham, otherwise you will be paddling against the flow of water. There is always enough water in the estuary for a paddle board but planning around a tide going in the same direction as you will make it a lot easier! The same goes for wind – paddle boarding in moderate to strong winds is very difficult as well as paddling against the wind. Generally, if you are paddling Aveton Gifford to Bantham, you will be travelling south westerly, so would not want to paddle into a SW breeze. If doing the trip the opposite way, you would not want a NE breeze.
<b>Potential Hazards</b>	Beware of other river users – on a high tide there is a designated water ski area part way down near the Lime Kiln. Take care with mooring buoys and moored boats. There are often a lot of swans on the river, whilst the majority are friendly, they should be avoided.
<b>Sight-seeing things to look out for along the route</b>	Kingfishers up at the Avon weir or along the wooded banks, shoals of Mullet, Oyster beds, Herons and Egrets. Great place to stop for lunch or a break at the lime kiln on the edge of the creek past the water ski area ( <a href="#">///football.dent.ballooned</a> ). Good pub lunch at the Sloop Inn at Bantham or Fisherman’s Rest in Aveton Gifford, food also available at the Gastrobus in Bantham Beach Car Park. Toilets at Bantham Beach Car Park.  Please follow the Aune Conservation Associations Code of Conduct for Stand Up Paddling on the River Avon: <a href="http://auneconservation.org.uk/?page_id=2667">http://auneconservation.org.uk/?page_id=2667</a>



<b>LINKS</b>	
<b>What 3 Words</b>	<a href="https://what3words.com/">https://what3words.com/</a>  <b>WHAT 3 WORDS</b>
<b>Tides</b>	<a href="https://www.tidetimes.co.uk/salcombe-tide-times">https://www.tidetimes.co.uk/salcombe-tide-times</a> 
<b>Weather</b>	<a href="https://www.xcweather.co.uk/">https://www.xcweather.co.uk/</a> 
<b>Surf Forecast</b>	<a href="https://magicseaweed.com/Bantham-Surf-Report/">https://magicseaweed.com/Bantham-Surf-Report/</a> 