

# 173

YHA Okehampton

# East Hill and East Okement River

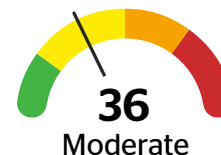
Scan or click to view this route on the OS Maps App – also a route profile and GPX

## Moor, woodland and river walk

**Distance:** 3.6 miles (5.8km) **Ascent:** 193m (633ft) **Time:** Allow 1h 45m to 2h 45m

**Map:** OS Explorer 1:25L (OL28) Dartmoor

**Start/Finish:** OS Locate SX 592 944 **what3words** ///shape.foreheads.luxury



A lovely walk on the edge of beautiful Dartmoor. From the hostel turn right, then turn left to follow the pedestrian route to Dartmoor. Take the path to the right past Heathfield House. Cross the bridge over the A30 and turn right. Follow path across the field. Join the road then turn left onto a tarmac bridleway. Turn left onto the permissive path before Lower Halstock Farm. Cross a field and take the stile on right into woods – not the big gap on left. Follow along the brook and cross it at the stepping stones. Follow the path down through woods. Towards the valley bottom turn sharp left to follow along the river to waterfalls. Follow a steep path down alongside the waterfalls (there is a hand rail for the steepest part). Continue along the river and pass under the A30 and railway. Go straight on and follow Tramlines Bridleway to Station Road and turn left, under the railway bridge, back to the hostel.

## Hazards

Caution required on the road sections, some do not have footpaths. Steep section by the waterfalls which is narrow and muddy. Take care near the river and across the stepping stones. Do not do this route if the river is flooded.

## Accessibility

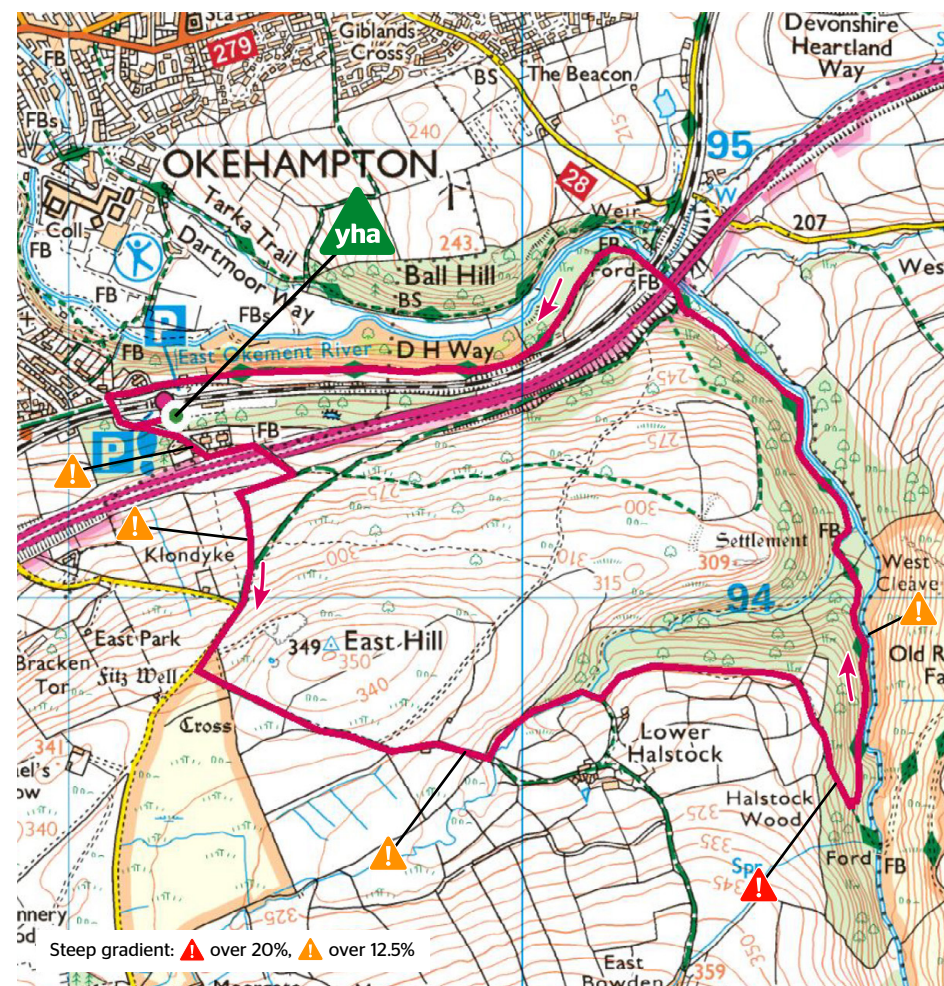
There are stiles and steps on the route and gates and paths less than one metre wide. There steep, rocky wet sections of path, uneven stepping stones and areas of open moorland with poorly defined paths on a rocky rough surface. The bridge at the start of the route over the A30 is high and noisy.

## Points of interest

Good views over Okehampton, the moors, High Tor and Belstone Tor. Spots along the lower parts of the river suitable for paddling.

## Facilities

No toilets on route. Café next to YHA at the railway station.



This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.



Thank you for choosing to walk from our hostel.  
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

### Before you go:

- Check the local weather forecast ([metoffice.gov.uk](http://metoffice.gov.uk)).
- Check the tide times for coastal routes ([tidetimes.org.uk](http://tidetimes.org.uk)).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) ([relayuk.bt.com/emergencysms](http://relayuk.bt.com/emergencysms)).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated ([yha.org.uk/route-card](http://yha.org.uk/route-card)).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit [adventuresmart.uk](http://adventuresmart.uk)

For more walks or information on route grading and timings go to [yha.org.uk/walks](http://yha.org.uk/walks)

If you encounter problems with this route contact [walking@yha.org.uk](mailto:walking@yha.org.uk)



Scan or click to shop  
for OS maps online  
[osmaps.com/yha](http://osmaps.com/yha)

Share your walks



## What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

## Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

## You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

## In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.