Practical Information

The Route
The route is waymarked with distinctive River Parrett Trail signs and can be followed using the detailed written guides and maps which can be found on the website: www.somerset.gov.uk/rightsofway

Ordnance Survey maps covering this route are:
Explorer 116 – Lyme Regis & Bridport
Explorer 129 – Yeovil & Sherborne
Explorer 140 – Quantock Hills & Bridgwater

By its nature the River Parrett Trail can be wet and muddy and waterproof walking boots are essential, particularly near its source. You should have appropriate clothing and maps with you at all times. Many fields along the route may have livestock so please take care especially if you have dogs with you.

Please exercise extreme care when crossing main roads and walking along country lanes.

Countryside Code
Be safe, plan ahead and follow any signs. Leave gates and property as you find them. Protect plants and animals and take your litter home. Keep dogs under close control. Consider other people www.countrysideaccess.gov.uk/countryside_code/

Dogs
Please remember that dogs should be kept under close control. It is an offence to allow a dog to attack or chase livestock.

Further Information
For further information on the route, accommodation and public transport visit the website: www.visitsomerset.net or call Somerset Visitor Centre on 01984 750833 email: somersetvisitorcentre@somerset.gov.uk

Rights of Way Service, Somerset County Council, County Hall, Statton, SAT 4DY email: rights@somerset.gov.uk www.somerset.gov.uk/rightsofway tel: 0845 3459155

To request this document in an alternative format please contact us on 01823 356728
Undiscovered Landscapes

The River Parrett rises as several springs at Chedington, winds amongst hills of woods, meadows, orchards and arable fields until it opens out at Ham Hill to reveal the wide expanse of flat land – the Somerset Levels and Moors. This is a landscape that until 6500 years ago was permanently underwater. The name Somerset derives from ‘Summer Saeta’ meaning land of the summer people as most of it would have been inaccessible except in summer months. The landscape would have appeared as a series of islands with Muchelney, the home of the Benedictine Abbey being the Great Island. This area still floods but the flooding is now controlled by the geometric manmade landscape of rhynes, pumps, drains, locks and clyces. When this area floods it becomes a feeding ground for thousands of migrating birds. Ham Hill, an Iron Age hill fort, offers superb views of the Somerset Levels and Moors and onward to Exmoor and the Mendip Hills. Its geology is unique with its warm golden ham stone that has been quarried for centuries. Most of the villages along the first half of the River Parrett Trail are built of this special stone and it gives the area its unique character.

If you like walking through beautiful countryside with lots of opportunities to stop off and explore market towns and villages then the River Parrett Trail is for you. The route follows the river for 48 miles from its source near Chedington in the Dorset hills, through tranquil Somerset countryside to its mouth at Steart Point on the Bristol Channel. This is a relatively easy walk through the gentle hills of the Dorset and Somerset borders and across the wetlands of the Somerset Levels and Moors. It is a fascinating journey through rolling hills, meadows, orchards and the elaborate pattern of the rhynes and water courses of the landscape. It passes through beautiful hamstone villages, market towns and the ancient historic sites of Ham Hill, Muchelney and Burrow Mump. It can be enjoyed over 4 or 5 days staying in local accommodation or as a series of shorter walks, taking advantage of the many welcoming pubs and other facilities along the route to enjoy local food and drink.

To extend your break the River Parrett Trail links up with the West Somerset Coast Path, the Coleridge Way and the South West Coast Path, allowing you to explore more of the beautiful Somerset countryside. You can also walk from coast to coast by following the Brit Valley walk from West Bay in Dorset to the source of the River Parrett. Other walks join with the River Parrett Trail at Ham Hill – the Leland Trail and the Liberty Trail.