

Aveton Gifford to Bantham Return trip on the river Avon and Estuary	
Route	A quiet, sheltered paddle from the village of Aveton Gifford to Bantham Beach return or one way if vehicle pre placed at either end.
Distance	10km return plus any extra exploring up creeks or playing at the beach.
Duration	Allow 2 to 3 hours each way.
Skill Level	Aveton Gifford to Bantham Quay easy paddling, Bantham Quay and on to the beach some experience required depending on beach conditions.
Key Locations (What Three Words)	Aveton Gifford Parking – ///described.phantom.undertone Aveton Gifford Slipway – ///draw.fatherly.grain Bantham Parking – ///evoked.warp.tell Bantham Slipway – ///notifying.caressing.drivers
Parking	Parking at Aveton Gifford, free car park right next to the put in. Parking at Bantham car park if trip started/finished at the other end, parking charge applies.
Extra Route Options	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: ///graceful.removable.unity 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 extention is: ///fabric.mallets.ballparks
Weather and Water Conditions Required	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.
Potential Hazards	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.
Sight-seeing things to look out for along the route	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 (///football.dent.ballooned). 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.



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